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Air Commodore Bruce Short,
Editor, *ADF Health*
1 Hampden Road
Pennant Hills, NSW 2120
Fax +61 02 9481 8586. Phone +61 02 9484 2702
E-mail: shortb7j@bigpond.com

Requirements for manuscripts

Two printed copies of the manuscript should be submitted along with an electronic copy on disk or sent by email. The printed copies should be double-spaced, using both upper and lower case, on one side of the paper only, on A4 paper.

Headings should conform to the format in the Journal. All pages should be numbered. No part of the text should be underlined. These requirements also apply to the abstract, references, and legends to figures.

Measurements are to be in SI units (mmHg is acceptable for blood pressure measurements) and normal ranges should be included. Micrographs should include a scale marker and a note of the original magnification used.

Tables should be double spaced on separate sheets of paper. No vertical or horizontal rules are to be used.

Photographs should be glossy black-and-white or colour. Slides should be converted to photographs before being sent. *ADF Health* is printed in colour and authors are encouraged to find suitable illustrations for their articles.

Abbreviations do not mean the same thing to all readers. To avoid confusion they should only be used after they have appeared in brackets after the complete expression—eg, post-traumatic stress disorder (PTSD) can thereafter be referred to as PTSD.

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Articles should include a title page, giving the title of the paper and the first names and surnames of the authors, and an abstract of no more than 200 words. Research reports should be subdivided into Introduction, Methods, Results, Discussion and References. After the references the authors should provide their initials and surnames, their qualifications, and the positions held when doing the work being reported. One author should be identified as correspondent for the Editor and for readers of the Journal. The full current postal address of each author, with the telephone, facsimile numbers and email address of the corresponding author, should be supplied with the contribution. Accuracy of the references is the responsibility of authors. Acknowledgements should be brief.

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1. Buckley PTR. The Defence Health Service — the formative steps. *ADF Health* 1999; 1: 4-7.
2. Heath D, Williams DR. Man at high altitude, 2nd ed. Edinburgh: Churchill Livingstone, 1981: 56-65.

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