Weekly Thyroxine Dose May Replace Daily Use In Glandular Disorder

Many persons with underactive thyroid glands, or hypothyroidism, may soon be able to manage their disorder through weekly, rather than daily, doses of medication.

Such a change would be useful for affected individuals, since hypothyroidism is a permanent condition which requires lifetime medication.

New Method Effective

Preliminary investigations by Dr. Jacob Robbins, and Dr. Robert Bernstein, National Institute of Arthritis and Metabolic Diseases, have shown that the weekly administration of thyroxine, a synthetic thyroid hormone, is a safe and effective way of controlling hypothyroidism in young patients without cardiovascular disease.

Prior to this discovery, it had been generally accepted that treatment of hypothyroidism required replacement of thyroid hormone in daily amounts to maintain normal metabolism.

With the knowledge that some
(See THYROIDINE, Page 1)

Dr. Baker Cites Developments in Cancer; Discusses Research Support Priorities

Dr. Carl G. Baker, Acting Director of the National Cancer Institute, gave the keynote address at a recent cancer symposium sponsored by the Cancer Training Program of the University of Chicago's Pritzker School of Medicine.

Participants from all over the U.S., Canada, and Great Britain attended the conference.

Several NCI scientists, including Dr. C. Gordon Zubrod, Scientific Director for Chemotherapy, addressed the meeting which was entitled "Current Concepts in the Management of Lymphoma and Leukemia."

Dr. Baker cited the research developments in leukemia and lymphoma to illustrate the complexity of deciding what areas of cancer research should have priority for support.

He noted that support for research on lymphomas and leukemias was relatively high compared to other areas of cancer research, despite a relatively low death rate.

He also noted that research leads in this area were more developed than in others.

The NCI Director explained the difference between the way laymen and scientists judge priorities in
(See RESEARCH, Page 3)

Model Program to Combat Alcoholism Suggests Problem Be Faced Openly

"Alcoholism, as a health condition, does not need to be hidden away."

That management need not be embarrassed about facing up to alcoholism as a health problem is stressed by the Civil Service Commission.

At this conference Federal agency representatives participated in a dialogue with experts on alcoholism from industry, medicine, science, education, and organized labor.

As a result, the CSC developed a model program to combat problem drinking which it presented in a pamphlet entitled The Key Step.

Alcoholism—a serious and expensive national health problem—is defined by CSC as "a complex illness characterized by repeated and uncontrolled use of alcoholic beverages to an extent that adversely affects an individual's personal, financial, or employment situation."

It is not a unique or particular problem in the Federal Government. Because of its careful selection processes, the Government probably has a lower rate of alcoholism among its employees than does private industry.

However, because of its size, it is probable that in absolute numbers there may be thousands of Federal employees who have such problems, according to the Commission.

As the largest employer in the country, the Federal Government should look at all facets of occupational health problems, including alcoholism, and consider the latest thinking on the subject.

By setting an example with a program to combat problem drinking, the various Federal agencies may lead the way to successful re-habilitation procedures that may be adopted by private industry.

The Civil Service Commission's model program emphasizes that the supervisor's role is a significant
(See ALCOHOLISM, Page 3)

Dr. Nylen Gets Award For Calcification Studies

The annual Award for Basic Research in Biological Mineralization was given to Dr. Marie U. Nylen for her contributions in the field of calcification.

The award, sponsored by the Lever Brothers Company, was presented by the International Association for Dental Research.

She received a cash prize and a plaque of recognition at the 48th meeting of the IADR held in mid-March in New York City.

Dr. Nylen, chief of the National Institute of Dental Research's Laboratory of Biological Structure, is recognized as an international authority on the development of enamel and dentin.

She has written a number of papers on the process of calcification in the oral cavity and elsewhere in the body.

History of Science Club To Meet April 7 at NLM

The Washington History of Science Club will hold a meeting on Tuesday, April 7, at 8 p.m., in the Billings Auditorium, National Library of Medicine.

Professor Edward Daub will discuss the role of scientific thought in theology and religion. His topic will be "Science: Priest-Agnostic-Prophet."
Mattie Owens Retires, Here Since 1945; Has Seen Employee Population Explode

"You used to know everybody at NIH and what they did—now, you don't really know anybody."

According to Mattie Owens, an NIH employee since 1945, the growth in personnel from several hundred to many thousands has been the most outstanding change she has witnessed over the years. She retired on Feb. 28, after 25 years with the National Cancer Institute. She was a laboratory technician in the Macromolecular Biology Section headed by Dr. Peter Mora.

Mrs. Owens, a native of Smyth County, Va., is the mother of seven children and the grandmother of 17.

Plans Busy Retirement

"They'll keep me pretty busy," she said, "but we also want to do some gardening and a little traveling."

She and her husband—have been married for 46 years—have placed Florida at the top of the travel agenda. Although she has retired, Mrs. Owens leaves two tangible legacies at NIH. A daughter, Dorothy

Softball Leagues to Hold Final Meetings in April

The NIH R&W Men's Fast Pitch Softball League, and the NIH R&W Co-Rec Softball League will hold final meetings early in April. Both meetings, to be held at 12 noon, in Bldg. 36, Rm. 2A-03, will be for team managers only.

The Men's League meeting is on Tuesday, April 3. Players interested in joining this team should call Charles Cummings, Ext. 64441, Norm Jones, Ext. 66277 or Dorrah Todd, Ext. 62668.

The Co-Rec League will meet on Wednesday, April 4. Men and women interested in joining this group should call Barbara Plocinik, Ext. 62454.

Because of their skills, initiative, and dependability, employees in the Office of Administrative Services, Plant and Office Services Branch, Housekeeping Services Section, received Special Achievement Awards. The awards were presented to them by Lewis D. Brown, OAS Deputy Director; Grover T. Fletcher, HSS head, and Donald R. Cushing, chief, POSB. Seated (I to r): Eugene Suber, Donald Shuler, Lafayette Battle, James Cleveland and James McKenzie. Standing (I to r): George White, Mr. Brown, James Cunningham, Mr. Fletcher, Ernest Stafford, James Armstrong, Mr. Cushing, Coles Terry, Willie Robinson, Nathaniel Cunningham, James Simmons, and Samuel Blackmon, supervisor, Night Cleaning Unit. Arthur Blakely, also an award winner was not present at time of photo.
Classes Foster Ambitions to 'Get Ahead' And Turn Students Into History Buffs

The more books—the better, and Mrs. Neale (holding book on left) tries to satisfy her class's insatiable appetite for the printed word—even to the point of writing her own biographies of U.S. Presidents.—Photo by Tom Joy.

There is no news in the fact that NIH pioneers in science discoveries. But it is news to know that "NIH is breaking ice" in another area—in the words of Fredric F. Gagan, training officer for the Division of Research Services and the Office of Engineering Services.

That other area is reading, writing and arithmetic, taught in the Adult Basic Education Class—in fact, this is just one of several classes here—a part of the NIH Adult Education Program, held in conjunction with the Montgomery County School System. Because of the success of this NIH program other Government agencies have established study groups.

Classes meet for 2-hour sessions twice a week, reading and writing on Tuesday, arithmetic on Thursday. Eight students are enrolled—7 men and one woman. Marian Neale, a Montgomery County Adult Education teacher, conducts the class with patience, understanding and humor. That symbolic bell rings much too soon for the students.

A concerted groan rose from eight throats when she announced that it was 12:30, she was hungry, and it was time for the class to end.

The class meets in a conference room in Bldg. 13. Books are piled high at one end of the table, they are to be read at home and discussed in the class.

"Some students take home three books at a time so they don't run out of reading material before the next class," stated Mrs. Neale.

The NIH students are laboratory workers, aids, animal caretakers, and manual workers, and "they are all here for one purpose, to improve themselves in basic skills in order to do a better job."

They have read books on Theodore Roosevelt, Helen Keller, Philip W. Wheatley, Mary McLeod Bethune, the Lewis and Clark Expedition, and also short biographies of each U.S. President—written by the teacher.

"We've sort of become history buffs here," Mrs. Neale explained. Presidents are taken in sequence; recently the class studied and discussed James Knox Polk, the 11th President of the U.S. Dictionaries were used, facts were looked up, and questions asked and answered. A student pointed out that President Polk was a lawyer—a good preparation for the office of President.

Just Who Is Mr. Polk?

Another point was made, and it sounded somewhat familiar. It was explained to the class that because of the lack of radio, television, and other forms of communication, when Mr. Polk was nominated for President "his name was not a household word."

Part of the work period was used for individual instruction. Mrs. Neale quietly went from student to student correcting when necessary, and praising all efforts.

Mrs. Neale explained that the whole theme of her program is to give her students a feeling of success.

"Each person does what he is necessary, and praising all efforts."

Mrs. Neale interrupted him with a slight exaggeration that brought roars from the class, "We had to drag him here."

Mr. Wood burst out laughing and countered with "I don't remember that. I'm right way up in age, I thought it wouldn't do any good, I've had a complete change of mind."

Andrew Scott, DRS animal caretaker, said he enjoys books more, "anything that I can read and understand."

Louis John Bender, who has been with NIH for 27 years as an animal caretaker, and plays a wicked game of golf, looks forward to his class work.

Douglas Offutt, also an animal caretaker, said, "I would rather be here learning than anywhere else."

Opinions on Class Unanimous

John W. Green, a lab worker at the Clinical Center, started classes about 3 months ago—he's been at NIH for almost 10 years—"and I intend to go on with my classes."

Benjamin Miller, NIAID stockroom keeper, has been here for 15 years, and volunteered, "I feel great about the classes, it has helped me quite a bit."

Anna Brown, the lone female student, has three children and works in the Glassware Unit of DRS. She clearly gave her reasons for attending classes. "In order to advance myself I felt I needed a refresher course, this class has given me that opportunity."

"I have my cake and eat it, too. I'm earning and learning. No one here is neglected. All we need do is holler and Mrs. Neale is right there."

Agenda Includes Spelling

That morning's agenda included spelling. At first Mrs. Neale chose words that were pronounced differently than spelled.

She consoled the class with, "You have a difficult time with our own language, you can't count on it."

"Mrs. Neale then picked "grandmother" to illustrate a compound word. As she wrote it on the board, she said, "If you know how to spell 'grand' and you know how to spell 'mother' you've got it made."

There was more than a germ of truth in that statement.
A mid-day press conference was held during the National Cancer Institute's one-day meeting on March 13 to advise practicing physicians on a new drug, procarbazine. This drug has demonstrated its usefulness in advanced Hodgkin's disease. NCI staff members informed reporters about the results of studies with procarbazine. This drug has demonstrated its usefulness in advanced Hodgkin's disease. NCI staff members informed reporters about the results of studies with procarbazine used as a single agent or in combination with other drugs. These scientists were (l to r) Drs. Saul Schepartz, Vincent T. DeVita, Jr., C. Gordon Zubrod and Stephen Carter (not shown).

'70 'Operation Cleanup' Campaign is Successful

"Operation Cleanup," the 1970 campaign for the redistribution of excess property, has been successful, according to William Morse, chief, Property Management Section, Supply Management Branch. He announced that scientific, laboratory and office equipment—3,258 items valued at $392,331—was collected during the campaign.

Since 1958, SMB has redistributed, without cost to NIH, excess property valued at $11 million. The excess equipment is located in SMB's Property Utilization Warehouse in Bldg. 13. For further information call Ext. 84247.

Fiscal Year 1970 Appropriation for NIH

The appropriation, as passed for FY 1970, allows the President to withhold in reserve from 2 to 15 percent of appropriated funds. Thus, NIH will have approximately $1,416.7 million available from an appropriation of $1,615,3 million.

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BEMT:
Health manpower 234,470.0 212,715
Dental health 11,723.0 10,824
Construction grants 126,100.0 126,100
Payment of sales insuff. 957.0 957
Total BEMT 375,249.0 350,596

Nat'l Library of Medicine 19,882.0 19,372
Office of the Director 7,993.0 7,311
Building and Facilities 1,900.0 1,635
TOTAL NIH 1,529,294.5 1,416,744

* In thousands.

Employees With Common Colds—Help All Mankind Infectious Diseases Lab Will Show YOU the Way

Since 1962, NIAID's Laboratory of Infectious Diseases has been conducting a study to isolate viruses that cause the common cold. Thus far, 812 volunteers have participated.

During the acute phase of illness, volunteers donate a blood and nasal wash specimen. Nasal wash specimens are obtained by dropping small amounts of normal saline (salt water) into each nostril. The patient then expels the saline into a sterile container.

The nasal wash secretions are inoculated into various types of tissue culture in order to isolate respiratory viruses.

Researchers throughout the world have described approximately 100 different types of rhinoviruses which cause the common cold—NIH has been responsible for 15 of the descriptions.

THYROXINE
(Continued from Page 1)

hypothyroid patients neglect to take their medication regularly, and that a single large dose of thyroxine has no untoward effects, the researchers explored the possibility of once-a-week doses of the drug.

Thyroid function tests were performed on a group of selected patients. They were maintained initially on daily doses of 0.3 milligrams of thyroxine, and then on single weekly doses of 2.0 milligrams for one to 3 months.

Results of two important thyroid function tests were comparable on the daily and weekly thyroxine regimens.

All patients showed complete suppression of radioactive iodine uptake by the thyroid gland one week after the single dose of thyroxine.

In addition, serum cholesterol levels, which mirror physiologic hormone activity, did not vary significantly on the daily and weekly regimens.

More recently, a new type of respiratory virus—coronavirus—has been isolated in the United States and England.

To date, 23 strains of these new viruses have been recovered. Fifteen of these were from the NIH Cold Study.

Volunteers Needed

The continued success of the research program depends on volunteers—with colds.

Nasal secretion and blood samples are taken with a follow-up blood sample in 3 weeks. Volunteers receive $2 for each blood sample.

For appointments call Sara Kelly or Harvey James, Ext. 65811, within the first 3 days of infection. Appointment will be scheduled for early morning.

Health Service to Feature Film on Rubella in April

The Employee Health Service will show a health education movie on Rubella (German measles). The 15-minute film features the cast of the television show, "Julia."

It will run at the following times and locations:

Westwood Building, Conference Room A, April 15, 1, 1:30 and 2 p.m.

Jack Maas Auditorium, Clinical Center, Wednesday, April 6, at 11:30 a.m., 12 noon and 12:30 p.m.

All patients remained symptom free during the one- to 3-month period on weekly thyroxine therapy.

The medication was well tolerated, and several patients preferred the intermittent therapy.

The investigators, who reported their findings in the New England Journal of Medicine, pointed out that their preliminary findings should be meaningful only to patients who are on thyroxine, and not on related thyroid hormones.

Jane Stafford, Acting Director of Information, OD, presents certificates to two NIH Information Interns who have successfully completed their period of training. (L) Carolyn Holstein, now with the NINDS Information Office, stands between Miss Stafford and Guy Moore, News Branch chief and her advisor during the training period. (R) Judy Roberts, standing next to her training counselor, Mel White, BEMT Acting Information Officer, will take her certificate to Arizona. Judy is getting married and plans to live there.