

The NIH Record

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National
Institutes
of
Health

Updated Regulations Issued For Human Subject Protection

New regulations to protect people participating as subjects in scientific research were recently issued by HHS. The regulations continue the practice of local review boards overseeing research involving humans to ensure the welfare of the subjects.

But for the first time, the rules exempt five broad categories of research projects from review, since research in these categories poses virtually no risk to participants.

Exempted categories are primarily in the behavioral and social science areas. HHS estimates that 50 to 80 percent of research projects now being reviewed will be exempted under the new regulations.

The new rules also allow for an expedited review process for some other kinds of research in which the risk to participants is minimal.

Issued by the PHS, the rules were approved by former HHS Secretary Patricia Roberts Harris and published in the *Federal Register*. They replace rules on human research used since 1974, and affect all research involving humans funded by HHS.

In addition, the Food and Drug Administration has issued complementary regulations on human subject research which is regulated under the Food and Drug Act and the Medical Devices Act.

Under current rules, research projects involving humans are reviewed by local panels called Institutional Review Boards. The IRB's are established by research institutions, including most major U.S. universities, and are responsible for reviewing the research carried out under the auspices of these institutions to ensure the rights of human subjects.

The regulations are intended to simplify and clarify the duties of the IRB's, spelling

Administration Issues Budget

The revised Reagan Administration NIH budget proposals announced Mar. 10 call for a rescission of \$126 million from the FY 1981 continuing resolution. The request for FY 1982 would increase the NIH budget by \$250.3 million over the amount being proposed for FY 1981.

Totals in the revised askings for the NIH:
FY 1981 \$3.512 billion
FY 1982 \$3.762 billion.

Details will appear in the next issue of *The NIH Record*.

out their makeup and authority.

The rules also respond to complaints by researchers who maintain that IRB's have been unnecessarily required to review research where little or no risk exists for the subjects.

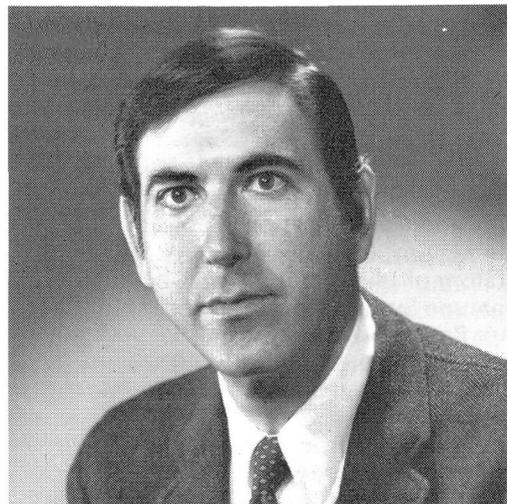
Regulations now streamline IRB review of some research and exempt other research
(See *REGULATIONS*, Page 9)

Dr. Goldberger Joins Columbia University

Dr. Robert Goldberger, NIH Deputy Director for Science, has accepted a dual position as provost of Columbia University and vice president for health sciences, and as professor of biochemistry at Columbia. He will leave NIH at the end of June, after having served for 20 years as a research scientist, a laboratory chief, and for the past 2 years, as Deputy Director for Science.

As Deputy Director for Science, Dr. Goldberger was primarily responsible for coordination of the NIH intramural program, the largest research operation in the world, with more than 2,500 biomedical and behavioral scientists working in NIH laboratories in Bethesda, at Research Triangle Park in North Carolina, and at satellite locations throughout the country.

(See *DR. GOLDBERGER*, Page 6)

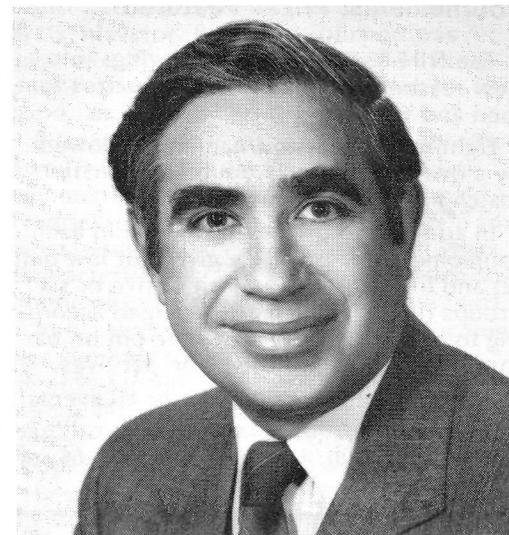


Dr. Goldberger has authored more than 70 important publications in biochemistry and edited four volumes in his field of research.

Dr. Robert I. Levy Accepts Two Posts With Tufts University

Dr. Robert I. Levy, Director of the National Heart, Lung, and Blood Institute has been named vice president for health sciences at Tufts University, a new position, and dean of the Tufts University School of Medicine. Dr. Levy will assume his positions with Tufts in September.

As vice president, Dr. Levy will direct and



Dr. Levy has served or now serves on a number of editorial advisory boards including the *Journal of Lipid Research*; *Circulation*; the *American Heart Journal*, and *Dialogues in Nutrition*.

coordinate Tufts health sciences program. As a member of the senior academic management team, he will contribute toward the development of major university goals and policies.

He will supervise the deans of the Schools of Dental Medicine, Veterinary Medicine, and the Sackler School of Graduate Biomedical Sciences, which are located on the Tufts Boston campus. Reflecting his longstanding interest in the role of nutrition in the prevention of disease, he will coordinate the activities of the health science schools with the Tufts Nutrition Institute and the U.S. Department of Agriculture Human Nutrition Research Center.

With the academic vice president/provost and the dean/director, nutrition, he will plan the university's nutrition programs, with special emphasis on those relating to

(See *DR. LEVY*, Page 8)

The NIH Record

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Golf League

Swings Into Season; Tournaments, Prizes Featured

The NIH R&W Golf League swings into a new season of tournaments and prizes for men and women.

Eight-stroke play tournaments followed by a five- or six-round double elimination match are being planned.

In addition to prizes for low net in each foursome, awards will be given for low net (2) and low gross (2) in each of five or six groups (flights) which are arranged according to handicaps; closest to the pin on par threes; and longest drives on par fives.

Full handicaps are allowed for all events.

To join, or for more information, call Joe Corliss, 443-6620; Jack Turlick, 496-7666; or Ralph Stork, 496-4328. □

Training Tips

The following courses, sponsored by the Division of Personnel Management, are given in Bldg. 31.

Communication Skills	Course Starts	Deadline
Human Relations Workshop	5/6	4/8
Stress Management for Increased Productivity	4/13	3/30
<i>Office Skills</i>		
Basic Mag Card	4/3	3/24
Advanced Mag Card	4/6	3/27
Memory Typewriter	4/13	4/1

For information on how to earn a high school diploma, or for additional information on these and other courses, call Ms. Osborne, coordinator for adult education, DPM, Training Assistance Branch, 496-2146.

Joint Blood Drive Sponsored By CC, Red Cross, Mar. 17

Today, Mar. 17, the Clinical Center Blood Bank and the American Red Cross are sponsoring a joint blood drive at the Landow Bldg., 7910 Woodmont Ave., Bethesda. The drive will be from 9:30 a.m. to 3:30 p.m. in Conf. Rm. A, where Blood Bank and Red Cross teams will be available to take donations.

The blood drive is in support of patients' blood and blood product needs in the CC and in the metropolitan Washington area.

For more information, call Jimmie Driscoll, 496-1048. □

FEGLI Forms Due by Mar. 31

All eligible employees are reminded to complete and return their Life Insurance Election, SF-2817 to their personnel office by Mar. 31.

Senior Scientists Present 8 Smithsonian Lectures

NIH senior scientists will present a series of eight lectures on Frontiers of Medicine as part of the Smithsonian Institution's Resident Associates Program. The lectures will be held at the Smithsonian on Monday evenings, 8 to 9:30 p.m., beginning Apr. 13.

The coordinator and moderator of the series is Dr. Alan Schechter, chief, Section of Macromolecular Biology, NIAMDD. Participants will describe recent advances in medical research that now make it possible to explain with great precision many normal and abnormal processes.

They will further describe how this new knowledge provides a basis for current treatment of various diseases and offers exciting prospects for future therapeutic advances.

Schedule Listed

The series schedule is:

- Apr. 13, Dr. Alan N. Schechter: Disease at the Molecular Level: Sickle Cell Anemia, Thalassemia, and Other Inherited Diseases.

- Apr. 20, Dr. Richard M. Krause, Director, NIAID: The Restless Tide: A Persistent Challenge of the Microbial World.

- Apr. 27, Dr. Frederick Goodwin, chief, Clinical Psychology Branch, NIMH: Brain Function, Psychoactive Drugs, and Emotional Disorders.

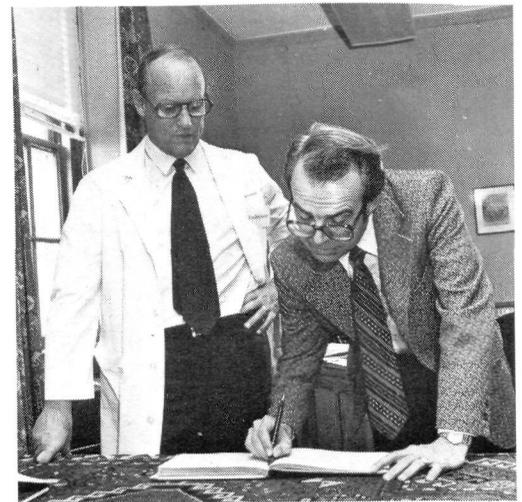
- May 4, Dr. Mortimer Lipsett, Director, Clinical Center: Reproductive Biology: Fertility and Contraception.

- May 11, Dr. Anthony Fauci, chief, Laboratory of Immunoregulation, NIAID: The Immune System in Man: Normal and Aberrant Responsiveness.

- May 18, Dr. Robert Levy, Director, NHLBI: Decline in Cardiovascular Mortality: Causes and Prospects.

- June 1, Dr. Arthur Nienhuis, chief, Clinical Hematology Branch, NHLBI: Prospects for Gene Therapy: Can We Modify Our Biological Inheritance?

- June 8, Dr. Bruce Chabner, deputy clinical director, NCI: Scientific Basis of



Dr. Edward N. Brandt, Jr., Assistant Secretary for Health-designate, signs the NIH Guest Book during a recent visit with NIH Director Dr. Donald S. Fredrickson. During his visit, Dr. Brandt met with the OD staff, toured the ACRF and the CC, and met with the B/I/D Directors in the CC Board Room.

Medical Writers Association Sponsors Competition

The Mid Atlantic Chapter of the American Medical Writers Association is sponsoring the sixth annual competition for excellence in writing on biomedical and health related topics.

The AMWA is the only national organization of writers, editors and others devoted to health communication. The competition is open to all writers whose work in the health field was published during 1980.

Entries written for professional audiences and the general public will be judged separately in three categories—books, periodical articles, and booklet/brochures.

For rules and an entry form, contact: Sally McAllister, Undersea Medical Association, 9650 Rockville Pike, Bethesda, Md. 20014; telephone (301) 530-9227.

Entries must be postmarked no later than Apr. 1.

R&W Sponsors Trip to Nashville; Tenth Annual Country Music Fair

R&W is sponsoring a trip to the Tenth Annual Country Music Fan Fair in Nashville, Tenn., on June 8 through June 15.

The cost ranges from \$446 per person (single) to \$330 (quad) and includes transportation, hotel accommodations, stage shows, grand master's fiddling championship, reserved seats for the "Grand Ole Opry," etc.

For further information stop by the R&W Activities Desk, Bldg. 31, Rm. 1A-18, or call 496-4600. □

Cancer Treatment.

The course is designed for the interested layperson. The special fee for NIH employees who wish to attend is \$49; medical students with ID's, \$35. For information on how to register, call the Smithsonian, 357-3030 or 357-3031. Registration deadline is Apr. 13. □

Hormone Resistant Syndromes, Calcium Metabolism, To Be Discussed Mar. 26

Hormone Resistant Syndromes in Calcium Metabolism, a combined clinical staff conference, will be held Thursday, Mar. 26, at 7 p.m. in the Masur Auditorium. Dr. Gerald Aurbach, chief of the Molecular Disease Branch, National Institute of Arthritis, Metabolism, and Digestive Diseases, will moderate.

Drs. Stephen J. Marx, senior investigator, and Uri Liberman, visiting scientist, will discuss aspects of Hereditary End Organ Resistance to Vitamin D.

Abnormalities of the Cyclic-AMP Second Messenger System as the Basis for Hormone Resistance will be discussed by Dr. Allen M. Spiegel, senior investigator, and Pseudohypoparathyroidism will be addressed by Dr. Michael A. Levine. □

Symposium on Chemical Biology's Advances To Be Held March 30-31

An International Symposium on the Contributions of Chemical Biology to the Biomedical Sciences will take place in the Masur Auditorium on Mar. 30-31. The role of chemical biology, especially protein chemistry, in the evolution of the biomedical sciences during the last 30 years will be discussed.

The symposium—in honor of Dr. Christian B. Anfinsen, chief of the Laboratory of Chemical Biology, NIAMDD, and the 1972 corecipient of the Nobel Prize for Chemistry—will focus on his research contributions, the training of investigators, and the development of the NIH intramural program.



The international symposium is being organized to honor Dr. Anfinsen.

Individual sessions will be devoted to genetics and cell biology, metabolism and endocrinology, immunology, and protein chemistry. NIH Director Dr. Donald S. Fredrickson will deliver the opening lec-

Reverend J.H. Botts, CC Elevator Operator, Retires After 27 Years of Giving People a Lift and a Blessing



Rev. Botts holds a cake inscribed with the words "God Bless You" at his retirement party held in the CC.

"God bless you! God bless you for the work you are doing!" are the words that have been heard innumerable times over the past 27 years by CC patients and their families, doctors, and NIH employees who happened to get on the lobby elevator in the Clinical Center.

In January, the person who spoke those caring and sincere words retired. The Reverend John H. Botts, a CC elevator operator and probably one of the most recognized and popular figures at NIH, was given a farewell party by his fellow employees in the Environmental Sanitation Control Department.

During his time at the CC he has come to know many patients, among them was a 2½-year-old boy with leukemia. "The Lord blessed me to pray for him. The doctors said that he would never recover," said Rev. Botts about his first meeting with the child and his family.

"I prayed for him and he lived until he was almost 12 years old," he noted, adding that he saw the boy and his family each time they returned to the CC for his treatment.

There have been other patients who have repeatedly sought out Rev. Botts after hearing his kindly, spiritually uplifting salutation. Many would speak to him about the next phase of their treatment, and always they left his elevator with a "God bless you."

Not long ago, there was a man who ap-

ture.

The symposium is being organized by Drs. Ann Dean, Robert Goldberger and Alan N. Schechter, and is sponsored by the National Institute of Arthritis, Metabolism, and Digestive Diseases; National Heart, Lung, and Blood Institute; National Institute of Mental Health; National Institute of Allergy and Infectious Diseases; Division of Research Resources, and the Fogarty International Center.

Further information about the symposium including the full program may be obtained from Toby Levin, FIC, 496-2516. □

proached Rev. Botts asking him to pray because he was afflicted with a condition where the skin on his feet would not heal. "The Lord healed him, and he was able to put his shoes on again," commented Rev. Botts.

Other patients have told him, "You don't know how those words 'God bless you' lifted my spirit." His elevator ministry and his happy demeanor attest to Rev. Botts' belief that contentment in life can be found through "Faith in the Lord."

Some may think that the Rev. Botts' concern is overrighteous. However, he has said that his words are addressed only to those who appear downcast, or to those who look as if they would be receptive.

He heard the Lord's call in the 1940's, and throughout the years has maintained a part-time ministry at the Church of God in Washington, D.C., where he conducts services.

One person who was receptive and was a passenger was President Lyndon B. Johnson, who came to NIH in 1965 to sign a multimillion-dollar Research Facilities Construction Program amendment.

Just like anyone else getting on Rev. Botts' elevator, President Johnson was greeted with "God bless you!—Mr. President." The President smiled, shook his hand, and said, "God bless you, too."

Recently, Rev. Botts was presented with an NIH Director's Award, where he was commended by NIH Director Dr. Donald S. Fredrickson for his "cheerful assistance and outstanding service over the past 27 years." Characteristically, his response to such an honor was "All the glory goes to the Lord."

At his retirement party, Rev. Botts' career was summed up by CC Director Dr. Mortimer B. Lipsett, "Over the years he has embodied the spirit of the Clinical Center—health, warmth, friendliness, and cooperation in the service of people."

Besides trying to do a good job while operating his elevator, the Rev. Botts said that two things motivated him to go beyond his normal elevator operator duties in assisting riders, "I love to see people happy! I try to lift them up and encourage them to look to the Lord!"

In retirement, he plans to visit the sick and become more active in his church. Rev. Botts also said he plans to occasionally visit the CC, and ride an elevator as a passenger when visiting friends. □

Occupational Medical Service to Give CPR Instructor Course

The Occupational Medical Service is offering a CPR instructor course—a current CPR card is required—which consists of four sessions, on the following dates:

Wednesday, Apr. 29, 6-10 p.m.

Wednesday, May 6, 6-10 p.m.

Saturday, May 9, 9 a.m. to 5 p.m.

Wednesday, May 13, 6-10 p.m.

For further information call the Emergency Medical Service coordinator, 496-4111. □

Attention Impairment Studies Investigate Damage to Certain Brain Structures

Attention impairment, a major problem in disorders such as schizophrenia and petit mal epilepsy, may be caused by damage to portions of the brain making up an "attention system," according to Dr. Allan Mirsky, chief of the National Institute of Mental Health Laboratory of Psychology and Psychopathology.

At a recent seminar, Dr. Mirsky presented evidence for the hypothesis that the "attention system" consists of structures in the lower brain stem and in parts of the thalamus and cortex. He theorizes that damage to these regions results in impaired ability to attend to stimuli.

Drawing from studies with humans and animals, he cited experiments requiring patients suffering from petit mal or "absence" epilepsy to press a button in response to visual stimulus. During seizures, as indicated by the characteristic electroencephalogram spike-and-wave pattern, these individuals momentarily failed to carry out the assigned task.

Dr. Mirsky believes they failed because they were temporarily blind. "They cannot attend to what they do not see," he said.

Studies with monkeys who have been taught to respond to visual stimuli indicate that specific parts of the brain are involved in the monkey's ability to attend to the task. A lesion that destroyed large parts of the thalamus left the animal's attention system unaffected, said Dr. Mirsky, but a brain

stem lesion produced striking impairments in the monkey's ability to perform the task. Very similar results were obtained with electrical stimulation of these brain regions through the use of implanted probes.

Dr. Mirsky and his colleague, Dr. Eva Bakay Pragay, recently discovered a special class of brain cells that appear to have a role in "the behavior we call attention," said Dr. Mirsky. Referring to them as "anticipatory cells," he reported that the cells have flexibility, plasticity, and the ability to anticipate what will happen. "The brain stem is loaded with these cells," Dr. Mirsky noted.

In the monkey experiments, he found that the anticipatory cells began to fire 1½ seconds before the stimulus came on. "The cells realize that this is a repetitive task and begin to fire in anticipation of the call to action," he said.

"We don't yet understand how the components of the system work together, but we have learned a good bit about the specific effects of cortical damage caused by such things as lesions and small tumors. From these findings we can draw some conclusions about how the attention system can be disturbed," he said.

How the attention system is impaired in schizophrenia or petit mal epilepsy is not known, said Dr. Mirsky, but he hypothesized that neonatal asphyxia caused by a difficult labor or poor intrauterine conditions may be possibilities. □

Women's Advisory Committee Announces Election Results and Upcoming Activities

The Women's Advisory Committee has elected Dr. Patricia Bryant chairperson and Eloise Colbert co-chairperson for 1981.

Dr. Bryant, a health scientist administrator with the National Institute of Dental Research, came to NIH in 1976. Prior to that she was an associate professor in rehabilitative medicine at the University of Washington School of Medicine.

Ms. Colbert, a biological laboratory technician, has been with the Division of Research Services for 19 years. She has also been active in EEO as well as community activities.

The Women's Advisory Committee was established by NIH Director Dr. Donald S. Fredrickson in 1976. The committee advises the NIH Federal Women's Program manager; acts as a communication channel between women and the NIH administration; promotes and monitors equal opportunities for NIH women employees and women seeking NIH employment; and assists in identifying sexism in the workplace. Currently 40 delegates and alternates representing the B/I/D's serve on the committee.

Activities planned for this year include a Career Week (May 18-22) which will include career-related workshops, symposia, and a "job fair" intended to provide up-to-date information about career alternatives.

Women's Advisory Committee meetings are held on alternate weeks and are open to

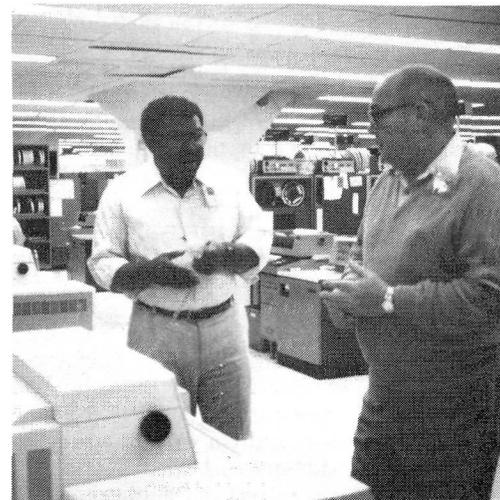


Dr. Bryant (l), Women's Advisory Committee chairperson, and Ms. Colbert, co-chair, review annual reports summarizing previous committee activities.

interested employees on a space-available basis.

For further information concerning meeting dates, location, and topics to be discussed, contact Barbara Iba, acting NIH Federal Women's Program manager, 496-2122. □

Computer Utility Offers Training Courses, Seminars



The Computer Utility serves the NIH community 24 hours a day, 7 days a week. Wes Farmer (r) confers with operator James Jacobs during the day shift.

A wide variety of training courses and seminars for users of the NIH Computer Utility are being offered by the Computer Center Branch of the Division of Computer Research and Technology.

The training program includes lecture and self-study courses pertaining to both the IBM 370 and DECsystem-10 computer formats. These short, intensive courses focus on specific areas of biomedical research, and are designed to acquaint the student with computer languages and programming techniques.

New courses offered this year include Introduction to WYLBUR for Data Processing Applications, Dynamic Biological Simulation, and BRIGHT. New seminar topics will also be presented.

The brochure, *Computer Training Courses and Seminars, 1981-1982*, contains full course descriptions, schedules, prerequisites, student time required, and term(s) in which each course will be offered. All persons registered to receive training information and B/I/D personnel offices will be mailed copies.

Nominations are currently being accepted through Mar. 23. Many courses are already oversubscribed, so to ensure consideration, an application should have a priority course designated by the B/I/D personnel/training officer for each request.

For more information on the brochure, call (301) 496-5431. For help in course selection, contact the Computer Center training unit, (301) 496-2339. □

R&W Offers Concert Tickets For Boston Symphony Orchestra

The Boston Symphony Orchestra, conducted by Seiji Ozawa, will perform at the Kennedy Center Concert Hall on Saturday, Mar. 21, at 8:30 p.m. Tickets are \$15 and may be obtained at the R&W Activities Desk, Bldg. 31, Rm. 1A-18.

Beethoven Symphony No. 7 and Bartok Concerto for Orchestra will be featured. □

Synthetic Vasopressin Analog Improves Memory in Limited Clinical Trials

Learning and memory in normal as well as in depressed adults can be improved with DDAVP, a synthetic vasopressin analog. A team of National Institute of Mental Health researchers has found that DDAVP can also partially reverse retrograde amnesia that follows electroconvulsive treatment.

Vasopressin, a hormone synthesized entirely within the central nervous system, is usually prescribed to constrict blood vessels or to help the kidneys regulate water retention in the body.

In double-blind studies, six normal, college-age volunteers were treated with DDAVP in a nasal spray several times a day for 2 to 3 weeks. They demonstrated statistically significant increases in learning and memory. The six showed an increase in serial learning, learning and recall under selective reminding conditions, and recall of semantically related words. The students improved their performance by an average of 20 percent when given the drug.

Six other college-age volunteers were treated with a placebo, and failed to show similar increases in learning and memory.

Four depressed patients with impaired cognition were treated with DDAVP for a period of several days. Three of the four patients learned information more effectively, as measured by completeness, organization, and reliability of recall. All studies were done on an inpatient psychiatric research unit on campus.

Dr. Herbert Weingartner of the Laboratory of Psychology and Psychopathology emphasized that this research is very basic, the data preliminary, and more study is needed to determine the effectiveness of vasopressin when treating patients.

The team of NIMH researchers besides Dr. Weingartner include Drs. Philip Gold, Clinical Psychobiology Branch; James C. Ballenger, guest scientist from the University of Virginia; Sheila A. Smallberg, Laboratory of Psychology and Psychopathology; Richard Sommers, Clinical Psychobiology Branch; Robert M. Post, Biological Psychiatry Branch; and Frederick K. Goodwin, chief, Clinical Psychobiology Branch. The research report appeared in the Feb. 6, 1981, issue of *Science*. □

Visiting Scientist Program Participants

Sponsored by Fogarty Internat'l Center

2/20—**Zhang An-Zhong**, China, Laboratory of Preclinical Pharmacology. Sponsor: Dr. Ermino Costa, NIMH, St. Elizabeths Hospital.

2/22—**Dr. Su-Cheng Huang**, Taiwan, Endocrinology and Reproduction Research Branch. Sponsor: Dr. Hao-Chia Chen, NICHD, Bg. 10, Rm. 10B17.

2/22—**Dr. Adebayo Olumide**, Nigeria, Surgical Neurology Branch. Sponsor: Dr. Paul Kornblith, NINCDS, Bg. 10A, Rm. 3E68.

2/23—**Dr. Daniela Stramignoni**, Italy, Laboratory of Cellular and Molecular Biology. Sponsor: Dr. Jeffrey Schlom, NCI, Bg. 37, Rm. 1B19.

2/24—**Dr. Ji-tao Tu**, China, Biometry Branch. Sponsor: Dr. Earl Pollack, NCI, Landow Bg., Rm. 5C03.

2/26—**Dr. Mozeena Bano**, India, Laboratory of Pathophysiology. Sponsor: Dr. William Kidwell, NCI, Bg. 10, Rm. 5B39.

2/26—**Dr. Takekane Yamaguchi**, Japan, Surgical Neurology Branch. Sponsor: Dr. Cho-Luh Li, NINCDS, Bg. 9, Rm. 1W115.

2/27—**Dr. Chih-Chen Wang**, China, Diabetes Branch. Sponsor: Dr. Jesse Roth, NIAMDD, Bg. 10, Rm. 8S243.

3/1—**Dr. Claudine Kieda**, France, Laboratory of Immunology. Sponsor: Dr. Myron Waxdal, NIAID, Bg. 10, Rm. 11N260.

3/1—**Dr. Serrine Lau**, Hong Kong, Laboratory of Chemical Pharmacology. Sponsor: Dr. James R. Gillette, NHLBI, Bg. 10, Rm. 8N117.

3/1—**Dr. Ewen MacDonald**, United Kingdom, Developmental and Metabolic Branch. Sponsor: Dr. Eberhard Trams, NINCDS, Bg. 10, Rm. 3D16.

3/1—**Dr. Gopa Majmudar**, India, Laboratory of Biochemistry. Sponsor: Dr. Beverly Peterkofsky, NCI, Bg. 37, Rm. 4C15.

3/1—**Dr. Chih-Mei Wang**, China, Division of Biochemistry and Biophysics. Sponsor: Dr. Darrell Liu, BB, Bg. 29, Rm. 516.

Stress Management Course Offered for Nonsupervisors

Beginning Monday, Apr. 13, a 4-day course on Stress Management for Increased Productivity will be offered for NIH non-supervisory employees, GS-11 and below. The course, offered by the Division of Personnel Management, is designed to provide participants with the tools to manage negative stress.

Recent research data show that stress on workers has an important effect on productivity. Managing stress improves health and well-being and shows these results at work: improved concentration, increased energy, fewer accidents and less sick leave.

From Apr. 13 through 15, participants will use readings, discussions, and exercises to gain an understanding of the nature of stress and its effects on individuals and organizations.

A followup session will be held May 1 to reinforce learning, focus on achievements, and aid participants in continuing their individual stress reduction plans.

To apply, submit an HHS Form 350 to the Training Assistance Branch by Mar. 30. For more information, contact your personnel and/or administrative office. □

Naval Academy's Coach Pat Healy To Address Sailing Club

Pat Healy, U.S. Naval Academy varsity sailing coach, will speak at the next meeting of the NIH Sailing Club on Thursday, Mar. 26, 8 p.m. in Bldg. 30, Rm. 117.

He has had extensive racing experience on both the dinghies and off-shore Navy boats. His talk will cover heavy weather boat handling and racing tactics.

Refreshments will be served and everyone is welcome. □

Dr. R.C. Likins Dies; Former Dental Researcher

Dr. Robert C. Likins, an internationally known dental research scientist, formerly affiliated with the National Institute of Dental Research and the Zoller Memorial Dental Clinic at the University of Chicago, died recently of a stroke.

A native of Springfield, Mo., Dr. Likins earned his degree in dentistry from Kansas City University in 1945. He was a Carnegie fellow in dental research at the University of Rochester School of Medicine and Dentistry before receiving his commission in the U.S. Public Health Service in 1946.

As a dental authority on the metabolism of fluorides and the mineralization of teeth and bones, Dr. Likins held responsible positions at NIH from 1946 to 1968. In 1968 he became director of the Zoller Memorial Dental Clinic, a position he held until his retirement in 1980.

He is survived by his wife Gloria A. Likens; a son, David; a daughter, Mary Fults; and one grandchild.

Memorial contributions may be made to the Brain Research Institute, University of Chicago, Chicago, Ill. 60637. □

R&W Travels to Charles Town For Thoroughbred Racing, Apr. 3

R&W once again plans to go to the Charles Town, W. Va., races on Friday, Apr. 3.

Buses will leave Bldg. 31, C wing, at 5:30 p.m. The \$18 per person includes clubhouse admission, daily racing program, dinner, and gratuities.

Sign up at the R&W Activities Desk, Bldg. 31, Rm 1A-18. □



NIA Director Dr. Robert N. Butler will present the 24th annual Frieda Fromm-Reichmann Memorial Lecture at 8 p.m., on Monday, Mar. 23, in Masur Auditorium. He will speak on *Has Psychiatry Come of Age?*, and will point out the benefits of mental health care for the elderly. The annual lecture was established in 1957 to honor her contributions to American psychiatry. Each lecture is devoted to some aspect of the problem of schizophrenia or other mental health concerns.

Tranquility is nothing else than the good ordering of the mind.—*Marcus Aurelius* (A.D. 121-180) □

Nutrition Month Activities Continue

Get in the spirit of National Nutrition Month! Send in your prize-winning recipe, begin your spring exercise program, and help the entire NIH community learn how easy it is to put sound nutrition principles into practice.

For the past 2 weeks, activities to commemorate March as National Nutrition Month have been under way at NIH. Events have been sponsored by the NIH Nutrition Coordinating Committee, the NIH Jogging Club, the GSI Cafeteria Service, the Occupational Medical Services, and the R&W. A series of video tapes entitled "Eat Well, Be Well," has been shown.

This series was produced by Amram Nowak Associates under contract with the Metropolitan Life Insurance Company in consultation with the NIH/NCC. The video tapes present good examples of ways to put nutrition principles into practice.

Each video tape presents in a practical and visually pleasing manner the scientific state-of-the-art and rationale behind the many aspects of the dietary guidelines given in the joint USDA/DHHS publication, *Nutrition and Your Health, Dietary Guidelines for Americans*.

For the final 2 weeks of National Nutrition Month, video tapes will be shown during the lunch hour according to the following schedule:

Mar. 16-20	Bldg. 31 Cafeteria
Mar. 23-27	Bldg. 35 Cafeteria
Mar. 16	Federal, Conf. Rm. B1-19 (Tape I) Westwood, Conf. Rm. D (Tape I)
Mar. 17	Federal, Conf. Rm. B1-19 (Tape II) Westwood, Conf. Rm. D (Tape II)
Mar. 23	Federal, Conf. Rm. B1-19 (Tape I) Westwood, Conf. Rm. D (Tape I) Landow, Conf. Rm. A (Tape I)
Mar. 24	Federal, Conf. Rm. B1-19 (Tape II) Landow, Conf. Rm. A (Tape II)
Mar. 26	Westwood, Conf. Rm. B (Tape II)

Obesity is a major health problem for many Americans. The video-taped lecture on Obesity by Dr. Lester Salans from the Medicine for the Layman series will be shown on the following days:

Mar. 18, noon, in Masur Auditorium, Bldg. 10.

Mar. 18, noon, in Wilson Hall, Bldg. 1

Mar. 19, noon, in 14th Fl. Conf. Rm., Bldg. 10

The "Fun Runs for Nutrition" continue on Mar. 20 for 1½ miles and on Mar. 27 for the grand finale of 3 miles. The runs begin at noon in front of Bldg. 1. The course will be marked and prizes will be awarded. All members of the NIH community are urged to join in the fun.

Good nutrition and better health starts

with good eating, which does not have to be difficult or expensive. A major event for National Nutrition Month is the NIH Recipe Contest. All entries will be judged according to the nutrition principles established by the Dietary Guidelines.

The criteria for judging are as follows: 1) Each recipe must be entered in one of the three categories, "main dish," "dessert," or "miscellaneous"; 2) Each recipe must be entered with a short paragraph of 50 words or less explaining how it uses at least two of the Dietary Guidelines; and 3) Each recipe will be judged on its creativity and applicability of at least two of the Dietary Guidelines.

When choosing a recipe be sure to keep in mind ways to get the most nutrition for your food dollar. Share the ways in which you cut down on fat, cholesterol, sugar, and salt.

Send all recipes typed on a 3 x 5" card with your name and extension to the NCC Office, Bldg. 31, Rm. 4B-59, by Mar. 17 (today) for preliminary judging. The final "taste" test of all recipes will be held in the Bldg. 31 cafeteria on Monday, Mar. 30. Prizes will be awarded and the winning recipes will be printed in future issues of *The NIH Record*. □

Dr. George Kitzes, GI Researcher, Retires After 32 Years

Dr. George Kitzes, the NIAMDD program director for esophageal-gastric-colonic diseases, recently retired after 32 years of Federal service, including 15 years with the Institute.

He began his career in 1949 as a biochemist at the Veterans Administration Center in Dayton, Ohio, and then transferred to the Aero Medical Laboratory at Wright-Patterson Air Force Base in 1951. Dr. Kitzes left there in 1966 as chief of the physiology division to come to NIH.

Recalling some "memorable moments" in his career at NIH, he cited the Institute's initiation of a clinical trial for dissolving gallstones through medical means, the establishment of a comprehensive center for research on peptic ulcer disease, the stimulation of interest in inflammatory bowel research, and the encouragement of young physicians into academic and research careers.

Upon learning of Dr. Kitzes' retirement, many letters of appreciation have come to NIH commenting on his contributions to, and support of gastrointestinal research nationally.

In 1978, he was formally recognized by the American Gastroenterological Association at its national meeting for his contributions to fostering digestive diseases research. At that time he was presented with a certificate of special appreciation, the first time a Federal employee was so honored. He also received an award from the Peptic Ulcer Center in Los Angeles for his efforts towards the creation and support of a center for research in ulcer disease.

DR. GOLDBERGER

(Continued from Page 1)

In a letter to NIH Director Dr. Donald S. Fredrickson, Dr. Goldberger said, "I am looking forward to my new job at Columbia, though I am also sad to leave the NIH at a time in its development when there are so many exciting challenges. I am optimistic that the intramural program can maintain its excellence, and I regret that I will no longer be participating in the leadership of the institution."

Regarding his new position, Dr. Goldberger said, "One of the great satisfactions of my years in biomedical research has been interacting with young scientists. For this reason, I am eager to play a role in Columbia's outstanding educational programs for doctors, dentists, nurses, research scientists, and other health professionals."

During his first few years at the NIH, Dr. Goldberger worked with Nobel Laureate Dr. Christian B. Anfinsen, at the then National Heart Institute, studying the mechanism by which proteins fold up to form their final three-dimensional structures.

In 1963 he was a visiting scientist at the Weizmann Institute of Science in Israel. In 1966 Dr. Goldberger, then head of the Section on Biosynthesis and Control, began his research on regulation on gene activity in bacteria.

In 1973 he assumed the position of chief of the Laboratory of Biochemistry in the National Cancer Institute. At that time he focused his efforts on studying the mechanism by which hormones regulate the activity of genes in higher organisms.

A member of the editorial boards of several distinguished professional journals, Dr. Goldberger has written one book and edited several others, one of which was chosen as the best life sciences book of 1979 by the Association of American Publishers. He has received numerous prizes and awards for his academic and professional accomplishments.

He received his A.B. degree from Harvard University in 1954 and his M.D. from New York University School of Medicine in 1958. After his internship at Mt. Sinai Hospital in New York, he was for 2 years a postdoctoral fellow at the University of Wisconsin's Institute for Enzyme Research. □

R&W Offers Evening At National Theatre

An evening at the National Theatre, sponsored by R&W, features the 1980 Tony Award-winning play, "Children of a Lesser God," on Thursday, Apr. 23, at 8 p.m.

Discount tickets (\$18) are available at the R&W Activities Desk, Bldg. 31, Rm. 1A-18. □

Dr. Kitzes intends to remain active during his retirement by continuing to provide counsel to various organizations concerning government research in digestive diseases.

At a recent retirement dinner, attended by more than 75 people including his wife, Nettie, and three daughters, he was presented with several gifts. □

'Elephant Man' Disease Linked to Genetic Causes

Neurofibromatosis is not a household word. Still, recent national visibility of patients with this disorder—characters in the television show "Dallas" and a 19th century Englishman in the Broadway play and movie, "The Elephant Man"—has made neurofibromatosis better known.



This woodcut of Englishman John Merrick, the "Elephant Man," appeared in the *British Medical Journal* in 1886.

"Not so well-known," says Dr. Roswell Eldridge, director of NINCDS neurogenetic studies, "is that neurofibromatosis consists of at least two distinct genetic diseases, the common 'peripheral' form as described by von Recklinghausen and the recently delineated 'central' form."

Central neurofibromatosis was recently established as an entity marked by bilateral acoustic neuroma as well as mild skin changes such as the cafe-au-lait spots that are typical of peripheral neurofibromatosis. Both forms are autosomal dominant disorders: Each child with an affected parent has a 50-50 chance of developing neurofibromatosis.

Acoustic neuromas are benign tumors which grow in the canal between the brain and the inner ear. Untreated, the course of an acoustic neuroma is variable, but can be life-threatening.

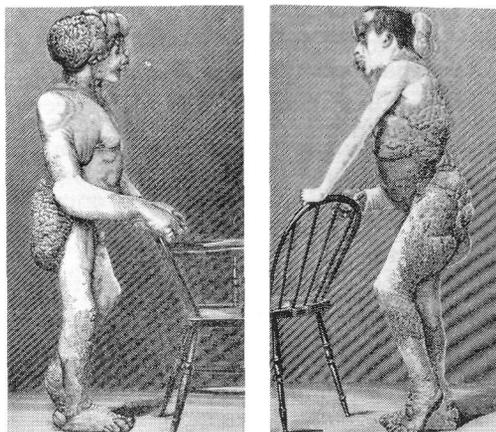
As reported in *Neurology* (August 1980),

Dr. Eldridge is following close to 20 families with the central form of neurofibromatosis with acoustic neuroma. Of particular interest are family members who have recently become symptomatic. Plans are being made to study these individuals.

"It is our hope," Dr. Eldridge says, "that tests we are trying to develop one day will make it possible to identify the specific biochemical abnormality responsible for this disorder."

The investigation of neurofibromatosis with bilateral acoustic neuroma by Drs. Eldridge, Kenneth Rieth, CC radiologist, and NINCDS neurosurgeons, Eugene Quindlen and Barry Smith, is being carried out in conjunction with Inter-Institute Genetics Program at the CC.

Within the program, investigators from a number of disciplines evaluate patients with the common peripheral form of neurofibromatosis as well as central neurofibromatosis with bilateral acoustic neuroma. Patients' families are also screened.



Other views of Merrick's condition appeared in the same article.

Diagnosis is not always easy, and neurofibromatosis with bilateral acoustic neuroma presents special problems. Loss of hearing—generally beginning at age 15 to 25—with or without tinnitus is the first symptom of acoustic neuroma in most cases. A careful inquiry is necessary to establish these symptoms since partial loss of hearing in one ear may not be noticed by

the patient.

This portion of Dr. Eldridge's study is carried out in collaboration with Anita Pikus, chief audiologist of the CC. Mrs. Pikus identifies and analyzes the nature and extent of the auditory deficits in all patients who have central neurofibromatosis with bilateral acoustic neuroma.

According to Drs. Quindlen and Smith, acoustic neuromas are best treated by surgical removal. In order to save nerve function and avoid the risk of brain stem compression, says Dr. Smith, it is important to remove neuromas sooner rather than later.

"Though neuromas are benign tumors," he points out, "they can regrow if not completely removed. Total removal depends on the age of the patient and the size and location of the tumor."

Dr. Smith says that acoustic neuroma is a "very treatable problem."

To participate in the study, patients and family members must be referred by their physician. After the patients are seen here, the referring physician is sent summaries of clinic evaluations and recommendations for treatment. The physician retains responsibility for the primary care of the patient.

100,000 Afflicted

Through their team effort, NIH specialists hope to shed light on clinical problems and research questions raised by neurofibromatosis, a hereditary disorder of the nervous system affecting an estimated 100,000 Americans.

Dr. Judith Bader, NCI, is principal investigator of the peripheral neurofibromatosis studies within the Inter-Institute Genetics Program; Dr. Eldridge is the principal investigator of the central form of neurofibromatosis with acoustic neuroma studies. Sandy Schlesinger is coordinator of the Inter-Institute Genetics Program.

The Washington chapter of the National Neurofibromatosis Foundation has alerted a number of neurofibromatosis patients to the services available through the Inter-Institute Genetics Program. Mary Ann Wilson, chapter president, can be reached at 3401 Woodridge Ct., Mitchellville, Md. 20716; telephone (301) 577-8984. □

Cash Awards Given for Employee Suggestion

David A. Prevar, biologist with NIAID's Laboratory of Infectious Diseases, submitted an employee suggestion last year that not only won him an Institute cash award of \$385 but a \$500 Presidential Recognition Award.

Mr. Prevar's suggestion—which could save the government almost \$7,000 yearly in his laboratory alone—was for an improved cost-reduction method of preparing methylcellulose overlay used in respiratory syncytial (RS) virus research.

Old Way More Expensive

The present method of preparation is to use commercially available overlay, a mixture of L-15 medium and 0.9 percent

methylcellulose, to which the laboratory adds serum, antibiotics, and glutamine. This overlay is frequently inconsistent and also very expensive.

New Improved Method

The improved method is to prepare 1.8 percent methylcellulose solution in the laboratory and mix twice the strength of L-15 with it in equal portions, adding the same concentration of serum, antibiotics and glutamine as before.

Thus, only the L-15 need be purchased. The overlay is then identical to the commercial product and its consistency is guaranteed—providing a substantial savings to the government.



Dr. Prevar (c), displays a personal letter from former President Carter advising him of his award, which was presented by NIAID Director Dr. Richard M. Krause (r), and laboratory chief Dr. Robert M. Chanock.

Animal Studies Show Artificial Food Dyes Interfere in Brain Chemical Communication

by Mary Donovan

Animal studies indicate that certain food dyes interfere with chemical communication in the brain, adding further support to the theory that they are associated with hyperactivity in children.

At a recent meeting of the Nutrition Coordinating Committee, Dr. Ellen Silbergeld, chief, neurotoxicology section, National Institute of Neurological and Communicative Disorders and Stroke, pointed out that contradictory information exists between studies in humans exploring the association of artificial food dyes with hyperactivity, and those in animals.

Although artificial food coloring has been implicated in hyperactivity, it has not been proven to be the cause of this disorder, which, by some estimates, affects up to 5 percent of the school-age population.

A typical hyperactive child displays uncontrollable, inappropriate behavior, marked by "overreactive" responses and a short attention span. Ironically, amphetamines, also known as "speed," have been successful in producing a tranquilizing effect in many hyperactive children. Many scientists believe that a biochemical basis for hyperactivity exists, which, if identified, could perhaps be corrected.

Two different types of clinical trials have been done to identify the involvement of artificial food dyes in hyperactivity and, as yet, neither one has supported the association. One approach involves eliminating foods known to contain artificial colors, and then to document the intensity and frequency of hyperactive behavior. However, since artificial coloring is found in so many foods, total elimination is virtually impossible.

With the other technique, known as a "challenge study," a cookie or glass of cola loaded with a variety of artificial colors is given to hyperactive children. This approach has been undertaken only on those children who responded favorably to the elimination diet. Because so few of these "challenged" children displayed any dramatic changes in behavior after receiving the cookie or cola, this type of study was also considered to be inconclusive.

Studies of artificial food dyes in humans are particularly difficult to undertake because of the constant exposure to large

amounts and, as yet, no one understands how these chemicals are metabolized by the body, where they are deposited and how long they stay in the body.

Laboratory experimental animals, in this case, rats, offer a more controlled environment, where they can be fed or injected with specified amounts of dye and studied closely. Dr. Silbergeld and her group chose red dye #3 to investigate, in part, because it is currently the most commonly used red artificial coloring.

The researchers found that, in low doses, the dye enters the brain readily, inhibiting the uptake of neurotransmitters by nerve cells. Neurotransmitters are chemicals that convey messages from one nerve cell to another, regulating the activity of the nervous system. About three classes of neurotransmitters appear to be affected, but, as yet, scientists do not know which ones, if any, are more sensitive to the dye than others.

More specifically the dye appears to interfere with neurotransmission by inhibiting the activity of the enzyme, Na-K ATPase, which is responsible for transporting and regulating sodium and potassium throughout the body. Interestingly enough, red dye #3 seems to interfere with the Na-K ATPase in the brain alone.

According to Dr. Silbergeld, these studies indicate that red dye #3 has a definite effect on the central nervous system—specifically on Na-K ATPase activity. Since this enzyme is under genetic control, it may explain why so few of the hyperactive children responded to challenge with the artificial dyes. Certain individuals would respond to food dyes by displaying hyperactive behavior, while others would not.

The scientists are currently studying how red dye #3 binds to nerve cells by tagging the dye with a radiolabel, so it can be tracked on its journey through the nervous system. In addition, they are injecting the dye directly into the brains of the lab animals to allow for more direct observation of its behavior in the central nervous system.

Dr. Silbergeld adds that "test tube" studies are important to establish the toxic effects of these dyes before any definitive association can be made between them and hyperactivity. □

Cancer Publications Give Guidance and Resources

Coping with Cancer—A Resource for the Health Professionals, a National Cancer Institute publication, summarizes the psychological and social issues faced by cancer patients and their families. The 150-page book provides practical guidance for care givers in response to patient and family needs.

In addition, support programs throughout the country are described and an easy-to-use comprehensive subject index. The companion, *Coping with Cancer—An Annotated Bibliography of Public, Patient, and*

Professional Education Materials, lists 300 educational materials available from sources throughout the United States.

Taking Time—Support for People With Cancer and the People Who Care About Them is a sensitively written brochure offering suggestions drawn largely from patients themselves on how to master the emotional stresses and strains of living with cancer.

All three publications are available free from the Office of Cancer Communications, NCI, Bldg. 31, Rm. 10A-18, or call 496-5583. □

DR. LEVY

(Continued from Page 1)

the health professions schools. He will oversee the relationship of the research programs in the Human Nutrition Research Center to the research programs of the health professions schools.

Commenting on his experiences at NIH, Dr. Levy stated, "I believe that the National Heart, Lung, and Blood Institute has made significant contributions to the dramatic decline in cardiovascular mortality that we have witnessed during the past decade and it gives me great satisfaction that I was part of that progress."

Dr. Levy has been NHLBI Director since 1975 and has been associated with the Institute for 18 years. NHLBI conducts and/or supports about two-thirds of all research on heart, lung, and blood diseases carried out in the United States.

Established Lipid Clinics

Prior to becoming NHLBI Director, he headed the Division of Heart and Vascular Diseases where he planned and directed programs on atherosclerosis and its complications such as heart attacks and strokes; high blood pressure and hypertensive heart disease; congenital and rheumatic heart disease; heart failure and shock, and various kidney disorders.

In 1970, Dr. Levy was responsible for establishing a nationwide network of lipid research clinics to carry out research on blood-lipid abnormalities associated with increased susceptibility to arteriosclerosis and coronary heart disease. He is the author or coauthor of numerous scientific papers on lipids and lipoprotein metabolism, arteriosclerosis, nutrition and clinical blood-lipid disorders.

He is the current chairman of the cardiovascular portion of the United States-Peoples Republic of China agreement in Health and Medical Sciences. He is also the U.S. coordinator of a similar agreement with the Soviet Union. He also serves as a member of the World Health Organization Advisory Panel on Cardiovascular Diseases.

Awards Noted

Dr. Levy has received several prestigious awards during his career. While a student at Yale Medical School, he won the Kees' Prize for research in 1961. In 1975, he received the Arthur S. Flemming Award for outstanding public service. Other awards included the Associated Health Foundation Humanitarian Award (1976), the American Association for Clinical Chemistry Award (1979), and the Donald D. Van Slyke Award in Clinical Chemistry (1980).

Also in 1980, he received on behalf of the National Heart, Lung, and Blood Institute the Albert Lasker Special Public Health Award, which cited the Institute's Hypertension Detection and Follow-up Program as "standing alone among clinical studies in its profound potential benefits to millions." □

In 1977, some 10 million cases of sexually transmissible diseases occurred in the United States, 86 percent of them in 15- to 29-year-olds. □

REGULATIONS

(Continued from Page 1)

altogether from the review process. The five categories exempted are:

- Educational research in normal instructional settings, especially for comparing the effectiveness of different instructional techniques.
- Research into educational testing, where the subjects cannot be identified.
- Research involving surveys or interviews, except where subjects could be identified and where their rights to privacy could thus be violated.
- Research involving observation of public behavior, again subject to privacy rights.
- Research involving collection of existing data or documents when they are publicly available or when subjects cannot be identified.

Under new regulations, IRB review is required only for research projects which receive funding from HHS. All institutions which seek HHS funding are now required to adopt a formal policy ensuring that they protect the rights of human research subjects, regardless of the source of funding.

In addition, the rules extend IRB review to research performed outside the United States when HHS funding is involved.

"These regulations reflect a long search for balance—balance between the need to fully protect human research subjects, on the one hand; and on the other, our desire to limit Federal regulation wherever possible and to encourage the broadest and most reproductive scientific research," Secretary Harris said.

"But it is also important to note that we are in no way diminishing the protection that is needed for persons who are subjects of scientific research.

"Where there exists any significant risk to the health and welfare of the subjects, or to their right to privacy, these regulations ensure, through the IRB's, that those per-

Literature Searches List Free Printed Bibliographies

Ten new Literature Searches are available from the National Library of Medicine's Reference Section. Bibliographies on such topics as the aging brain, the toxicology of polychlorinated biphenyl compounds, and the therapeutic use of dimethyl sulfoxide are among them.

The searches are part of a series of printed bibliographies on subjects of current interest, which are produced through NLM's computer-based system, MEDLINE, and are free for use by the public.

When requesting Literature Searches, include title and number. Enclose a self-addressed gummed label, and mail to: Literature Search Program, Reference Section, NLM, Bethesda, Md. 20209.

LS 80-23 *Child abuse*. January 1976 through December 1980, 463 citations in English.

LS 80-24 *Legionnaires' disease*. January 1978 through December 1980, 389 citations.

LS 80-25 *The aging brain*. January 1979 through December 1980, 494 citations.

LS 80-26 *Toxicology of polychlorinated biphenyl compounds*. January 1975 through December 1980, 517 citations.

LS 80-27 *Bendectin and Debendox*. January 1966 through December 1980, 17 citations.

LS 80-28 *Diet and cancer: etiology and prevention*. January 1978 through December 1980, 371 citations.

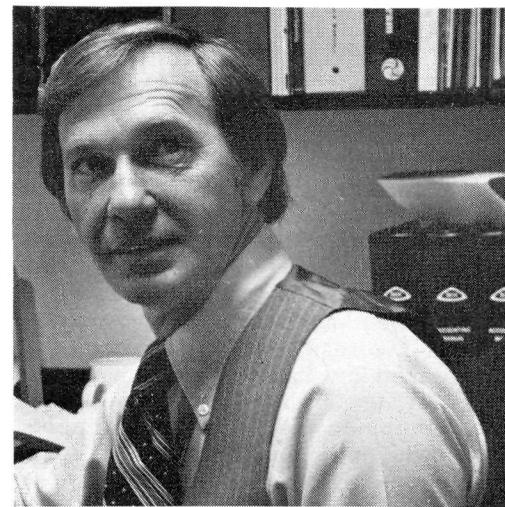
LS 80-29 *Reimplantation*. January 1978 through December 1980, 190 citations.

LS 80-30 *Agent Orange*. January 1972 through December 1980, 99 citations.

Others are available. □

sons will be protected to the fullest possible extent—and that they will be fully informed concerning the risks that can reasonably be foreseen in connection with the research, and their full consent be obtained."

For more information or to obtain copies of the new regulations, contact Mr. Dommel, (301) 496-7163. □



Robert C. Patrick has been named budget officer of the National Institute of Environmental Health Sciences. He comes from NIAID, where he also served as budget officer. After a tour in the U.S. Navy, Mr. Patrick attended the University of South Carolina, graduating in business administration. From 1964 until 1970, he worked with NASA in various administrative roles, and in 1970 joined NIH as a budget analyst.

Diverse Backgrounds Mark New Council Members

Four new members have been appointed to the National Advisory Neurological and Communicative Disorders and Stroke Council.

They are: Dr. Guy McKhann, professor and chairman of the department of neurology at Johns Hopkins University School of Medicine; Father Robert P. Hupp, executive director of Father Flanagan's Boys' Home in Nebraska; Dr. Michael M. Paparella, professor and chairman of the department of otolaryngology at the University of Minnesota Medical School; and Dr. Juan M. Taveras, radiologist-in-chief at Massachusetts General Hospital in Boston.

Dr. McKhann, a Yale-educated neurologist and an expert in lipid metabolism of the developing nervous system, is the author of over 40 articles on neurochemistry and has served on numerous national medical advisory boards.

Father Hupp is a Catholic priest with a strong interest in youth and disorders of human communication. He is considered a pioneer in developing drug education programs for the young, and oversees the activities of the Boys' Town Institute for Communication Disorders in Children.

Dr. Paparella is a national leader in medical otolaryngic research and education and a respected consultant to journals relating to otolaryngology. His investigations of otitis media and virus-caused hearing loss have earned special recognition.

A native of the Dominican Republic, Dr. Taveras is professor of radiology at Harvard Medical School and a past president and founding member of the American Society of Neuroradiology. As director of the Massachusetts General Hospital Stroke Center, he is currently overseeing brain studies using positron emission transverse tomography. □



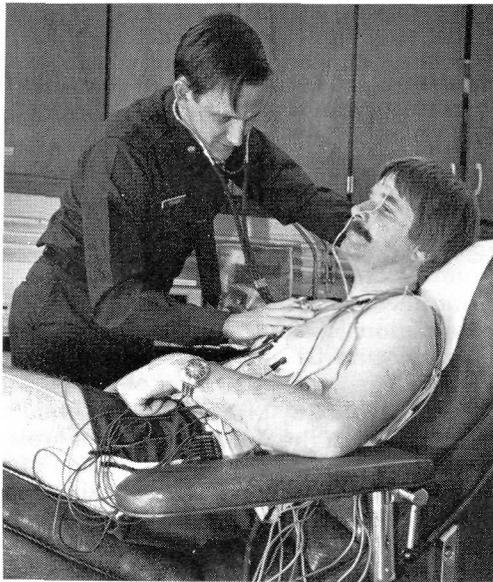
A Special Achievement Award was recently presented to five members of the Office for the Protection from Research Risks who were primarily responsible for developing and interpreting Federal regulations providing protection for human subjects involved in biomedical and behavioral research. They were specifically credited with designing and implementing an entirely new system for regulatory development and review, enabling PHS to develop HHS policy affecting human research subjects. Dr. Thomas E. Malone, NIH Deputy Director (I) presented the award to (l to r) Donald James, F. William Dommel, Jr., Carol Young, Cathy Zeman, and Denis Doyle. Dr. Charles R. McCarthy, director of the office also attended the ceremony.

Runners Needed to Study Conditioning

Runners are needed to participate in a physiological data collection session which will be used for any of several exercise and physical conditioning research projects now being conducted by the Uniformed Services University of the Health Sciences, across from NIH.

Already several NIH Health's Angels have taken a step forward and volunteered themselves to spend a morning being examined and tested. Researchers are looking for information on how conditioning might affect blood clotting, fibrinolysis, red blood cells, thyroid hormone and steroid sex hormone metabolism, and thermoregulation.

During the testing procedure, participants will be given a thorough physical examination; a maximum EKG treadmill stress test; body density and percent fat



Dr. Ferguson listens to the heart of volunteer Daniel Riordan, 34, a casual runner who a year ago began a regular regimen of jogging.

determinations; measurements of thermoregulatory efficiency; and various blood analyses.

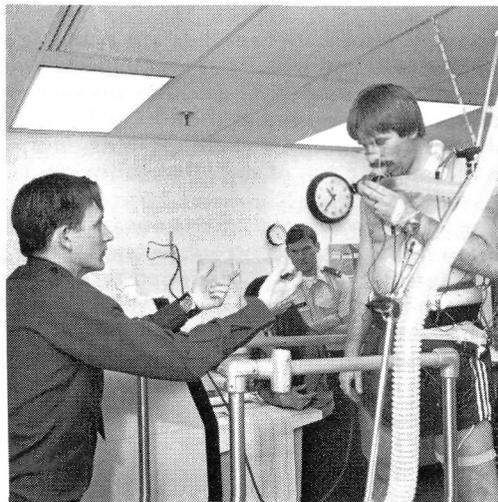
"We are interested in studying the following types of runners," said Dr. Earl W. Ferguson, a lieutenant colonel in the U.S. Air Force and project chief at the Cardiopulmonary Exercise Laboratory.

Approximately 60 runners will be needed, these include: men running an average of 50 or more miles per week; men running an average of 5 to 10 miles per week; and women, between the ages of 16 and 45 years of age, running an average of 50 miles

Biochemistry of Aging Brochure Is Now Available

The National Institute on Aging has now available the *Biochemistry of Aging*, a brochure summarizing a 1978 workshop on age-related biochemical changes.

Among the topics discussed are: changes in the metabolism of lipids and glucose, and the effect of these changes on the development of atherosclerosis and diabetes; cultured fibroblasts as a cellular model of senescence, and the ability of certain hormones to extend the *in vitro* life span of



Dr. Ferguson explains how a runner's oxygen transfer will be measured during a stress test that all participants will perform.

or more per week.

So far, "We have had no problem in getting people to volunteer who run 50 miles or more a week," said Dr. Ferguson, who has been studying the affect of long-distance running on both man and beast for the past few years.

In fact, he has been doing field studies each year at the Old Dominion 100-mile endurance ride in northern Virginia, a unique race where both horses and riders compete at the same time as long-distance runners. After the race, blood samples and body temperatures are taken from the top runners and horses who finish.

One thing the current exercise tests at USUHS hope to measure is the affect of conditioning on ultramarathon runners, joggers, and sedentary people.

Dr. Ferguson is assisted by Janet Yu, a research associate, department of medicine, and USN Lieutenant Guy Banta, a doctoral candidate in physiology.

Testing is done each Tuesday and Thursday morning from 7:30 to 11:30 a.m., and will continue through the end of the summer. Any interested person can call Ms. Yu, 295-3623, Monday through Friday, from 9 a.m. to 5 p.m. In addition, USUHS plans a Runners Clinic, Wednesday, Mar. 25, noon to 4 p.m., Bldg. C, Lecture Hall D.

In other runner-related news, the NIH Health's Angels have announced that this year's Institute Relay will be held on Wednesday, May 20. For membership in the Health's Angels or for more information about the race call Al Lewis, 443-1780.

these cells; and the physiological consequences of age-dependent modifications in collagen metabolism.

In addition, recommendations are presented for promising areas of future research within the field of gerontological biochemistry.

Single free copies of the booklet are available from NIA/Biochem, Expand Associates, 8630 Fenton St., Suite 508, Silver Spring, Md. 20910. □

History of Medicine Meeting Features Childbed Fever

Was It Really the Doctor's Dirty Hands? Another Look at Childbed Fever is the topic of this year's fourth meeting of the Washington Society for the History of Medicine. The meeting will be held Thursday, Mar. 19, at the Uniformed Services University of the Health Sciences in Lecture Rm. E, at 8 p.m.

Dr. Jay Sanforth, dean of the medical school, will open the meeting and Drs. Dorothy I. Lansing and W. Robert Penman, both in the field of obstetrics/gynecology, will discuss their research on this subject.

Their lecture will be followed by a presentation on Scientific Truth and Occult Tradition: The Medical World of Ebenezer Sibly, 1751-1799 by Dr. Allen Dubus of the University of Chicago.

Following the meeting, there will be an opportunity to tour the USUHS Library. For more information, call Dorothy Hanks, 496-5405. □

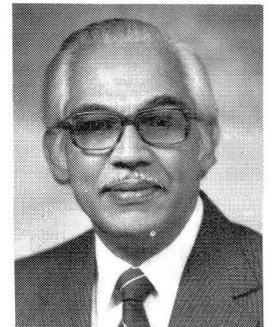
Dr. M. V. Nadkarni Appointed Cancer Institute Branch Chief

Dr. Moreshwar V. Nadkarni has been appointed chief of the Extramural Research and Resources Branch in the Division of Cancer Treatment, National Cancer Institute.

Dr. Nadkarni will supervise and manage grants and contracts dealing with the biochemistry and pharmacology of new and established anticancer drugs. Currently the branch oversees about 450 research projects.

Since joining NCI as a pharmacologist in 1958, he has worked as head, of the pharmacology section, Drug Evaluation Branch, Cancer Chemotherapy National Service Center, and later as program director for the Drug Development Grant Program. Recently, he served as program director for grants in the Developmental Therapeutics Program.

Born in Bombay, India, Dr. Nadkarni received his B.Sc. degree in chemistry from the University of Bombay in 1937. He completed his M.S. and Ph.D. degrees at the State University of Iowa in 1949. □



Dr. Nadkarni

'Federal Employees Almanac' On Sale at R&W Stores

The 28th edition of the *Federal Employees Almanac* (1981 issue) is now on sale at the R&W Gift Shops or Activities Desk. The cost is \$2.50.

The *Almanac* contains many changes reflecting actions taken by Congress and the Executive Branch during the past year. It also has comprehensive telephone lists which government employees and officials may call for information and advice regarding jobs and benefits, as well as to make complaints and get corrective action. □

Males, Motor Vehicles, and Weekend Driving Equal Increased Chances of Head Injury

"Steer clear" of excessive weekend driving might well be the warning offered to millions of Americans between the ages of 15 and 24.

The combination of young males, motor vehicles, and weekend traffic produces a significant number of severe head injuries in the U.S. each year, according to a newly released survey sponsored by NINCDS. *The National Head and Spinal Cord Injury Survey* confirms several long-proposed theories about the occurrence of injuries of this type.

The study reveals that the rate of male head injury from all causes is more than twice the rate for females, that 15- to 24-year-old men suffer the most injury, and that traffic accidents cause nearly half of the cases requiring hospital care. Weekends, states the report, are the most dangerous time for injury.

NINCDS scientists believe that the survey gives the first reliable statistical picture of head and spinal cord injury in the U.S. Citing incidence and cost figures, the study provides valuable information for scientific investigators, physicians, community health care and public safety planners, and the families of those in high-risk categories.

Report statistics are expected to have an

impact on the direction and funding of future research in the area. The information is also likely to be useful in evaluating local emergency facilities and rehabilitation services, and in the hiring and assigning of medical personnel. The survey suggests, for example, that a hospital with one neurosurgeon should have that physician available on weekends.

During 1974, the study estimated that 422,000 new cases of head injury were reported, and another 10,000 people were admitted to hospitals because of spinal cord damage. Such injuries cost Americans a projected \$4.2 billion annually, a figure which combines both direct medical care costs and indirect costs resulting from loss of productivity. To the victim, this means an average loss of \$4,114 for a head injury and \$14,390 for a damaged spinal cord.

The study examined the 1970-1974 records of 247 selected U.S. hospitals.

No important differences in injury occurrence were found to exist among racial groups or in different ages of the country.

The 43-page survey, edited by Drs. Dallas W. Anderson of NINCDS and Robert L. McLaurin of the University of Cincinnati, was issued as a supplement to the November 1980 *Journal of Neurosurgery*. □



Lois Ann Colaiani, 1979-80 president of the Medical Library Association was recently appointed NLM deputy associate director for library operations. She succeeds James Barry who retired in November. Director of libraries of the Cedar-Sinai Medical Center in Los Angeles since 1972, she holds a B.A. degree in biology with a minor in chemistry from the University of Rochester, and an M.L.S. from UCLA.

A. K. Thompson Appointed NIEHS Engineering Chief

Alan K. Thompson, a registered professional engineer, was appointed chief of the Research Services Branch at the National Institute of Environmental Health Sciences.

Mr. Thompson will be responsible for many of the mechanical and engineering aspects of NIEHS's new \$67 million laboratory and administrative facility at Research Triangle Park. His job will include supervising building operations and renovations on the north and south campuses.



Mr. Thompson

The NIEHS south campus facility is presently under construction on 509 acres. The new administrative and laboratory building that is designed in a modular fashion will contain 334,000 square feet of space. The modules will contain laboratories, animal science facilities, and support functions. Two office modules are scheduled for occupancy in March, and will be used for general administration.

A native of Massachusetts, Mr. Thompson received a B.S. in civil engineering at the Indiana Institute of Technology, in 1971, where he specialized in structural, hydraulic, and sanitary engineering.

After graduation he was employed with the New Cumberland Army Depot in New Cumberland, Pa., as a civil engineer and later became chief of its facilities engineering division in 1978, a post he held until his appointment to NIEHS. □

Consumer Booklet Lists Foods High in Sodium

Do you feel good about the salt you've stopped shaking on your food? How about the hidden sodium in your diet—have you gotten rid of that?

Americans eat an average of 8½ pounds of salt each year. One-third of the salt in our diets is added at the table or during cooking, but one-fourth to one-half comes from processed food. The rest occurs naturally in the food we eat and in some drinking water.

For a free copy of *Salt* write to the Consumer Information Center, Dept. 550J, Pueblo, Colo. 81009. □

Calendar of Training Courses Issued by Personnel Management

The *Interagency Training Calendar of Courses* catalog for April, May, and June classes has recently been issued. The Office of Personnel Management quarterly calendar updates catalog information with new and revised course descriptions, dates, costs, and other changes.

Courses include, ADP, communications, foreign languages, management, etc.

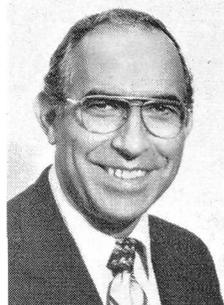
To obtain a copy, write to the Office of Personnel Management, Training Information Branch, WED, P.O. Box 7230, Washington, D.C. 20044, or call Barbara Garland, (202) 653-6132. □



National Institute of Dental Research radio public service announcements featuring Donna Fargo (l), the Spinners (c), Sister Sledge (r) and Paul Williams will be released to some 4,000 stations across the country during March. The message of these top recording artists is "Love Your Teeth." Announcements encourage teenagers to choose snack foods that will not promote tooth decay.

Dr. George Galasso Selected for Senior Executive Service

Dr. George J. Galasso has been selected for the Senior Executive Service Candidate Development Program of the Department of Health and Human Services. The NIAID scientist was one of only two applicants chosen from the National Institutes of Health.



Dr. Galasso

Each of the 229 applicants went through a three-step selection process: an initial paper screening, followed by personal interviews, and a 2-day assessment center evaluation process to judge knowledge of health issues as well as managerial competence. This process included a series of simulated management exercises.

Applicants were evaluated on the basis of leadership, judgment, initiative, career motivation, flexibility, and decisiveness. From a list of 60 finalists recommended for the program former Secretary Patricia Harris named 42 SES candidates.

Dr. Galasso and the other candidates will undergo a 2-year intensive training program while remaining in their present positions. Each will be assigned a senior advisor to assist in tailoring an individualized program for further development of administrative and management skills.

In addition, all candidates will participate in a 3-week executive development seminar sponsored by the U.S. Office of Personnel Management. Upon completion of the 2-year training period, the 42 will form an executive pool for assignment to SES positions in the Department.

The government-wide SES program was authorized by the Civil Service Reform Act of 1978 as a means to attract and train highly motivated midlevel Federal employees for future executive government service.

Dr. Galasso, a New York City native, earned a B.S. degree from Manhattan College in New York and his Ph.D. degree in microbiology from the University of North Carolina.

After serving on the faculties of the University of North Carolina and the University of Virginia Medical School as associate professor, he joined the NIH through the Grants Associates Program.

In 1969 he was named head of NIAID's Antiviral Substances Program and chief of the Institute's Infectious Diseases Branch in 1973. He has been chief of the Development and Applications Branch of the Microbiology and Infectious Diseases Program since 1977.

The Antiviral Substances Program founded by Dr. Galasso is largely responsible for the development of interferon and

Use of Salt and Diuretics During Pregnancy Examined

An analysis of current concepts concerning sodium metabolism and the use of diuretics in pregnancy suggests that normal pregnant women should use salt according to their natural habits, and that saluretic agents do more harm than good.

These conclusions were cited in a recent article in *Contemporary OB/GYN* by Dr. Marshall D. Lindheimer, a professor of obstetrics-gynecology and medicine at the University of Chicago School of Medicine, whose research is funded in part by the National Institute of Child Health and Human Development.

Previously, pregnant women were thought to retain sodium, a condition believed to contribute to excessive weight gain due to water retention, and to the development of gestational hypertension. This prompted physicians to recommend restricted salt and calorie intake and to sometimes prescribe prophylactic diuretics.

Today, however, many physicians believe that sodium restriction is harmful in normotensive pregnancies and caution against the use of diuretics even for women with hypertension.

In fact, Dr. Lindheimer said, saluretic therapy may cause maternal complications such as pancreatitis, volume contraction, alkalosis, decreased carbohydrate tolerance, severe hypokalemia, and death.

Fetal and neonatal complications such as arrhythmia, bleeding diathesis, salt depletion, and possible intrauterine growth retardation have also been reported. Certain diuretics are potentially teratogenic.

Dr. Lindheimer concluded that "because proof of benefit from diuretic agents is now lacking and the risks associated with their use are many, there are few unequivocal indications for diuretic therapy." One such

Nathaniel Young Award Established For Young Researchers in Arbovirology

In memory of Dr. Nathaniel Young, who worked for 4 years at the National Cancer Institute and died in 1979 of drowning, friends have established the Nathaniel Young Award. To be given every 3 years, the award will recognize a person or persons under 45 years of age who have made an outstanding contribution to arbovirology—the study of a group of viruses that cause yellow fever, viral encephalitis, and certain febrile infections.

The executive committee of the American Committee on Arboviruses has approved

the licensing of adenine arabinoside for herpes infections.

As branch chief, he is also responsible for vaccine development programs. These programs have resulted in effective bacterial and viral vaccines against meningitis, pneumonia, hepatitis, influenza, and other respiratory diseases.

Dr. Galasso was awarded a PHS Superior Service Award in 1978. □



Marian R. Lockett, the new personnel officer at the Division of Computer Research and Technology, began her career at NIH in 1969 with a part-time personnel clerk/assistant position while attending the University of Maryland. She continued at NIH after graduation serving as personnel management specialist in several NIH offices. Before joining DCRT, Ms. Lockett was with the Office of the Assistant Director for Policy, Division of Personnel Management.

indication, he said, is heart disease in a pregnant woman.

Increased understanding of sodium metabolism and of volume homeostasis during pregnancy has also caused many physicians to alter attitudes toward weight gain during pregnancy.

Mean weight increments during pregnancy now being recorded are greater than the averages reported earlier in this century. Before the smaller averages were considered normal and desirable. Now there appears to be no ideal average weight gain during pregnancy. □

the creation of the award, and will select recipients. The initial award will be made this year at the annual open meeting of the ACAV during the November meeting of the American Society of Tropical Medicine and Hygiene.

Persons wishing to make tax-free contributions to the fund can do so by addressing checks to the Nathaniel Young Award Fund, % Secretary of the Society, Dr. John E. Scanlon, P.O. Box 29837, San Antonio, Tex. 78229.

Persons desiring to nominate candidates for the initial award should provide six copies of a nominating letter, curriculum vitae, and bibliography to Dr. Thomas Walton, Chairman, Executive Committee, ACAV, Bldg. 45-13, Denver Federal Center, Denver, Colo. 80025.

Nominators should encourage submission of seconding letters from others which also should be addressed to Dr. Walton. Deadline for nominations is July 1. □

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