Special Chartered Buses Take NIH Participants To FASEB Meeting

As in the past, NIH scientists and grantees are playing an active role in the FASEB meeting—presenting papers, serving as chairmen of colloquia, or participating in discussions.

Charter buses are providing round-trip transportation between NIH and Atlantic City for all staff members attending the 58th annual meeting of the Federation of American Societies for Experimental Biology each day this week through April 12.

Dr. Hector F. De Luca, an NIA-MDD grantee in the Biochemistry Department at the University of Wisconsin, is the featured speaker at the general session on the Endocrinology of Vitamin D. Dr. Barnes Presides

At this general session, Dr. Richard H. Barnes, an NICHD grantee from the Graduate School of Nutrition at Cornell University, will preside.

Beginning today (April 9) through April 11, the Third FASEB Conference will deal with the Biology of Development and Aging. Members of NICHD's Gerontology Research Center are actively involved in this research area, and several other NIH scientists contributed to this conference, too. Also, NIH is offering a Special Evening Program to explain its

NIH Library Displays Acupuncture Artifacts

Models demonstrating the various acupuncture points, charts of loci points, needles, and electric pulse stimulators used in electro-acupuncture anesthesia are now on display in the exhibit cases located outside the NIH Library, Bldg. 10, through April 20.

Acupuncture's long history is underscored by illustrations from ancient books, and pictures from modern textbooks used in Chinese medical schools today.

An illustration of the first patient operated on during acupuncture-analgesia (circa 200 A.D.) juxtaposed with a drawing of a recent operation performed at the No. 3 Teaching Hospital of Peking Medical College further emphasizes the historical span.

EHS To Offer Vaccinations To All Hospital Personnel

The advisory committee of the Public Health Service recommends a smallpox vaccination every 3 years for all hospital employees, medical personnel, public health and allied professionals.

The Employee Health Service will conduct a vaccination program for these employees April 22 through May 3 in Bldg. 10, Room B2-A06, from 1:30 to 4:30 p.m., Monday through Friday.

On these weekdays, night employees may be vaccinated from 8 to 8:30 a.m.

Five NIH Staff Members Receive HEW's Highest Awards in Ceremonies Downtown

Sec. Caspar W. Weinberger will present awards to five NIH employees at a DHHEW Honor Awards Ceremony in the Department Auditorium at 2 p.m. on Thursday, April 11.

The Distinguished Service Medal will be given to two PHS Commissioned Officers at NIH, and three Civil Service employees will receive the Distinguished Service Award.

The PHS officers are Dr. Everett L. May, chief, Section of Medical Chemistry, National Institute of Arthritis, Metabolism and Digestive Diseases, and Dr. Wallace P. Rowe, chief, Viral Diseases, National Institute of Allergy and Infectious Diseases.

Dr. May will be cited "For synthesizing analgesics to replace morphine and other opiates, and for synthesizing anti-malarial compounds, anti-inflammatory and anti-tumor agents, and a longer-acting methadone compound to displace methadone in the treatment of opiate addicts."

Dr. Rowe will be honored "For his studies of the genetic transmission of murine leukemia virus..." (See HEW AWARDS, Page 6)

Prostaglandins Potent

Prostaglandins are hormonelike substances derived from fatty acids, and are present in very low concentrations in the human body. They are extremely potent and highly active mediators of vital functions.

The potential therapeutic applications of prostaglandins include: regulating blood pressure and hormone secretion, terminating mid- and full-term pregnancy, controlling gastric secretion to heal peptic ulcers, correcting certain forms of infertility, clearing nasal passages, opening airways to the lungs, and influencing the function of multiple organ systems.

Prostaglandins are also believed to have a fundamental physiologic role which is still being explored. Dr. Ulf von Euler who shared the 1970 Nobel Prize in Medicine with Clinical Implications.

Dr. Bergstrom, Swedish Researcher, to Deliver NIH Lecture April 24

Dr. Sune Bergstrom, professor of biochemistry at the Karolinska Institute in Stockholm, Sweden, will deliver the NIH Lecture in the Masur Auditorium on April 24 at 5:30 p.m. He will talk on The Prostaglandins — Bioregulators With Clinical Implications.

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Dr. Rowe will be honored "For his studies of the genetic transmission of murine leukemia virus..." (See HEW AWARDS, Page 6)
Steinem, Galvin-Lewis
To Talk Here April 16

Gloria Steinem, editor of Ms. Magazine, and Jane Galvin-Lewis, coordinator of the National Black Feminist Organization, will address a noon-time meeting for NIH employees on Tuesday, April 16, in the Masur Auditorium. They will discuss Feminism: Black and White. The meeting is sponsored by the Federal Women's Program.

Both speakers are national leaders in the movement for equality of opportunity for women and minorities.

A Really Well-Known Writer

Ms. Steinem specializes in writing on political and sociological subjects. Her articles have appeared in many magazines and newspapers in the United States and Europe. She has also written for radio and television and for political campaigns.

She serves on the advisory board of the National Organization for Women and on the advisory committee of the National Women's Political Caucus, which she helped to organize in 1971.

Last year, Ms. Steinem was the first recipient of the degree—Doctor of Human Justice—presented to her by Simmons College. In 1968, she was named Westchester Woman of the Month.

Dr. Louis M. Rousselot Dies

Dr. Louis M. Rousselot, former head of the Bureau of Health Manpower Education’s programs for the graduate and postgraduate education of physicians, died last month while vacationing in San Juan, Puerto Rico.

Dr. Rousselot, a surgeon, had been Assistant Secretary of Defense (Health and Environment) before coming to NIH in 1971.

He remained at NIH until he retired late last year.

Gas Siphoning Reported; Special Police Alerted

Since the recent energy crisis, the Protection and Parking Branch has received numerous reports of gasoline being siphoned out of vehicles parked on the NIH reservation.

Most of the offenses have occurred after normal working hours. However, this does not eliminate the possibility of siphoning during daylight hours—especially if conditions get worse.

In an attempt to stop the offenders, the NIH Special Police Force has been alerted to watch all parking lots.

If you see anyone siphoning gasoline from a vehicle at any time, call Ext. 65685 immediately.

PPB offers these suggestions to help protect your property:

Purchase a locking gas tank cap.

If you work a late shift, move your vehicle to a well-lighted parking lot after 5 p.m., preferably to a space nearer the office.

April Film Will Feature Burglars and Prowlers

The Intruder, a 25-minute color film, will be presented by the Employee Health Service April 17-18.

The film dramatizes actual burglaries and encounters with intruders; the do's and don'ts involved in safeguarding your home and family against intruders are also examined.

Since a burglary is committed every 20 seconds in the United States, this month's EHS film should be of special interest.

The Intruder will be shown in the Masur Auditorium on Wednesday, April 17, at 11:30 a.m., 12:15, and 5:30 p.m.

Showings in Westwood Conference Room D will take place Thursday, April 18, at 1:15 and 2 p.m.
Scholarly Dr. John Blake, a Man of Many Books, Discusses NLM’s Incunabula Room

The plates in the 16th century book by Vesalius gave medical students of that period a view of different angles of the human skeleton. There is a point of contention about the artist. "Some say it is Jan Van Calcar, a famous artist of that time, some argue the point." Van Calcar drew artistic skeletal versions, and sometimes he would draw them against a background of the Italian countryside. The engraved plate, lower left, illustrates the greatest medical discovery of the 17th century, and one of the most important findings in physiology—Harvey's studies on the circulation of the blood. The plate shows the valve in the veins with the blood going in the direction of the heart. Oxford scholars in the 13th century contributed to the manuscript on the right. The small illustration depicts a physician examining a patient, while holding a book which probably described symptoms of the disease.

Every library should try to be complete on something, if it were only the history of pinheads: Oliver Wendell Holmes.

The National Library of Medicine, one of the few buildings on the campus that's known more by its name than its number—Bldg. 38—is the quintessential depository of books on medicine and its history.

The adjective "musty" has long been associated with the word "archives." At NLM it's a misnomer to link them together. What Macaulay called "The dust and silence of the upper shelf" is missing from all of NLM, and specifically from its incunabula room, a part of the History of Medicine Division headed by Dr. John B. Blake.

That room, about 10 feet wide and 38 feet long, is lined with shelves holding rare books that are a bibliophile's dream—that is, if he can read German, Latin, and Greek as well as English.

Fifteenth century books written in German on the uses of herbs in medicine are magnificently illustrated and in mint condition.

Selects Significant Books

What Dr. Blake considers two of the most significant books in the History of Medicine collection are the 16th century book on anatomy by Andreas Vesalius, who was a professor of anatomy at the University of Padua, and Harvey's book on circulation written in Latin and published in 1628 in Frankfurt, Germany.

The first President of the United States is also represented in this rare book room by a handwritten, autographed letter to Joseph Jones, a member of the Continental Congress in Philadelphia. It is dated 1780—during the American Revolutionary War. In the letter, Washington suggests someone for an appointment in the medical department of the Army.

Dr. Blake, who has been with NLM since 1961, termed the collection an "irreplaceable national treasure that has been built up over the course of 100 years and we're still adding to it. A library with a collection like this serves the historian just as a laboratory serves the scientist."

The Division has 70,000 books, pamphlets, and serial volumes that were printed before 1800. Most of the volumes are housed in another part of the library and may be requested by the public for use in NLM's reading room and through photocopies to be used elsewhere.

Requests to see the early manuscripts, 15th century books, and other fine editions are frequently made by scholars from this country and abroad.

Dr. Blake said that the function of the books is to be used and to be read, not simply to be looked at as rarities.

"Our purpose is to make the material as widely available as we can, as well as to protect a treasure for present and future generations."

Dr. Blake pointed out that the (Continued on Page 7)

Photos by Tom Joy

Dr. Blake pores over a 15th century illustrated book—written in German—on medical herbs that were used by physicians during that era.


20 Centers Screening Men Between 35-57 For Risk Factor Trial

Screening and enrollment of men between the ages of 35 to 57 to take part in a 6-year cardiovascular study is under way in 20 U.S. centers.

The Multiple Risk Factor Intervention Trial will assess the effectiveness of measures to reduce three risk factors—elevated blood cholesterol, high blood pressure, and cigarette smoking—in preventing first heart attacks and reducing death rates from cardiovascular diseases.

Each of the 20 clinical centers taking part will conduct screening procedures to identify and enroll some 600 volunteers toward the total of 12,000 needed for the study.

Dr. Theodore Cooper, Director of the National Heart and Lung Institute which is supporting the study, noted, “It will be the largest and most difficult prevention trial ever undertaken against our most important contemporary health problem.”

Total Program Described

In addition to the 20 centers, the total program includes a coordinating center, a central laboratory, an electrocardiographic center, and professional supporting activities from NHLI, the National Center for Disease Control, and the PHS Drug Supply Center at Perry Point, Md.

Planning and organizing for this study have been in progress over the past 18 months by a Steering Committee of the principal investigators under the chairmanship of Dr. Ogelsby Paul, vice-president for health sciences, Northwestern University.

Staffing of each clinical center will include a cardiologist for diagnostic evaluations, and nutritionists will be available to help in dietary changes for reduction of blood cholesterol levels.

Also, behavioral scientists will be helping in the program for smoking cessation, and physicians will direct the management of medical intervention procedures.

Booklet on Anniversary Program Distributed by NIGMS Office

The proceedings of an NIGMS 10th anniversary program on NIH's administration of basic science have recently been published. The booklet includes presentations given by Drs. James A. Shannon, Philip Handler, Joshua Lederberg, Lewis Thomas, and Norman G. Anderson.

Copies of this special program, which was held last March, may be requested through the National Institute of General Medical Science's information office.

Dr. Ronald Hopkins Joins DRG Program

Dr. Ronald Hopkins, associate professor of psychology at Washington State University, has joined the Division of Research Grants Associates Program for a year of training in grants administration.

Dr. Hopkins received the B.S. degree from Iowa State University in 1963, and the Ph.D. degree in experimental psychology from the University of Iowa in 1967.

At Washington State University, Dr. Hopkins served as chairman of the school's experimental psychology training program and was a member of the departmental executive committee.

He was principal investigator on both intramural and extramural research grants including a Public Health Service grant and an Office of Education Basic Research Grant Award.

During 1968 and 1969, Dr. Hopkins was assistant professor of psychology at the State University of New York in Binghamton where he did research in verbal learning.

Before going to Binghamton, he was a research associate in the Institute for Mathematical Studies in the Social Sciences at Stanford.

Dr. Hopkins has authored 17 publications.

His research interests include distinctions and interactions between long- and short-term memory, innovative instruction, and memory for frequency.

Kennedy Inst. Funded For Study on Bioethics

The National Library of Medicine has awarded a 3-year grant to the Joseph and Rose Kennedy Institute for the Study of Human Reproduction and Bioethics to assemble and disseminate information on the ethics of biomedicine—or bioethics—as it is called by those working in that field. The institute is at Georgetown University.

Bioethics involves such questions as: Is the physician obligated to save the life of a severely deformed infant? Should brain surgery be used as a method for controlling violent behavior? What are the ethical implications of trying to produce human life in the laboratory?

Bibliographies Planned

Under the grant, the Kennedy Institute will publish three annual bibliographies. The first bibliography is scheduled for early 1975.

By the third year of the project, all entries will be stored on computer tape, and automated searches on any bioethical topic will be possible.

In addition, the Institute staff will collaborate with major academic libraries and research centers in developing a worldwide network in the field of bioethics.

Potential users of the network's services are Government offices involved in drafting legislation, scholars working on specific problems in bioethics, and committees involved in drafting guidelines to protect human subjects in biomedical research.

Dr. Brigid Gray Leventhal—pictured with HEW Sec. Caspar W. Weinberger—was one of six women last month to receive the Federal Woman's Award, in special recognition of their outstanding contributions to the efficiency and quality of the career service of the Federal Government. Dr. Leventhal heads the NCI Chemo-immunotherapy Section, Pediatric Oncology Branch, Division of Cancer Treatment.

NIHS Visiting Scientists Program Participants

3/1—Dr. Gudrun Stamminger, Germany, Laboratory of Molecular Biology. Sponsor: Dr. Robert A. Lazzarini, NINDS, Bg. 36, Rm. 3B16.

3/1—Dr. Adrian Walker, Australia, Pregnancy Research Branch. Sponsor: Dr. Ronald A. Chez, NICHD, Bg. 10, Rm. 13N234.

3/1—Dr. Cha-Mer Wei, Taiwan, Institute of Experimental Pharmacology and Biochemistry. Sponsor: Dr. Bernard Moss, NIAID, Bg. 5, Rm. 337.

FASEB MEETING

(Continued from Page 1)

research and training support program.

The 5-day meeting now in session is one of the largest scientific conventions held anywhere in the world. Among the 343 sessions there will be 37 symposia and special sessions and 46 intersociety sessions mostly concerned with current fundamental problems of diseases.

There are 3,436 contributed papers on the program, with more than 10,000 authors concerned. Prior to the meeting, FASEB officials predicted a registration of 12,000 scientists and a total registration of around 16,000.
Helene Devay, Executive
Makes the Big Time — Though Here Part Time

Helene Devay has been a Federal employee for 34 years—for the past 18 years she has worked part-time. But, according to the employees in her office, both the caliber and the amount of her work vie with many a full-time employee in high echelon positions.

Mrs. Devay, chief of the Systems and Actions Branch, Office of Personnel Management, who is retiring at the end of the month, started her Government career with the Civil Service Commission—full-time—in 1940 in Atlanta, her native city. Later, she moved to that agency’s headquarters in Washington, D.C.

Takes Time Out

Mrs. Devay stayed with CSC until 1948 except for time out for marriage and maternity leave. That year she accepted a position as a personnel management specialist with the Air Force.

Seven years later, because of responsibilities at home, she resigned from the job—only to come back there the following year to work 2 days a week on a special publications project. And so began her successful part-time career in the Government.

In 1964 she came to NIH to work for OPM 24 hours a week; later, the time was increased to 32 hours. Her meteoric rise from junior stenographer in Atlanta to branch chief certainly gives her the authority to counsel other women who seek management and executive careers.

“High level jobs,” Mrs. Devay stated, “demand drive, confidence, self-reliance, and most importantly, a real belief and pride in the job and the place.”

An article on Mrs. Devay’s career, stressing her part-time work in an executive position, will appear this spring in Women in Action, a newsletter issued quarterly by the CSC.

Avoid Crashes—Drive Defensively

April 7-13 is National Defensive Driving Week.

One out of two people will be involved in a traffic accident in his lifetime, but nearly 85 percent of these accidents could be prevented if drivers knew proper techniques to avoid crashes.

U.S. and Soviet Delegations Evaluate Collaboration in Environmental Health

Dr. David P. Rall, NIEHS Director, is the American coordinator for the US-USSR Health Exchange Program in environmental health and heads the American delegation. Prof. G. I. Sidorenko, Director of the A. N. Sytin Institute of General and Communal Hygiene of the USSR Academy of Medical Sciences, is the Soviet coordinator.

Other Russian delegates were Prof. M. G. Shandala, Director of the Kiev Institute of General and Communal Hygiene, Ukrainian SSR Ministry of Health, and Dr. V. S. Buryi, Deputy Director of the All-Union Institute of Hygiene and Toxicology of Pesticides, Polymers, and Plastics, USSR Ministry of Health, Kiev.

Also, Dr. N. V. Novikov, Deputy Chief, Foreign Relations Administration, USSR Ministry of Health.

In addition to the week-long meetings at NIEHS, the Soviet delegation will visit a number of environmental health centers in the United States, including the NIEHS grant-supported Environmental Health Sciences Research Center in Cincinnati.

Avoid Crashes—Drive Defensively (Continued from Page 1)

The American delegation, headed by Dr. Rall, includes: Dr. Robert L. Dixon, chief of the NIEHS Environmental Toxicology Branch; Dr. Norton Nelson, Director of the Institute of Environmental Medicine, N.Y.U. Medical Center, and Prof. Virgil Freed, Director of the Environmental Health Sciences Center, Oregon State University.

Participants in the US-USSR Health Exchange Program in environmental health were (l to r) front row: Dr. Dixon; Deputy Minister Burgasov; Dr. Rall; Prof. Sidorenko; Ms. G. Tufts, translator; Prof. Shandala, and Dr. Nelson. Back row: Ms. Tamara Holmes, translator; Roger Glass, NIEHS staff; A. Rodzianko, translator; Dr. Novikov; Dr. Buryi, and Prof. Freed.

Later, Dr. Bergstrom and his associates isolated and determined the molecular structure of the 14 prostaglandins found in animals. With his co-workers, he subsequently demonstrated that prostaglandins are derived from essential fatty acids.

In 1966, Dr. Bergstrom and his research group presented the first report on the stimulation of uterine contractions by PGE during pregnancy and at term, and in 1970 they reported the use of prostaglandins for abortions.

Under the sponsorship of the World Health Organization, Dr. Bergstrom was chairman of a conference held in 1971 which brought together 16 research teams from around the world who had successfully used prostaglandins to induce abortions.

Dr. Bergstrom is chairman of the Nobel nominating committee for physiology and medicine. His first visit to the U.S. was made as a medical student in 1938 aboard a small Finnish freighter. He now visits this country as many as 3 or 4 times a year to fulfill speaking, teaching, and research assignments.

Dr. Joe R. Held (I), Director of the Division of Research Services, presents awards—certificates of commendation awards—to Kathleen L. Snowden and Dr. F. J. Judge, Veterinary Resources Branch, for their outstanding contributions to the EEO program in 1973. Arthur Parks, DRS-EEO office, not present at the ceremony, also received an award.
Facelift Given to CC Outpatient Area

Staff at the centrally-located transportation desk arrange patient travel between the CC, airports, and motels. (Special ambulatory care patients—outpatients who reside beyond commuting distance from Washington, D.C.—are housed in local motels.) The desk opens to both the outpatient entrance and the waiting area.

Improved efficiency and a bright, cheerful atmosphere mark the recent $344,000 renovation of the Clinical Center outpatient area.

The new facility will make possible an estimated 48,000 to 50,000 outpatient visits in 1975—only 37,695 were scheduled in fiscal 1973.

Although the area's overall size remains unchanged, the number of examining rooms has increased from 20 to 29, and four special procedure rooms (used for special tests, such as bone marrow and lumbar punctures, and for emergencies) have been added. Three bedrooms contain a total of 16 beds.

Redesigned utility rooms in each wing of the facility improve storage and preparation of nursing supplies.

Construction, completed in three stages, took 11 months.

When a physician in an examining room needs assistance, he can press a button: red for emergencies, green for a nurse, and white for an assistant. At the clinic desk, corresponding lights on a monitor (next to the telephone) indicate which room and what type of aid. Outside examining alcoves, hallway lights in identical colors also alert personnel.

HEW AWARDS
(Continued from Page 1)

es and for his distinguished leadership of research programs in fundamental virology."

The Civil Service employees who will receive HEW's highest honor are Dr. Roscoe E. Brady, chief, Development and Metabolic Neurology Branch, National Institute of Neurological Diseases and Stroke; Dr. Thomas E. Malone, Associate Director for Extramural Research and Training, NIH, and Dr. Martin A. Schneiderman, associate director for Field Studies and Statistics, National Cancer Institute.

They will be cited for the following services:

Dr. Brady—"In recognition of his unique contributions to mankind by finding underlying causes and preventives of ten tragic, inherited, neurological, enzyme-deficiency disorders called sphingolipidoses and for pursuing cures."

Dr. Malone—"In recognition of his outstanding leadership and contributions in the direction of the extramural research and training programs of the National Institutes of Health, DHEW."

Dr. Schneiderman—"In recognition of his design, development, and outstanding program direction of biostatistical and epidemiological applications to cancer research."

Secretary Weinberger will cite two other NIH staff members who were honored this past year for their achievements.

Dr. Martin M. Cummings, Director, National Library of Medicine, received the 1973 Rockefeller Pub-

Biomedical Research Fellowships Offered

A fellowship program for advanced training in biomedical science research is being offered by NIH and the Alcohol, Drug Abuse, and Mental Health Administration. In this program, fellowships are not awarded for study leading to the M.D., D.O., D.D.S., D.V.M., or other professional degrees.

All applicants must have received the doctoral or equivalent degree, and must be citizens or nationals of the United States or have been lawfully admitted to the U.S. for permanent residence.

The basic stipend is $10,000 per annum. No dependency allowances will be provided. The institution at which each Fellow trains will receive up to $3,000 per annum to help defray the necessary research costs to the institution.

Applicants must submit material by May 1, 1974. They will be notified by letter of the final action taken on the applications by November 1974.

Application material and information regarding the NIH fields may be obtained from the Office of Research Manpower, Division of Research Grants, Bethesda, Md., 20014.

Information concerning the Alcohol, Drug Abuse, and Mental Health programs should be addressed to specific program directors at 5600 Fishers Lane, Rockville, Md., 20852.

Kenneth R. Williams, OAS, Dies; Audio-Visual Electronics Tech.

Kenneth R. Williams, an electronics technician in the Audio-Visual Section, Travel and Administrative Services Branch, OAS, died on March 28.

Mr. Williams came to NIH in 1967 after several years in private industry with an electronics manufacturing and recording company.

Twice during his NIH career, he was cited for high quality work performance which "exceeded the normal requirements."

Mr. Williams is survived by his wife, Janet M., of the home, Viers Mill Rd., Rockville, Md.; two daughters, Sheila W. Pritchard, Baltimore, and Margaret W. Myers; York, Pa.; a sister, Marion Hawk, Cleveland, Ohio, and four grandchildren.

HEW AWARDS
(Continued from Page 1)

Dr. Leventhal is head of the Chemo-immunotherapy Section, Pediatric Oncology Branch, Division of Cancer Treatment, NCI.

A reception for HEW officials, and award recipients and their families will follow the ceremonies.
Ecology, Economy, Exercise Encourage Employee to Exclude Engine Easily

"Sell your second car, buy a bicycle and you will lose weight, save money and help your environment."

Two years ago an NIH scientist put his money where his mouth was, sold his second car and began commuting from Rockville by bicycle because of his concern with ecology.

Economy and exercise also underscored the benefits of this type of transportation over the automobile.

Dr. Kenneth O. Phifer, Parasitic and Viral Diseases Program Officer in NIAID's Geographic Medicine Branch, claims that his weekly 70 miles of commuting saves some 219 gallons of gas for an 11-month year.

It has been estimated, says Dr. Phifer, that one automobile moving a linear distance of one block consumes the oxygen needed by 100 humans for 1 month.

In addition to conserving a relatively large amount of oxygen, Dr. Phifer feels that his use of the bicycle eliminates pollutant by-products of the internal combustion engine: carbon monoxide, hydrocarbons, nitric oxides, lead compounds, sulfur compounds, particulate matter, etc.

The fact that this mode of transportation means money in the bank cannot be denied. The saving on overall operating cost and the wear and tear on a car would provide for the purchase of a new bicycle as well as replacement parts or extras.

Advocates Bicycling

Dr. Phifer advocates bicycling as an excellent way to exercise. Several years ago, the former Surgeon General of the Public Health Service, Dr. Jesse Steinfeld, stated that the only exercise most people get is jumping to conclusions, sidestepping responsibilities, and pushing their luck.

Others take up activities which purport to involve exercise, but which actually do not. For example, it has been estimated that if a golfer were to carry his clubs and run from hole to hole, he still would only benefit from the equivalent of 30 minutes of bicycling.

It is claimed that bicycling at a rate of 14 miles per hour expends 700 calories per hour. During his first month of bicycling Dr. Phifer lost about 15 pounds, and he has maintained his weight since.

The climate in the Washington area is so moderate, Dr. Phifer notes, that in 1973 he was forced to forego his cycling only one day, during a December snowstorm.

He suggests that a cycling poncho or rainjacket can accommodate most wet weather, and advises that a spare set of clothes in the office is wise insurance.

Remember the three E's of bicycle commuting, says Dr. Phifer, ecology, economy, and exercise.

NLM and Foundation To Issue Bicentennial Edition on Medicine


The book—The Bicentennial of Medicine in the United States—will consist of a series of articles written by scientists, physicians, and educators on the development of medicine and a forecast for its future.

Dr. Billings Contributes

This publication will continue where A Century of American Medicine 1776-1876 ended. Dr. John Shaw Billings, former NLM Director, has an article in this earlier edition entitled Literature and Institutions.

The future issue will have an article by Dr. G. Burroughs Mider, assistant historian. This will be of interest to NIH employees.

The book will be of interest to NIH employees.

"The material is here and available for their use," he said.

Dr. Blake's own interest in medical history was sparked by a Harvard professor who stimulated him to investigate the history of public health in the 19th century.

Dr. Blake received his Ph.D. from Harvard; his undergraduate degree from Yale. A nicely bound copy of his published thesis—The History of Public Health in the Town of Boston 1630-1822—attested to his early interest in the subject. The book is in the President's Library of the White House.

Before coming to NLM, Dr. Blake had served as curator in the Division of Medical Sciences, Smithsonian Institution. He had also been with the Rockefeller Institute for Medical Research (now Rockefeller University) as its assistant historian.

Although NLM's rare book room is kept under lock and key, Dr. Blake stressed that "anybody who has a legitimate reason to use the books may do so.

Dr. Kathleen R. Sommer Named to DRR Council

Dr. Kathleen R. Sommer, an instructor in the department of pharmacology, Baylor College of Medicine, Houston, Texas, has been named to the National Advisory Research Resources Council for a term ending Sept. 30, 1977.

Dr. Sommer's research at the Cancer Center, Baylor College of Medicine, involves the structure, function, and immunological properties of materials obtained from chromosomes.

She has authored and co-authored several publications on biologically important proteins.

In addition to her research and teaching, Dr. Sommer is a consulting scientist for Scientists Cooperative Industries, Colbrook, N.H.

Dr. Blake chooses one of his favorite editions among NLM's collection of medieval texts. The pages of this book are illustrated with gold illuminated initials.

Dr. Blake Discusses Incunabula Room

(Continued from Page 4)
Dr. Robert Huebner, NCI, presents Mrs. Shiflett with a piece of Steuben glassware at the retirement party held in her honor.

Dr. L. G. Koss to Conduct Seminar on Cancer Cells

Dr. Leopold G. Koss, professor and chairman of the department of pathology, Albert Einstein College of Medicine (New York), will conduct a cancer cell seminar on April 10 at 2:30 p.m.

The NCI seminar, to be held in Wilson Hall, will focus on Cancer Cells in Vivo and in Vitro.

The open seminar is sponsored by the Laboratory of Biology of NCI's Division of Cancer Biology and Diagnosis.

Shirley B. Shiflett, NCI, Retires After 31 Years With Fed'l Government

Shirley B. Shiflett, National Cancer Institute, recently retired after 31 years of Federal service. Her Government career began in 1943 with the U.S. Navy as a supervisory clerk. Ten years later Mrs. Shiflett transferred to the National Institute of Allergy and Infectious Diseases, where she worked as a statistical evaluator.

Mrs. Shiflett joined NCI in 1969 as a statistical assistant in the Viral Carcinogenesis Branch.

Drs. Goldwater and Fish Will Assist Dr. Jacobs In Collaborative Studies

Drs. William H. Goldwater and Melvin S. Fish have been named assistants to the NIH Associate Director for Collaborative Research, Dr. Leon Jacobs.

Both Drs. Goldwater and Fish help develop NIH policies related to the appropriate use of grants and contracts in support of biomedical research and development and the provision of research support and services.

They assemble data on NIH contract activities, refer unsolicited proposals to appropriate Institutes, and perform some surveillance over the conduct of contracts management.

Dr. Goldwater came to NIH in 1959 as executive secretary in the Metabolism Study Section, Research Grants Review Branch, DBC, after several years in research and teaching.

Three years later he joined the staff of the National Heart Institute (now NHLI) as chief of its Special Research Projects Branch.

In 1969, Dr. Goldwater transferred to the National Institute of Environmental Health Sciences as associate director for Extramural Programs both in Bethesda and in Research Triangle Park, N.C.

He returned to the campus in 1970 as special assistant to the NIH Associate Director for Extramural Research and Training. During this time, he also served on detail for 2 years with the Commission on Government Procurement.

He received his A.B. and Ph.D. (in biochemistry) from Columbia University. His Ph.D. studies were completed under the tutelage of Dr. DeWitt Stetten, now NIH Deputy Director for Science.

Dr. Fish first joined NIH in 1951 as an assistant scientist in the National Heart Institute. He later served as a senior assistant scientist and scientist before leaving in 1958 to become a research professor at New Mexico Highland University.

After holding several posts in private industry, he returned to the reservation in 1966 as a grants associate in the Division of Research Grants.

A year later, Dr. Fish became an assistant to the scientific director for Etiology (now the Division of Cancer Cause and Prevention), National Cancer Institute.

He earned his B.A. degree from the University of Utah and his M.S. and Ph.D. degrees (in organic chemistry) from the University of Pennsylvania.