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Postgraduate Medical Journal publishes original papers on subjects of current clinical importance and welcomes review articles with extensive, up-to-date bibliographies as guides to further reading. Several symposia are published each year, each devoted to a single subject and written by specialists in different disciplines. Most issues include authoritative current surveys of clinical problems, well documented reports of cases of particular interest, and book reviews. An international Postgraduate Diary is also included each month.

The Fellowship of Postgraduate Medicine was founded by a group of London consultants after the First World War to assist postgraduates, particularly those coming to London from the Commonwealth, to pursue their studies. The Fellowship first published the **Postgraduate Medical Journal** to give information about lectures, conferences and courses and to provide a monthly review of all branches of medicine.

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Conference Report

Advances in Congestive Cardiac Failure, Oslo, Norway 27th to 28th, March, 1987

Over 50 delegates from the United Kingdom were whisked over to Norway recently to join 900 or so colleagues from Europe and elsewhere at the Norwegian Society of Cardiology to hear that the survival of patients with severe congestive cardiac failure can be prolonged with the angiotensin converting enzyme inhibitor, enalapril. So impressive were the results that the organisers of the double blind assessment of enalapril versus placebo (code named Consensus which stands for Co-operative North Scandinavian Enalapril Survival Study) stopped the trial early on the grounds that treatment with enalapril could no longer be withheld ethically from patients with severe heart failure. Mortality in the treated group had been reduced from 44% to 20% at six months and from 52 to 36% at 12 months and surprisingly the differences in survival became apparent within a few days of entry to the trial. As expected in the treated group complications did occur and these included hypotension and rises in serum creatinine and potassium but those patients who had been withdrawn from the trial survived longer if they had been treated with enalapril than placebo and the explanation for this carry-over effect of the drug was not forthcoming. Neither age, heart-rate and heart size nor concomitant treatment with vasodilators influenced the results with enalapril and symptomatology improved on this drug as did exercise tolerance. Reduction in deaths appeared to be due to slowing in the progression of congestive cardiac failure. Not surprisingly this produced a semantic and philosophical aside or two. Sceptics thought

that the trial should have gone to completion and one likened stopping it to bringing to an end a game of football in which ones favourite side had amassed a five-two lead!

The death rate from heart failure in the United States has grown three-fold in the 10 years between 1970 and 1980 and the conference was treated to excellent overviews of the subject. These included cellular mechanisms and pathophysiology of heart failure and the role of atrial natriuretic peptide and the effect of vasodilators and other drug therapy for heart failure. The hormonal control of blood vessel tone was well reviewed (constrictors include angiotensin, antidiuretic hormone, catecholamines, and dilators comprise prostacyclin and bradykinin). One speaker thought that a study of these intricate hormonal balances now elevated the status of cardiologists from technicians to physicians! Be that as it may it seems that the concept of congestive cardiac failure is as difficult for physicians to grasp as quantum mechanics for physicists, with each enigma posing as many basic fundamental and unanswered questions. This was nicely brought home by Professor Philip Poole-Wilson who tried to pin down a panel of experts at the end of the meeting to a consensus of what heart failure is and to what their initial approach to therapy would be.

No doubt the sceptics will require further proof of enalapril's efficacy in heart failure but it would seem churlish to dispute the results of the Consensus Trial* and it seems that our Scandinavian colleagues have made yet another major contribution to the world of cardiology.

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*New England Journal of Medicine (1987) 316: 1429-1434.

Books Received

Amyloidosis and Amyloid P Component, C.R.K. Hind, Pp. vii + 97, illustrated. Longman Scientific & Technical, Harlow, 1986. £17.50.

Atlas of Clinical Dermatology, Anthony du Vivier, Pp. viii + 412, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1987. £85.00.

Atlas of Cutaneous Surgery, Neil A. Swanson. Pp. xiii + 177, illustrated. Little, Brown, Boston, Toronto, 1987. £21.50.

Reproductive Endocrinology, edited by H.G. Burger. Pp. x + 246, illustrated. Baillière Tindall, London, Philadelphia, Toronto, Mexico City, Sydney, Tokyo, Hong Kong, 1987. £15.00 (UK & Irish Republic), US \$25.00 (USA & Canada), £18.50 (all other areas).

Baillière's Clinical Gastroenterology: International Practice and Research. Vol. 1, no. 1, January 1987. Liver Tumours, edited by Roger Williams and Philip J. Johnson. Pp. x + 210, illustrated, Baillière Tindall, London, Philadelphia, Toronto, Sydney, Tokyo, Hong Kong, 1987. £15.00 (UK & Irish Republic), US \$25.00 (USA & Canada), £18.50 (All other areas).

Basic Pharmacology. Second edition, edited by R.W. Foster. Pp. xvii + 390, illustrated. Butterworths, London, Boston, Durban, Singapore, Sydney, Toronto, Wellington, 1986. £13.95.

Cancer in the Neck: Evaluation and Treatment, edited by David L. Larson, Alando J. Ballantyne and Oscar M. Guillaumondegui. Pp. viii + 280, illustrated. Macmillan, New York, Toronto, London 1987. £62.00.

Census of staff providing library services to NHS Personnel 1985, by NHS Regional Librarians Group. Feb 1987. Obtainable from J. van Loo, Cairns Library, John Radcliffe Hospital, Oxford. £6.

Clinics in Endocrinology and Metabolism. Vol. 15, no. 2, May 1986. Androgen Metabolism in Hirsute and Normal Females, edited by R. Horton and R.A. Lobo. Pp. x + Pp. 213-409, illustrated. W.B. Saunders, London, Philadelphia, Toronto, 1986. £15.00

Clinics in Haematology. Vol. 15, no. 2, May 1986. Thrombosis and the Vessel Wall, edited by C.N. Chesterman. Pp. x + Pp. 273-565, illustrated. W.B. Saunders, London, Philadelphia, Toronto, 1986. £15.00

Clinics in Obstetrics and Gynaecology. Vol. 13, no. 3, Sept. 1986. The Human Placenta, edited by Tim Chard. Pp. x + Pp. 421-663, illustrated. W.B. Saunders, London, Philadelphia, Toronto, 1986. £15.00

Clinics in Rheumatic Diseases. Vol. 12, no. 2, Aug. 1986. Infectious Arthritis, edited by Frank R. Schmid. Pp. xi + Pp. 343-557, illustrated. W.B. Saunders, London, Philadelphia, Toronto, 1986. £24.00.

A Colour Atlas of Gastrointestinal Endoscopy, K.F.R. Schiller, Roy Cockel, R.H. Hunt, B. Sterry Ashby and G.W. Stevenson. Pp. 240, illustrated. Chapman & Hall, London 1987. £65.

Current Reviews in Paediatrics 3- Neonatal Neurology, edited by A. Aynsley-Green & T.L. Chambers. Pp. ix + 262, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne & New York, 1987. £25.00.

Dementia, edited by Brice Pitt. Pp. 346, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne and New York, 1987. £40.

Disorders of the Nose and Paranasal Sinuses. Diagnosis and Management, K.G. Marshall and E.L. Atria. Pp. xiii + 370, illustrated. Wright, Bristol. PSG Publishing Co., Littleton, Mass. 1987. £28.

Electronic Communication Aids: Selection and Use, Iris Fishman. Pp. xiv + 148, illustrated. Little, Brown, Boston, Toronto, San Diego, 1987. £13.50.

Endometriosis, Daniel T.O'Connor. **Current Reviews in Obstetrics and Gynaecology 12**. Pp. x + 154, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1987. £18.00.

The Family in Medical Practice, edited by Michael A. Crouch, Leonard Roberts. Pp. xiv + 256, illustrated. Springer-Verlag, New York, Berlin, Heidelberg, London, Paris, Tokyo. DM65.

Gastrointestinal Disorders, Derek A. Coffman, John Chalstrey and Gray Smith-Laing. Library of General Practice. Vol. 13. Pp. xiii + 207, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1986. £17.50.

Internal Medicine. Second edition, edited by Jay H. Stein. Pp. xvii + 2338, index 78, illustrated. Little Brown & Co., Boston, Toronto, 1987. £35.

Intestinal Obstruction, edited by L.P. Fielding. Pp. 177, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1987. £30.

Laryngeal Function in Phonation and Respiration, edited by Thomas Baer, Clarence Sasaki and Katherine S. Harris. Vocal Fold Physiology Series. Pp. xxiv + 574, illustrated. Little, Brown and Company, Boston, Toronto, San Diego, 1987. £38.00.

The Lumbar Spine and Back Pain. Third edition, edited by M.I.V. Hayson. Pp. xii + 462, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1987. £60.00.

Multiple Choice Questions in General Medicine Volume 1, edited by J.R. Lawrence & J.D. Hunter. Pp. 206. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1987. £5.95.

Obstetrics and Gynaecology in General Practice, John Eddy and John D. Owen. Library of General Practice. Vol. 12. Pp. xi + 415, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1987. £19.95.

Paediatric Infectious Diseases in Arab Countries, edited by Abdelaziz Y. Elzouki. Wiley Medical Publication. Pp. xiv + 293, illustrated. John Wiley & Sons, Chichester, New York, Brisbane, Toronto, Singapore, 1987. £42.50.

Pharmacology and Clinical Uses of Inhibitors of Hormone Secretion and Action, edited by B.J.A. Furr and A.E. Wakeling. Pp. viii + 598, illustrated. Baillière Tindall, London, Philadelphia, Toronto, Mexico City, Sydney, Tokyo, Hong Kong, 1987. £39.50.

The Physician as Manager. Second edition, J.J. Aluise. Pp. xvi + 260, illustrated. Springer-Verlag, New York, Berlin, Heidelberg, London, Paris, Tokyo, DM89.

1200 Multiple Choice Questions in Pharmacology. Second edition, edited by R.W. Foster. Pp. ix + 177, illustrated. Butterworths, London, Durban, Singapore, Sydney, Toronto, Wellington, 1986. £6.95.

A Practical Guide to Cataract and Lens Implant Surgery, R.S. Bartholomew. Pp. viii + 72, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1986. £22.00.

Practical Problems in Medicine – Hypertension in Practice, D.G. Beevers, G.A. Macgregor. Pp. 240, illustrated. Martin Dunitz, 1987. £29.95.

Progress in Surgery, Vol 2, edited by I. Taylor. Pp. 245, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1987. £15.

Progress in Transplantation, Vol. 3, edited by Peter J. Morris and Nicholas L. Tilney. Pp. ix + 217, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1986. £40.00.

Recent Advances in Clinical Immunology – 4, edited by R.A. Thompson. Pp. 226, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, £38.

Renal Transplantation, edited by Marvin R. Garovoy and Ronald D. Guttman. Pp. xiv + 446, illustrated. Churchill Livingstone, New York, Edinburgh, London, Melbourne, 1986. £47.50.

Respiratory Medicine Revision, David Mitchell. Pp. vii + 287, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1986. £9.95.

Rob and Smith's Operative Surgery: Thoracic Surgery. Fourth edition, edited by John W. Jackson and D.K.C. Cooper. Pp. xvii + 380, illustrated. Butterworths, London, Boston, Durban, Singapore, Sydney, Toronto, Wellington, 1986. £80.00.

Surgical Problems in Clinical Practice, edited by John Fry and Hedley F. Berry. Pp. vii + 142, illustrated. Edward Arnold, London, Australia, U.S.A., 1987, £14.95.

Postgraduate Diary

British Postgraduate Medical Federation

Gastroenterology – advanced course – 3 weeks full time, November/December.

Liver Disease – 1 week full time – December.

Educational development courses – programme of courses and workshops.

Central Office, 33 Millman Street, London, WC1N 3EJ, UK.

Institute of Cancer Research

Regular programme of seminars and teaching sessions throughout the year. Courses for DMRT (overseas students), FRCR etc.

Information: The Dean, Institute of Cancer Research, D Block, Clifton Avenue, Sutton, Surrey SM2 5PX, UK.

Cardiothoracic Institute

Courses leading to award of diplomas in cardiac medicine and thoracic medicine.

Lung Disease Module. Starting October 1987. Pharmacology of Asthma. Starting November 1987

The Dean, Cardiothoracic Institute, Fulham Road, London SW3 6HP.

Institute of Child Health

Courses, meetings and symposia held throughout the year

The Dean's Office, Institute of Child Health, 30 Guildford Street, London WC1N 1EH, UK.

Institute of Dental Surgery

Courses for M.Sc in various aspects of dentistry, Diploma in Dental Public Health, basic medical sciences etc.

Information: The Dean, Institute of Dental Surgery, Eastman Dental Hospital, Gray's Inn Road, London WC1X 8LD, UK.

Hunterian Institute

Course in basic medical sciences for Primary FRCS and FFA part 2; in Anatomy Physiology and Pathology for Primary FRCS; in basic dental sciences for Primary FDS.

Course in Clinical surgery for Final FRCS

Anastomosis Workshop; AO course.

The Hunterian Institute, Royal College of Surgeons, Lincoln's Inn Fields, London WC2A 3PN

Institute of Laryngology & Otolaryngology

Advanced courses held throughout the year.

Applications and enquiries to the Dean, Institute of Laryngology and Otolaryngology, 330/336 Gray's Inn Road, London WC1X 8EE, UK.

Institute of Neurology

Diploma course in Clinical Neurology. Starting October.

Sandoz Foundation advanced lectures on clinical and experimental neurology. Each Wednesday evening throughout Academic Year

Details: Institute Registrar, National Hospital, Queen Square, London WC1N 3BG, UK.

Institute of Obstetrics and Gynaecology

Regular symposia and courses throughout the year.

Specialist course in Obstetrics and Gynaecology – 14 September 1987 – February 1988.

Introductory course in basic real time ultrasound in obstetrics – 15–17 September 1987.

Development Medicine – one week – 21–25 September 1987.

Symposium: Death of a child. 30 September 1987

Symposium: The abnormal fetus. 1 October 1987

Symposium: Perinatal Bereavement. 2 October 1987

Advanced course for Obstetricians and Gynaecologists. 6–9 October 1987

Details: The Secretary, Institute of Obstetrics and Gynaecology, Queen Charlotte's Maternity Hospital, Goldhawk Road, London W6 0XG, UK.

Institute of Ophthalmology

Regular courses in ophthalmology held throughout the year
17/25 Cayton Street, London EC1V 9AT, UK.

Institute of Orthopaedics

Radiodiagnosis demonstrations – Mondays at 5.00 p.m. during the academic year

M.Sc in Orthopaedics. Starting October

Radiology of Bones and Joints. Two days fulltime in November.

Applications and enquiries to Professor of Orthopaedic Surgery, Jules Thorn Building, The Middlesex Hospital, Mortimer Street, London W1P 7PN, UK.

Institute of Psychiatry

Lectures in preparation for DPM and MRCPsych. 10 weeks part-time starting October

Research to Practice in Child Psychiatry. 30 September to 2 October 1987. Course for specialists in child and adolescent psychiatry.

The Dean's Office, Institute of Psychiatry, De Crespigny Park, London SE5 8AF, UK.

Institute of Urology

Short courses on aspects of urology and nephrology – throughout the year

Applications and enquiries: The Dean, Institute of Urology, 172–176 Shaftesbury Avenue, London WC2H 8JE, UK.

Royal Postgraduate Medical School

Regular courses on advanced topics

School Office, Royal Postgraduate Medical School, Hammer-smith Hospital, Du Cane Road, London W12 0HS, UK.

University of Manchester

M.A. in Health Care Ethics.

Details: Mrs. S. Ibbotson, Department of Education, University of Manchester, Oxford Road, Manchester M13 9PL

International Union Against Cancer

Details of fellowship programmes from

3 rue du Conseil-Général, 1205 Geneva, Switzerland.

Liverpool, Newsham General Hospital

Lunchtime meetings twice monthly
Secretary, Postgraduate Centre, Belmont Road, Liverpool, L6 4AF, UK.

London School of Hygiene and Tropical Medicine

Courses in community health, occupational health and preventive medicine
The Registrar, LSHTM, Keppel Street, London WC1E 7HT, UK.

2nd British Lithium Conference

6-9 September 1987. Compton Park Centre, Wolverhampton Polytechnic.
Details: N.J. Birch, Ph.D., Biomedical Research Laboratory, Wolverhampton Polytechnic, Wolverhampton WV1 1LY.

Oxford Regional Committee for Postgraduate Medical Education and Training

Neurosciences Course. Department of Human Anatomy, Oxford. Sept 14-18 1987.
Details: Regional Postgraduate Office, Medical School Offices, Level 3, John Radcliffe Hospital, Oxford OX3 9DU.

International Society for Research on Civilization Diseases and on Environment

13th Congress of S.I.R.M.C.E. - Lausanne 14-17 October 1987.
Details: Professor J. Csillaghy, 14 av. de l'Eglise-Anglaise, Ch-1006, Lausanne, Switzerland.

Fay Institute of Human Relations Inc

2nd International Congress on sexual development and functioning across the lifespan. Montreal, 22-24 October, 1987
Catherine Blake, Congress Coordinator, C.P. 5 (Cote-des-Neiges), Montreal, Quebec, Canada H3S 2S4.

9th International Symposium on Parkinson's Disease

Jerusalem, Israel June 5-9 1988.
Details: P.O.B. 50006, Tel-Aviv 61500, Israel.

International Conference on Ergonomics, Occupational Health, Safety and Health, and the Environment

24-28 October 1988. Beijing, China.
Details: Conference Administrator, ICE-O-SHE, Darling Downs Institute of Advanced Education, P.O. Box 44, Darling Heights, Toowoomba Qld. 4350, Australia

European Medical Research Group (Young AEMIE)

Regular meetings consisting of poster session and invited lecture, held at Lettsom House, 11 Chandos Street, London W.1.
Details from: Dr D. R. J. Singer, c/o Fellowship of Postgraduate Medicine, 6 St Andrew's Place, London NW1 4LB. Tel. 01-935 5556.

Full details of the courses, meetings and symposia listed above, and of others of interest to medical postgraduates, can be obtained from the individual organizations.

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The principal author must ensure that any co-authors listed agree to submission of the typescript. Any written or illustrative material which has been or will be published elsewhere must be duly acknowledged and accompanied by the written consent of the authors and publishers concerned.

Arrangement Papers should be divided into; (a) Title page, (b) Summary, (c) Introduction, (d) Materials and methods, (e) Results, (f) Discussion, (g) Acknowledgements, (h) References, (i) Tables, (j) Figures and captions. The summary should not exceed 250 words and should state concisely what was done, the main findings and how the work was interpreted. In all sections of the paper numbered paragraphs should be avoided if at all possible.

Style Abbreviations and symbols must be standard and SI units used throughout. Acronyms should be used sparingly and must be fully explained when first used. Whenever possible drugs should be given their approved generic name. Where a proprietary (brand) name must be used, it should begin with a capital letter. Statistical analyses must explain the methods used. The use of footnotes is not permitted. Single quotation marks should be used and words to be italicized should be underlined. The *Concise Oxford English Dictionary* is used as a reference for all spelling and hyphenation.

References should follow the Vancouver format. In the text, they should appear as numbers starting at 1. At the end of the paper they should be listed (double-spaced) in numerical order corresponding to the order of citation in the text. All authors should be quoted for papers with up to six authors; for papers with more than six authors, the first three only should be quoted followed by *et al.* Abbreviations for titles of medical periodicals should conform to those used in the latest edition of *Index Medicus*. The first and last page

numbers for each reference should be provided. Abstracts and letters must be identified as such.

1. Clements, R. & Gravelle, I.H. Radiological appearances of hydatid disease in Wales. *Postgrad Med J* 1986, **62**: 167–73.
2. Greenbeeger, J.S. Long-term hematopoietic cultures. In: Golde, W. (ed) *Hematopoiesis*. Churchill-Livingstone, New York, 1984, pp 203–242.

Figures In the text Arabic numbers should be used and all illustrations should be specifically referred to in the text, e.g. (Figure 2). All illustrations should be submitted at about 1½ times the intended final size and should be numbered as figures whether they are photographs, representational drawings or line diagrams and graphs.

Photographs and photomicrographs should be unmounted glossy prints and should not be retouched, and should be chosen to exclude technical artefacts. Magnification is best indicated by a line representing a defined length included within the photographs. Areas of key interest and/or critical reproduction should be indicated on a flimsy overlay attached to the photograph or on a photocopy. All annotations and lettering should be indicated in the same way, and preferably not included on the original print. Clearly contrasted and focused prints are essential for adequate reproduction.

Line diagrams and graphs should be on separate sheets; they must be drawn with black Indian ink on white paper, or supplied as photographic prints of such originals. Lettering on figures should be minimal and must not duplicate the legend. The use of symbols should be consistent within papers, and explanations of symbols should be included in the caption, not on the figure.

A photocopy of all illustrations should be submitted.

Tables These should be as few as possible and should present only essential data. They should be typewritten on separate sheets, have a title or caption, and given Roman numbers.

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Offprints Twenty-five offprints will be supplied free of charge to the principal author. Additional offprints may be ordered on the form accompanying proofs. The charges are necessarily higher if orders are received after the issue has gone to press.

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