**Weekly Thyroxine Dose May Replace Daily Use In Glandular Disorder**

Many persons with underactive thyroid glands, or hypothyroidism, may soon be able to manage their disorder through weekly, rather than daily, doses of medication. Such a change would be useful for affected individuals, since hypothyroidism is a permanent condition which requires lifetime medication.

**New Method Effective**

Preliminary investigations by Dr. Jacob Robbins, and Dr. Robert Bernstein, National Institute of Arthritis and Metabolic Diseases, have shown that the weekly administration of thyroxine, a synthetic thyroid hormone, is a safe and effective way of controlling hypothyroidism in young patients without cardiovascular disease. Prior to this discovery, it had been generally accepted that treatment of hypothyroidism required replacement of thyroid hormone in daily amounts to maintain normal metabolism.

With the knowledge that some (See THYROXINE, Page 1) (See RESEARCH, Page 3)

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**Model Program to Combat Alcoholism Suggests Problem Be Faced Openly**

"Alcoholism, as a health condition, does not need to be hidden away." That management need not be embarrassed about facing up to alcoholism as a health problem is stressed at this conference Federal agency representatives participated in a dialogue with experts on alcoholism from industry, medicine, science, education, and organized labor.

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

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

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

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

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

By setting an example with a program to combat problem drinking, the various Federal agencies may lead the way to successful rehabilitation procedures that may be adopted by private industry. The Civil Service Commission's model program emphasizes that the supervisor's role is a significant (See ALCOHOLISM, Page 3)
Mattie Owens Retires, Here Since 1945; Has Seen Employee Population Explode

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

According to Mattie Owens, an NIH employee since 1945, the growth in personnel from several hundred to many thousands has been the most outstanding change she has witnessed over the years.

She retired on Feb. 28, after 25 years with the National Cancer Institute. She was a laboratory technician in the Macromolecular Biology Section headed by Dr. Peter Mora.

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

Plans Busy Retirement

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

She and her husband—they have been married for 46 years—have placed Florida at the top of the travel agenda.

Although she has retired, Mrs. Owens leaves two tangible legacies at NIH. A daughter, Dorothy...

Softball Leagues to Hold Final Meetings in April

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

The Men's League meeting is on Tuesday, April 3. Players interested in joining this team should call Charles Cummings, Ext. 64441, Norm Jones, Ext. 66277 or Dorrah Todd, Ext. 82688.

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

Because of their skills, initiative, and dependability, employees in the Office of Administrative Services, Plant and Office Services Branch, Housekeeping Services Section, received Special Achievement Awards. The awards were presented to them by Lewis D. Brown, OAS Deputy Director; Grover T. Fletcher, HSS head, and Donald R. Cushing, chief, POSB. Seated (l to r): Eugene Suber, Donald Shuler, Lafayette Battle, James Cleveland and James McKenzie. Standing (l to r): George White, Mr. Brown, James Cunningham, Mr. Fletcher, Ernest Stafford, James Armstrong, Mr. Cushing, Coles Terry, Willie Robinson, Nathaniel Cunningham, James Simmons, and Samuel Blackmon, supervisor, Night Cleaning Unit. Arthur Blakely, also an award winner was not present at time of photo.
factor in the treatment of any employee who is a problem drinker. NIH believes it is a factor in the treatment of any employee who is a problem drinker. NIH believes it is

ALCOHOLISM
(Continued from Page 1)

RESEARCH
(Continued from Page 1)

cancer research.
Often the scientist considers a research area important because of the possibility of developing a new and significant idea. A layman, however, looks at an area of research in the practical terms of actually solving the problem, Dr. Beery pointed out.
He expressed that scientists devote more effort to convince laymen of the importance of research that may present opportunities to develop further leads.

Proceedings Will Be Published
At the conclusion of the seminar Dr. Zubrod presented a summary of the proceedings which will be published later under the title, Recent Results in Cancer Research.
He stated that seminar speakers seemed to express the feeling that this is an era for the cure of Hodgkin's disease, and for Burkitt's lymphoma, if properly treated early referral when symptoms first appear.

Classes Foster Ambitions to 'Get Ahead'

and Turn Students into History Buffs

They are motivated because of the work that is done in the classroom. The students were asked for their opinions on spending 2 hours in a classroom twice a week, and they gave them.

Charlie Singletary, a stockroom keeper in DRS, said he was "reading more and better."

"I do most of my reading in the morning before work starts. I get here early and I read in the car coming to work, and during my lunch hour."

Mr. Wood, Mentor Disagree
Joseph C. Wood, a DRS machinist's helper, said, "I like it here very much and I have such a nice teacher."

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

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

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

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

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

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

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

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

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

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

The class ended with: "If you have doubts about our own language, you can count on it."

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

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

'70 ‘Operation Cleanup’ Campaign Is Successful

"Operation Cleanup," the 1970 campaign for the redistribution of excess property, has been successful, according to William Morse, chief, Property Management Section, Supply Management Branch. He announced that scientific, laboratory and office equipment—3,258 items valued at $392,331—was collected during the campaign. Since 1958, SMB has redistributed, without cost to NIH, excess property valued at $11 million. The excess equipment is located in SMB’s Property Utilization Warehouse in Bldg. 13. For further information call Ext. 84247.

Fiscal Year 1970 Appropriation for NIH

The appropriation, as passed for FY 1970, allows the President to withhold in reserve from 2 to 15 percent of appropriated funds. Thus, NIH will have approximately $1,416.7 million available from an appropriation of $1,323 million.

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* In thousands.

Employees With Common Colds—Help All Mankind

Infecious Diseases Lab Will Show YOU the Way

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

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

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

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

THYROID

(Continued from Page 1)

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

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

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

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

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

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

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

Volunteers Needed

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

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

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

Health Service to Feature Film on Rubella in April

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

It will run at the following times and locations:

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

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

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

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

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

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