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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. One copy (for the reviewers) should be without authors' names, affiliations or acknowledgements.

On the title page, please give for each author: full name, including middle initial; relevant qualifications, military rank and postnominals; position and institutional address at the time the article was produced. Identify one author as correspondent and give his/her postal address, direct telephone and facsimile numbers and email address. Include a word count for the main body of the text (not references, tables or figures).

Include an abstract of the article (200–250 words).

Research reports should be subdivided into Introduction, Methods, Results, Discussion and References.

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.

Electronic copies may be in Mac or PC wordprocessor format. Illustrations should not be embedded in the wordprocessor document, only their position indicated. Illustrations should be saved as separate documents in TIFF or EPS format.

The preferred length for articles is 3000 words or less. Inclusion of more than five authors requires justification.

Acknowledgements should be brief.

Letters to the Editor should not exceed 400 words (including references, which should be limited to 5 per letter).

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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.

Accuracy of the references is the responsibility of authors.

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