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Contents

Frontispiece	2
Updates	
Gulf health research <i>Lieutenant Colonel J T Graham RAMC</i>	3
Defence Dental Agency <i>Surgeon Commodore J Hargraves QHDS</i>	6
Adventurous training	
British Services Gimmigela Expedition 1997: a personal account <i>Surgeon Lieutenant A R Gibson</i>	9
Clinic Nepal 97 <i>Leading Naval Nurse S Semark-Jullien</i>	13
Operational medicine	
Resumption of diving after illness or injury <i>Surgeon Commander P J Benton</i>	14
Clinical management	
The workings of a renal unit <i>Surgeon Lieutenant Commander N Hedger</i>	20
Research	
Cerebral Perfusion and Psychometric Testing after exposure to high altitude in the mountains <i>Miss C M Windle, Miss G M Slaven and Surgeon Captain M A Macleod Royal Navy</i>	24
Training	
Exercise Rolling Deep 1997: a nurse's perspective <i>Leading Naval Nurse K A Salt</i>	30
Royal Navy Primary Care Symposium 1997 <i>Rapporteur: Surgeon Commander A W Murrison</i>	32
History	
All the mice died <i>Mr P J H Evans</i>	38
Abstracts	46
Letters to the Editor	47
Book Reviews	48
Obituaries	50
Service News	53
Notices/Subscriptions	56/Inside Back Cover

Cover illustration: Surgeon Lieutenant Andrew Gibson, MO in the British Gimmigela Expedition team, relaxing after a successful climb (see paper on page 9)