

Madeleine Bastide (March 18, 1935 – June 10, 2007)

By Jay Yasgur, R.Ph.

Madeleine Bastide, the doyen of research into the infinitesimal, passed away in Montpellier, France at the age of 72.

Dr. Bastide, who worked closely with philosopher Agnes Lagache for much of her life, studied at the University of Montpellier receiving a number of degrees. Mycology, microbiology, and bacteriology were the fields which she mastered, yet her real love and focus was immunology. She became full professor of immunology in 1979 at her alma mater and was lauded not just for her research, but for her teaching and communication skills.

Later in her career, her energies became devoted to research on determining the harmful effects, if any, associated with mobile phone use and with the scientific validation of homeopathy. Those researches demonstrated ill-effects in the former and proved the validity of the latter.

She served as advisor to many scientific organizations, including the French Agency for Health Safety and Prevention and the European Parliament. She produced some three hundred scientific papers, attended over 145 conferences and edited the seminal "Signals and Images: Selected papers from the 7th and 8th GIRI Meetings, held in Montpellier, France, November 20-21, 1993 and Jerusalem, Israel, December 10-11, 1994" (circa 1997).

Dr. Bastide began her ultra-high dilution researches in the 1980s on cytokines and thymus hormones, charting immunological aspects on experimental animals. In 1986, with Rene Hahm, she established the Groupe Internationale de Recherche sur L'infinitesimale (GIRI). This organization sponsored a number of congresses, most notably the Monaco International Seminars on Alternative Medicine.

"Our epistemological position never was to explain the workings of homeopathy. Our work was to build an interpretative theory [Theory of

the Bodily Significates] which does not pretend to answer to the question 'what is?', but only to supply thinking frameworks within which the 'how this happens' may be understood and worked upon. I must say that I am totally indifferent to such intrinsic limitation, as I do not believe that good science has ever done something different. By understanding that a same reality may be described in many different paradigmatic ensembles, we become necessarily constructivists... This renders us modest; thus, it is good for the spirit."

---A. Lagache (*Cultura Homeopatica*, #20, p. 40.)
 "To all of us, she was a seductive colleague, with her warm smile and her passion to communicate, which would charm her listeners, while at the same time, she was rigorous and demanding in the work. We will keep in our hearts the shiny light of her generosity, her courage, her will and her intellectual honesty. A beautiful soul has gone away."- Jean M. Bastide, *et al.*, (*Cultura Homeopatica*, #20, p. 43)

About the Author: Jay Yasgur is a pharmacist, author and member of the HPCUS (Homeopathic Pharmacopoeia Convention of the United States). He is the author of A Dictionary of Homeopathic Medical Terminology, 3rd Ed. He republished and edited two homeopathic classics: Some Clinical Experiences of E. E. Case, M.D., and Homoeopathic Materia Medica for Nurses, 2nd Ed. Along with Mr. C. Ellithorp, they produced 'The Dunham Lectures of J.T. Kent'. Mr. Yasgur recently finished a three year project, Cumulative Index to the Homoeopathic Physician, Jay has worked for Weleda Inc. and Humphreys Pharmacal. Aside from writing, Mr. Yasgur works part time in retail pharmacy where he blends homeopathy into his pharmacy practice. He lives in Tempe, AZ. AHH

Calendar of Homeopathic Events

This calendar is provided courtesy of Dr. Betty Wood

Scheduled Events

APRIL 11, 2008

Pre-Conference Seminar

André Saine Specific Tools for Resolving Difficult Cases

Crowne Plaza Hotel in Warwick, Rhode Island

Contact: National Center for Homeopathy * (703)

548-7790 * info@nationalcenterforhomeopathy.org *

www.nationalcenterforhomeopathy.org

APRIL 12-13, 2008

3rd ANNUAL JOINT AMERICAN HOMEOPATHIC CONFERENCE

12 National Organizations * 16 topics and presentations including André Saine & Jeremy Sherr

Crowne Plaza Hotel in Warwick, Rhode Island

Contact: National Center for Homeopathy * (703)

548-7790 * info@nationalcenterforhomeopathy.org *

www.nationalcenterforhomeopathy.org

APRIL 14-15, 2008

Pre-Conference Seminar

Jeremy Sherr The Syphilitic Family of Remedies: A New Perspective

Crowne Plaza Hotel in Warwick, Rhode Island

Contact: National Center for Homeopathy * (703)

548-7790 * info@nationalcenterforhomeopathy.org *

www.nationalcenterforhomeopathy.org

APRIL 12-13, 2008

New York School of Homeopathy

Weekend Eight of the Foundation Year

contact: Susan Sonz, CCH, Director, 212-925-4623

<<mailto:faculty@nyhomeopathy.com>>faculty@nyhomeopathy.com

www.nyhomeopathy.com

<<http://www.nyhomeopathy.com>><http://www.nyhomeopathy.com>

www.nyhomeopathy.com

APRIL 26 - MAY 2, 2008

Massimo Mangialavori, Harvard, MA

The Language of the Body: Passages: Relation with

Time and Space

Incarnation, Birth and Development through Issues Surrounding Death

Study of Homeopathic Remedies and Families for this Issue

Sponsored by New England Homeopathic Academy

Contact: Betty Wood 978-635-0605

<mailto:bw@bettywoodmd.com> for detailed course description

APRIL 26-27, 2008

Eighth weekend of Professional Program, Year One

Teleosis School of Homeopathy, Boston, MA

Contact: Begabati Lennihan, RN, CCH, Director

(617) 547-8500

<mailto:teleosis@verizon.net>

<http://www.teleosischool.org>

MAY 2-4, 2008

Louis Klein RSHom, Vancouver, B.C.

Homeopathic Master Clinician Course

Year Three, Session Nine

Contact: Luminos Homeopathic Courses Ltd.

Aryana Rayne at 604-947-0757

info@homeopathycourses.com

<http://www.homeopathycourses.com>

MAY 2-4, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA

Sensation Method Live Clinic

Mentorship Training Program Part 2, Inner Health, Inc.,

Contact: Alyson Garvey

Tel: 617-491-3374

Email: <<mailto:alyson@innerhealth.us>>alyson@innerhealth.us

Visit: <<http://www.innerhealth.us/for-homeopaths/index.html>>www.infohomeopathy.com

MAY 2-4, 2008

New England School of Homeopathy - Portland, OR
8 Weekend Course 2008-2009 Teaching an integrated approach called Cycles and Segments; this course is designed for both the beginner and more experienced homeopaths.
Instructors: Drs. Paul Herscu ND and Amy Rothenberg ND
mailto:nesh@nesh.com, 413-256-5949, fax 860-253-5041
http://www.nesh.com

MAY 3-4, 2008

Karen Allen, CCH, Boston, MA
Imponderables and Precious Gem Remedies
Teleosis School of Homeopathy, Boston, MA
Friday evening video presentation on case-taking techniques
Contact: Begabati Lennihan, RN, CCH, Director
(617) 547-8500
mailto:teleosis@verizon.net
http://www.teleosischool.org

MAY 3-4, 2008

New York School of Homeopathy
Weekend Nine of the Second Year
Weekend Nine of the Clinic Class
contact: Susan Sonz, CCH, Director, 212-925-4623
<mailto:faculty@nyhomeopathy.com>faculty@nyhomeopathy.com
<http://www.nyhomeopathy.com>http://www.nyhomeopathy.com

MAY 3-4, 2008

Los Angeles School of Homeopathy, Los Angeles, CA
Year 1, Session 9 1 Philosophy and Principles of Homeopathy-the Fundamentals
Contact Avghi Constantinides-Director
310 772-8235 or 310 279-5010
avghi@homeopathycourses.com
<http://www.lahomeopathicsschool.com>http://www.lahomeopathicsschool.com

MAY 9-11, 2008

Homeopathic Community School, Seattle WA
Contact: Lucy Vaughters, PA-C, CCH, Director,
425-672-4485
mailto:info@homeocommunityschool.com
web: http://www.homeocommunityschool.com

MAY 15-18 2008

Drs Shachindra and Bhawisha Joshi, South Kingston RI.
Sensation Method Seminar
Contact Spero Latchis

<mailto:Windhrse@sover.net>Windhrse@sover.net

MAY 17-18, 2008

Ninth weekend of Professional Program, Year One
Teleosis School of Homeopathy, Boston, MA
Contact: Begabati Lennihan, RN, CCH, Director
(617) 547-8500
mailto:teleosis@verizon.net
http://www.teleosischool.org

MAY 17-18, 2008

New York School of Homeopathy
Weekend Nine of the Foundation Year
contact: Susan Sonz, CCH, Director, 212-925-4623
<mailto:faculty@nyhomeopathy.com>faculty@nyhomeopathy.com
<http://www.nyhomeopathy.com>http://www.nyhomeopathy.com

MAY 29 - JUNE 1, 2008

Christopher Beaver, Lafayette, CO
Sensation Method Case-taking Workshop
Apprenticeship Training Program, Inner Health, Inc.
Contact: Alyson Garvey or Bonnie Heidbrak
Tel: 617-491-3379
Email: <mailto:alyson@innerhealth.us>alyson@innerhealth.us
Visit: <http://www.infohomeopathy.com>www.infohomeopathy.com

MAY 31- JUNE 1, 2008

New York School of Homeopathy
Weekend Ten of the Clinic Class
contact: Susan Sonz, CCH, Director, 212-925-4623
<mailto:faculty@nyhomeopathy.com>faculty@nyhomeopathy.com
<http://www.nyhomeopathy.com>http://www.nyhomeopathy.com

JUNE 6-8, 2008

Louis Klein FS Hom, Minneapolis
Homeopathic Master Clinician Course
Contact: Aryana Rayne at 604-947-0757
info@homeopathycourses.com
http://www.homeopathycourses.com

JUNE 7-8, 2008

Tenth weekend of Professional Program, Year One
Teleosis School of Homeopathy, Boston, MA
Contact: Begabati Lennihan, RN, CCH, Director
(617) 547-8500
mailto:teleosis@verizon.net
http://www.teleosischool.org

JUNE 7-8, 2008

New York School of Homeopathy

Weekend Ten of the Second Year

contact: Susan Sonz, CCH, Director, 212-925-4623
 <mailto:faculty@nyhomeopathy.com>faculty@nyhomeopathy.com
 <http://www.nyhomeopathy.com>http://www.nyhomeopathy.com

JUNE 7-8, 2008

Los Angeles School of Homeopathy, Los Angeles, CA.
 Year 1, Session 10- Final
 Contact Avghi Constantinides-Director
 310 772-8235 or 310 279-5010
 avghi@homeopathycourses.com
 <http://www.lahomeopathicschool.com>http://www.lahomeopathicschool.com

JUNE 13-15, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
 Sensation Method Live Clinic
 Mentorship Training Program Part 3, Inner Health, Inc.,
 Contact: Alyson Garvey
 Tel: 617-491-3374
 Email: <mailto:alyson@innerhealth.us>alyson@innerhealth.us
 Visit: <http://www.innerhealth.us/for-homeopaths/index.html>www.infohomeopathy.com

JUNE 15-17, 2008

Homeopathic Community School, Seattle WA
 Contact: Lucy Vaughters, PA-C, CCH, Director,
 425-672-4485
 mailto:info@homeocommunityschool.com
 web: http://www.homeocommunityschool.com

JUNE 21-22 2008

Dr. A.U. Ramakrishnan, Egg Harbor Twp, NJ
 Post Graduate Course in Homeopathy
 Endocrine and HEENT
 Phone: 609-927-5660
 Email: Info@bihusa.com

JUNE 21-22, 2008

New York School of Homeopathy
 Weekend Ten of the Foundation Year
 contact: Susan Sonz, CCH, Director, 212-925-4623
 <mailto:faculty@nyhomeopathy.com>faculty@nyhomeopathy.com
 <http://www.nyhomeopathy.com>http://www.nyhomeopathy.com

JULY 7-13, 2008

Jo Daly and Murray Feldman, Calgary, AB
 Clinical Workshop
 contact Christine Jambrosic
 (416)315-0748; cjambrosic@hotmail.com

www.homoopathyschool.com

JULY 18-20, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
 Sensation Method Live Clinic
 Mentorship Training Program Part 1, Inner Health, Inc.,
 Contact: Alyson Garvey
 Tel: 617-491-3374
 Email: <mailto:alyson@innerhealth.us>alyson@innerhealth.us
 Visit: <http://www.innerhealth.us/for-homeopaths/index.html>www.infohomeopathy.com

JULY 18-20, 2008

Joanna Daly, Providence, RI
 Methods of casework and analysis
 contact Betsy Levine
 207 589 3399; betsy@homeopathyschool.com
 www.homoopathyschool.com

JULY 19, 2008

Pearlyn Goodman-Herrick, N.D., DHANP, Mount Dora, FL.
 12th Annual Summer Seminar
 Contact: <mailto:homeopathylake@yahoo.com>homeopathylake@yahoo.com
 Phone 352-735-2702 or 352 406 0172.

SEPTEMBER 12-14, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
 Sensation Method Live Clinic
 Mentorship Training Program Part 2, Inner Health, Inc.,
 Contact: Alyson Garvey
 Tel: 617-491-3374
 Email: <mailto:alyson@innerhealth.us>alyson@innerhealth.us
 Visit: <http://www.innerhealth.us/for-homeopaths/index.html>www.infohomeopathy.com

SEPTEMBER 12-14, 2008

New England School of Homeopathy - Portland, OR
 8 Weekend Course 2008-2009 Teaching an integrated approach
 called Cycles and Segments; this course is designed for both the
 beginner and more experienced homeopaths.
 Instructors: Drs. Paul Herscu ND and Amy Rothenberg ND
 mailto:nesh@nesh.com, 413-256-5949, fax 860-253-5041
 http://www.nesh.com

SEPTEMBER 25-28, 2008

Jenny Hwozdek and Melissa Burch, CCH, RsHom(NA),

Cambridge, MA
Sensation Method Case-taking Workshop,
Apprenticeship Training Program, Inner Health, Inc.,
Contact: Alyson Garvey
Tel: 617-491-3374
Email: <mailto:alyson@innerhealth.us>alyson@
innerhealth.us
Visit: <http://www.innerhealth.us/for-homeopaths/
index.html>www.infohomeopathy.com

SEPTEMBER 26-28, 2008
Louis Klein FS Horn, Minneapolis
Homeopathic Master Clinician Course
Contact: Aryana Rayne at 604-947-0757
info@homeopathycourses.com
http://www.homeopathycourses.com

OCTOBER 11-12 2008
Dr. A.U. Ramakrishnan, Egg Harbor Twp, NJ
Post Graduate Course in Homeopathy
Psychiatry and Some Polycrests
Phone: 609-927-5660
Email: Info@bihusa.com

OCTOBER 17-19, 2008
Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 3, Inner Health,
Inc.,
Contact: Alyson Garvey
Tel: 617-491-3374
Email: <mailto:alyson@innerhealth.us>alyson@
innerhealth.us
Visit: <http://www.innerhealth.us/for-homeopaths/
index.html>www.infohomeopathy.com

OCTOBER 18-24, 2008
Massimo Mangialavori, Harvard, MA
The Language of the Body: Self Esteem and Affection
Study of Homeopathic Remedies and Families for this
Issue
Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
mailto:bw@bettywoodmd.com for detailed course
description

OCTOBER 23-24, 2008
Introduction to Medical Homeopathy for Physicians
Dr. Russell Malcolm, M.B.Ch.B., M.R.C.P., Westchester
Marriot Hotel, Tarrytown, New York.
Sponsors: New York Medical College, The American
Institute of Homeopathy, and The Homeopathic Medi-
cal Society of the State of New York.
31.5 Category 1 AMA PRA CME credits and CHE
credits approved and available for entire program.
Registration: Office of Continuing Medical Education,

New York Medical College, Vosburg Pavillion, Valhalla,
NY 10595. 914/594-4487,
Fax: 914/594-4699.
www.nymc.edu/cme/upcoming events.asp

OCTOBER 24-26, 2008
Systems & Symbiosis: The Bowel Nosodes
Dr. Russell Malcolm, M.B.Ch.B., M.R.C.P., Westchester
Marriot Hotel, Tarrytown, New York.
Sponsors: New York Medical College, The American
Institute of Homeopathy, and The Homeopathic Medi-
cal Society of the State of New York.
31.5 Category 1 AMA PRA CME credits and CHE
credits approved and available for entire program.
Registration: Office of Continuing Medical Education,
New York Medical College, Vosburg Pavillion, Valhalla,
NY 10595. 914/594-4487,
Fax: 914/594-4699.
www.nymc.edu/cme/upcoming events.asp

OCTOBER 24-26, 2008
Dr. Rajan Sankaran
Seminar on the Sensation Method
New York School of Homeopathy
contact: Susan Sonz, CCH, <<mailto:faculty@nyho-
meopathy.com>faculty@nyhomeopathy.com>
<http://www.nyhomeopathy.com/Sankaran_Seminar.
htm>http://www.nyhomeopathy.com/Sankaran_
Seminar.htm

OCTOBER 31 - NOVEMBER 2, 2008
Divya Chhabra, Toronto
Ontario College of Homeopathic Medicine
info@ochm.ca, (416) 535-5995

NOVEMBER 7-9, 2008
New England School of Homeopathy - Portland, OR
8 Weekend Course 2008-2009 Teaching an integrated
approach
called Cycles and Segments; this course is designed
for both the
beginner and more experienced homeopaths.
Instructors: Drs. Paul Herscu ND and Amy Rothen-
berg ND
mailto:nesh@nesh.com, 413-256-5949, fax 860-
253-5041
http://www.nesh.com

NOVEMBER 14-16, 2008
Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 1, Inner Health,
Inc.,
Contact: Alyson Garvey
Tel: 617-491-3374
Email: <mailto:alyson@innerhealth.us>alyson@

innerhealth.us
 Visit: <<http://www.innerhealth.us/for-homeopaths/index.html>>www.infohomeopathy.com

DECEMBER 12-14, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
 Sensation Method Live Clinic
 Mentorship Training Program Part 2, Inner Health, Inc.,

Contact: Alyson Garvey
 Tel: 617-491-3374

Email: <<mailto:alyson@innerhealth.us>>alyson@innerhealth.us

Visit: <<http://www.innerhealth.us/for-homeopaths/index.html>>www.infohomeopathy.com

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INTERNATIONAL SEMINARS

APRIL 12-13, 2008

Amy Rothenberg, ND - Leister England
 "Sensory Integration Disorder"
 contact: Pamela Stevens
pamela_stevens@homeopathy-soh.org
 <<http://www.nesh.com>>
 Tel : +919820497991

MAY 9-11, 2008

Dr Rajan Sankaran , Naples, Italy
 Contact: Mr Guiseppe Spinelli .
 Email: <<mailto:g.spinelli@cemon.it>>g.spinelli@cemon.it
 cemon.it
 Tel. +39 081 2482376
 Fax +39 081 2482346
 Cell. +39 335 5250125

MAY 10-11, 2008

Louis Klein FSHom, Kandern, Germany
 For more information go to:
http://narayana-verlag.de/seminar_louis_klein.php

MAY 23-25, 2008

Dr. Dinesh Chauhan, Leuven, Belgium
 Journey from Symptoms To Vibrational Altered Pattern To Source
 Organized by, Centrum Voor Klassieke Homeopathie, Leuven
 Contact: Christel Lombaerts, lintsesteenweg 66, 2540

hove, phone: 03.454.26.34

Email: <[http://wm1.vsnl.net/java_script:main.compose\('new','t=info@ckh.be'\)](http://wm1.vsnl.net/java_script:main.compose('new','t=info@ckh.be')>info@ckh.be)>info@ckh.be, website: <<http://www.ckh.be/>>www.ckh.be

MAY 31 - June 1 , 2008

Dr. Dinesh Chauhan, Sheffield, UK.
 A Sensational journeyŠfrom Symptoms to Source in Children

Contact: Gurmej Virk

Email: <[javascript:main.compose\('new','t=info@share-uk.org'\)](mailto:javascript:main.compose('new','t=info@share-uk.org')>info@share-uk.org)>info@share-uk.org, Website: <<http://www.share-uk.org/>>www.share-uk.org

Phone: 0114-2670128, 0114-2508389

JUNE 5-8 2008

Dr. Dinesh Chauhan, Copenhagen, Denmark
 A Sensational journeyŠfrom Symptoms to Source in Children

Contact: Troelsen Kaare

Email: <[javascript:main.compose\('new','t=i-evolve@hotmail.com'\)](mailto:javascript:main.compose('new','t=i-evolve@hotmail.com')>i-evolve@hotmail.com)>i-evolve@hotmail.com

Web-site: <<http://www.groennegaardsklinikken.dk/>>www.groennegaardsklinikken.dk

JUNE 27-29, 2008

Galway, Ireland
 Louis Klein FS Hom
 Speaker at the Irish Homeopathic Society Conference
<http://www.irishhomeopathyconference.com>

OCTOBER 9-13, 2008

Seminar with Dr. Rajan Sankaran, Galway, Ireland
 Venue: Menlo Park Hotel & Conference Centre.
 Booking: Galway College of Homeopathy.
 Email: admin@galwayhomeopathy.com
 Website: www.galwayhomeopathy.com
 Brochure: http://www.galwayhomeopathy.com/index.php/sankaran_seminar

NOVEMBER 17- 29, 2008

Dr. Rajan Sankaran, Mumbai ,India
 Contact: Dr Shachindra Joshi/Bhawisha Joshi
 Email :drshachindra@hotmail.com or
 <<mailto:bhawisha@vsnl.com>>bhawisha@vsnl.com or
 <<mailto:spirit@vsnl.com>>spirit@vsnl.com
 Tel: +91-22-26149922 (Clinic)
 + 91-9820497991 (Mobile)



Summary of Technical Requirements

Follow all formatting requirements.

- *Double space all parts of manuscripts.
- *Illustrations, tables, unmounted prints, should be separate from the article and be no larger than 203 X 254 mm (8 X 10 inches).
- *Include permission to reproduce previously published material or to use illustrations that may identify human subjects.
- *Enclose transfer of copyright and other forms.
- *Submit a paper copy and a floppy disk, CD or email version of the article.
- *Keep copies of everything submitted.

Preparation of Manuscript

Full-length articles, case reports, reviews, editorials, etc: Should be submitted on paper and either email or disk.

Requirements for paper format: Type or print out the manuscript on white bond paper, 216 X 279 mm (8.5 X 11 inches), or ISO A4 (212 X 297 mm), with margins of at least 25 mm (1 inch). Type or print on only one side of the paper. Use double spacing throughout, including for the title page, abstract, text, acknowledgments, references, individual tables, and legends. Number pages consecutively, beginning with the title page. Put the page number in the upper or lower right-hand corner of each page.

Research papers

The text of observational and experimental articles is usually (but not necessarily) divided into sections with the headings Introduction, Methods, Results, and Discussion. Long articles may need subheadings within some sections (especially the Results and Discussion sections) to clarify their content.

Manuscripts on Disks

Papers should be submitted in electronic form (email or disk) as well as on paper. The AJHM can accept a variety of word processing formats or text (ASCII or RTF) files.

When submitting disks or email, authors should:

1. be certain to include a print-out of the version of the article that is on the disk or sent by email (mail separately to editor);
2. put only the latest version of the manuscript on the disk or in the email;
3. name the file clearly;

4. label the disk with the format of the file and the file name;
5. provide information on the hardware and software used.
6. be sure to include the author's name(s), address, and email address within the body of the text.

General formatting requirements

Please pay special attention to these requirements as manuscripts submitted without the following formatting will be returned for revisions.

Please avoid the temptation to try to make your written work look like a published article. Once your article is edited, our journal's style and design will be applied to your disk or computer file before it is output to typeset pages, and these are applied most easily to an unstyled manuscript. (In other words, if you put in special features to enhanced the appearance of the manuscript, we will need to spend time taking them out of the file before we can get on with the business of publishing your article.) If you think any part of your manuscript might need to have a special appearance, please indicate this on the print-out only

An alternative to submitting a copy of your article on paper is to submit two copies of your paper on disk or via email. One copy should be without formatting, as described in the preceding paragraph, and one copy should be formatted to present the published appearance that you have in mind.

Instructions for typing the manuscript:

1. Margins. Before you start, set wide margins (approximately 1.5 inches).
2. Line spacing. Set line spacing to double space.
3. Justification. Please do not justify your text – allow it to run ragged on the right-hand margin.
4. Hyphenation. Turn off the hyphenation option. Only use hyphens when they are part of a word. Do not hyphenate words simply to make them fit into a line, since the change in line lengths during typesetting may result in these words being incorrectly hyphenated in the middle of the line.
5. Punctuation. When typing the manuscript, it is essential to be consistent, especially when punctuating. Only use one space following a period (full stop) – between sentences.
6. Accents and Special Characters. Many accents, symbols, and special characters are available as

ASCII characters in a word processor and should be used. However, if they are not available, use the @ sign as a substitute and mark the correct character in the margin of the print-out.

7. Carriage Return and Spacing. Never use the carriage return (enter) at the end of lines within a paragraph – allow the computer's automatic wrap-around function to turn the text over to the next line. Use the carriage return only: a.) at the end of a paragraph, b.) after a heading, c.) at the end of each entry in a list. Do not put in extra space around headings.

8. Paragraphs. Do not indent paragraphs. Start each paragraph on a new line with one line of space between paragraphs. Do not format the document to add extra spacing between paragraphs; simply use the carriage return to add the line of space.

9. Headings. Use normal type for headings. Capitalize the first letter of the first word only. Do not type headings in ALL CAPITALS or with the "Caps Lock" on. Do not underline headings. Do not type headings in bold or italic, or type a colon or period (full stop) after them. Headings should be coded by circled numbers handwritten in the margin of the print-out. You may also want to distinguish headings by using different font sizes. This must be done consistently. Headings should be ranged to the left-hand margin, not centered.

10. Use of Italic or Bold. Use italic sparingly (in the text only) for emphasis.

11. Dash (—) and hyphen (-). For a dash (e.g., to set off a phrase), type—(two hyphens, without spaces before, after, or between) or an em dash. Use two hyphens to separate numbers in a range; e.g., 4—5 months, pp. 251—257 or use an em dash.

12. Units. Always insert a space between a number and a unit; e.g., 5 mm.

13. Quotes. Please use "double" quotation marks. Use 'single' quotation marks for quotes within quotes.

14. List. Do not indent lists. If preparing a list within a list, write in the margin "indent list." Do not indent or tab new lines. Bullets, numbers, alphabet characters, or dashes may be used but please use logically and consistently.

15. Footnotes and Endnote/references: Footnote and endnote/reference numbers should be placed in parentheses and not superscripted. Footnotes and endnote/references should be placed within the article as normal text and not placed in footers or otherwise separated from the main body of the article.

16. **Tables, illustrations, charts, photos.** Tables, illustrations, charts, photos, though they may be placed within the article, should also accompany the article as separate files (eg, graphics - tif - documents in the case of photos and illustrations, and as

separate MS Word documents in the case of Tables, with page size adjusted to just accommodate the size of the Table).

Title Page

The title page should carry 1) the title of the article, which should be concise but informative; 2) the name by which each author is known, with his or her highest academic degree(s) and institutional affiliation; 3) the name of the department(s) and institution(s) to which the work should be attributed; 4) disclaimers, if any; 5) the name and address of the author responsible for correspondence about the manuscript; 6) source(s) of support in the form of grants, equipment, drugs, or all of these; and 7) a short running head or footline of no more than 40 characters (count letters and spaces) at the foot of the title page.

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More than six authors:

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2. Organization as author

The Cardiac Society of Australia and New Zealand. Clinical exercise stress testing. Safety and performance guidelines. *Med J Aust* 1996; 164: 282-4.

3. No author given

Cancer in South Africa [editorial]. *S Afr Med J* 1994;84:15.

4. Article not in English

Ryder TE, Haukeland EA, Solhaug JH. Bilateral infrapatellar seneruptur hostidligere frisk kvinne. *Tidsskr Nor Laegeforen* 1996;116:41-2.

Books and Other Monographs

5. Personal author(s)

Ringsven MK, Bond D. Gerontology and leadership skills for nurses. 2nd ed. Albany (NY): Delmar Publishers; 1996.

6. Editor(s), compiler(s) as author

Norman IJ, Redfern SJ, editors. Mental health care for elderly people. New York: Churchill Livingstone; 1996.

7. Organization as author and publisher

Institute of Medicine (US). Looking at the future of the Medicaid program. Washington: The Institute; 1992.

8. Chapter in a book

Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. p. 465-78.

9. Conference proceedings

Kimura J, Shibasaki H, editors. Recent advances in clinical neurophysiology. Proceedings of the 10th International Congress of EMG and Clinical Neurophysiology; 1995 Oct 15-19; Kyoto, Japan. Amsterdam: Elsevier; 1996.

10. Conference paper

Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P, Piemme TE, Rienhoff O, editors. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10; Geneva, Switzerland. Amsterdam: North-Holland; 1992. p. 1561-5.

Other Published Material

11. Newspaper article

Lee G. Hospitalizations tied to ozone pollution: study estimates 50,000 admissions annually. *The Washington Post* 1996 Jun 21;Sect. A:3 (col. 5).

12. Dictionary and similar references

Stedman's medical dictionary. 26th ed. Baltimore: Williams & Wilkins; 1995. Apraxia; p. 119-20.

Unpublished Material

13. In press

Leshner AI. Molecular mechanisms of cocaine addiction. *N Engl J Med*. In press 1996.

Electronic Material

14. Journal article in electronic format

Morse SS. Factors in the emergence of infectious diseases. *Emerg Infect Dis* [serial online] 1995 Jan-Mar [cited 1996 Jun 5];1(1):[24 screens]. Available from: URL: <http://www.cdc.gov/ncidod/EID/eid.htm>

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SPONGIA Toasted Sponge

MINIPICTURE

- Anxiety about health esp. fear of heart disease
- Wakes after midnight in a fright with suffocating sensation
- < After sleep
- > Eating + drinking esp. warm food + drinks
- Exhaustion after slight exertion with flushes of heat to chest + face
- Heart pathology – palpitations < before menses, angina, hypertrophy
- Hard, swollen glands – goitre, cervical nodes, testes
- Dry mucous membranes – dry cough, raw larynx, asthma without rattling
- Every cold → laryngitis with hoarseness
- Dry, barking cough < before midnight – croup, whooping cough
- Sawing sound with breathing
- Squeezing pain in testis + along spermatic cord – orchitis, epididymitis

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