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In this issue

The articles chosen for this inaugural issue are as varied as the practice of military medicine in the ADF today.

◆ **Women in uniform**

Colonel Annette Summers rightly espouses the important role of women in the military (page 9), while Commander Michael O'Connor discusses the hazards to which pregnant servicewomen may be exposed (page 13).

◆ **Fighter force**

On page 24, Squadron Leader David Newman (Chief Instructor, Institute of Aviation Medicine) describes the adaptive cardiovascular physiology of fighter pilots and makes the theoretical case for an adaptive interaction between the vestibular system (which provides our sense of balance and orientation) and the sympathetic nervous system (which, among other things, controls arterial blood pressure).

◆ **First first aid**

The Surgeon General has highlighted the great importance of the practice of competent first aid by all members of the ADF by recently appointing Colonel Vlas Efstathis as his Consultant in First Aid. In this issue of the journal (page 42), Colonel Efstathis writes on the history of first aid.

◆ **Beating stress**

The Surgeon General himself writes on the management of acute stress syndromes (page 30). Acute stress must be addressed in all military operations and if this is done correctly, more serious post-traumatic stress disorders can be minimised.

◆ **Sound and vision**

The place and current use of ultrasonography within the military is discussed by Captain Graeme Shirtly RANR in his article on musculoskeletal ultrasound (page 33).

◆ **Taking the heights**

Mountains have always been militarily important because they provide a dominant view of the landscape and natural defensive barrier. The military doctor needs to be aware of the physiological effects of ascent to high altitude. This issue (page 18) contains the first of two articles on the major health implications of ascent to high altitude.

— Bruce Short