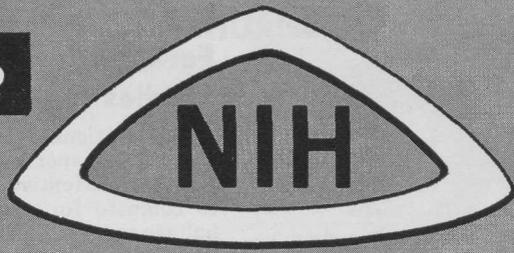


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Record

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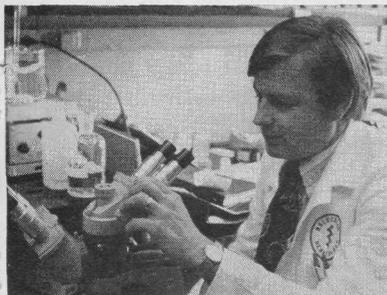
Dr. A. Nienhuis Serves In Three Posts at NHLI

Dr. Arthur W. Nienhuis has been appointed chief of Clinical Service of the National Heart and Lung Institute's Molecular Hematology Branch.

He will also head that branch's newly established Section on Clinical Hematology and serve as clinical chief of NHLI's Metabolism Service which was recently organized.

The Clinical Service and the new section will be concerned with applying techniques of cellular and molecular biology toward understanding and treating certain human blood diseases, notably thalassemia and other disorders affecting hemoglobin synthesis or the differentiation of red blood cells.

Formerly part of the NHLI Molecular Diseases Branch, the Molecular Hematology Section was raised to branch status in April 1973. The new branch also includes the Section on Molecular Genetics,



In his last year at medical school, Dr. Nienhuis received four awards for his achievements.

headed by Dr. W. French Anderson, chief of MHB.

The section is concerned with research on genetic factors involved in the synthesis of hemoglobin and in the regulation of hemoglobin production in health and disease states.

Dr. Nienhuis attended the University of California in Los Angeles, where he received his M.D. degree—with highest honors—in 1968.

That year he also won first prize in the Medical Students Research Competition; the Stanford L. Warren Medal for best academic record; the Surgical Medal for best achievement in surgery, and the Upjohn Achievement Award for

NIH'ers Play Big Role In Writers' Meeting

NIH will play a prominent role at the 33d annual meeting of the American Medical Writers Association Sept. 12-16 in Bethesda.

"Bridging the Gap" between medical research and health care through medical communications will be the theme of the 5-day meeting at the Holiday Inn near NIH.

In addition to hearing several speakers from NIH and attending workshops on science writing and photography, the delegates will tour nearby facilities, including the National Library of Medicine, Division of Computer Research and Technology, and Clinical Center.

Members View Film

Also, AMWA members will see exhibits provided by the Division of Research Resources, National Heart and Lung Institute, and the National Institute of Mental Health, and they can view the prize-winning film, "Code Blue," produced when BHME was part of NIH.

At the general session on Sept. 14, Dr. Thomas C. Chalmers, CC Director and NIH Associate Director for Clinical Care, will welcome the delegates followed by NHLI Director Dr. Theodore Cooper, who will describe the communications program of his Institute.

Cummings to Speak

Dr. Martin M. Cummings, NLM Director, will deliver the AMWA Honor Lecture that afternoon.

The following day, Sept. 15, Dr. Robert S. Stone, NIH Director, will open the general session.

Congressman Wilbur Mills, Chairman of the House Ways and Means Committee and an important figure in health legislation, will receive the AMWA Honor Award and address the delegates.

outstanding academic and research attainment.

Subsequently, Dr. Nienhuis completed his internship and residency at Massachusetts General Hospital and then spent 2 years as a Clinical Associate at NHLI.

In 1972 he returned to Boston for a year as a Clinical Fellow in Hematology at Children's Hospital Medical Center before returning to NHLI.

Colorado's White Waters—'Can Take You In, Chew You Up, Spit You Out'—Turn Dr. Olch Into River Rat



Upset Rapid is aptly named—a 15-foot drop, rated 6 to 8. The raft is on the crest of a 10-foot hole. Seconds after this photo was taken the raft jackknifed, sending bodies flying and causing two injuries.

By Dr. Peter D. Olch

Deputy Chief, History of Medicine Division, NLM

I am a recently converted "river rat." Each summer for the past 2 years, accompanied by one of my daughters, I have boarded a pontoon raft that carries 18 adventure-seekers, two experienced boatmen, and a quantity of gear and supplies on a 5-day, 180-mile run down the Colorado River.

The exciting and picturesque journey through Marble Canyon and Grand Canyon follows in the path of John Wesley Powell, who first explored the Colorado River through the Grand Canyon in 1869.

The white water trip begins at Lee's Ferry in Arizona, just below Glen Canyon Dam, and ends after navigating through Lava Falls, the largest and most powerful rapid on the river, where the party is flown out of the Canyon by helicopter.

There are more than 150 rapids between Lee's Ferry and Lake Mead, 24 of them classed as "major rapids"—i.e., 5 or more on a 1-to-10 scale based on difficulty of navigation.

All but 1 are included in the 180 miles of the trip. The size and degree of difficulty encountered with a given rapid varies from day to day depending on the water level which is largely controlled by water releases from Glen Canyon Dam, and the amount of debris brought in from side canyons by flash floods.

The trip may be taken in a va-

riety of boats from a large pontoon raft with outboard motor for better maneuverability in the white water to a wooden dory with only oar power.

Each has its advantages and unique set of thrills.

Even the larger motorized rafts which can challenge the major rapids more aggressively must respect the power of the mighty Colorado.

In the words of one of the boatmen speaking of Horn Creek Rapid, "This one can take you in, chew

(Continued on Page 3)



After a hike on fairly rough terrain, Dr. Olch and his daughter Karen cool off by plunging into the warmer waters of Havasu Creek.

the NIH Record

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Manfred J. Waserman (l), NLM's History of Medicine Division, is presented with the 1973 NLM Regents Award for Scholarship and Technical Achievement by Dr. Jack M. Layton who is retiring as chairman of the NLM Board of Regents. Mr. Waserman was cited for his "initiative and accomplishments . . ." in research using NLM's collection of manuscripts.

History Society to Meet Next Tuesday, Sept. 18

The Washington Society for the History of Medicine will hold its first meeting of the new season on Tuesday, Sept. 18, at 8 p.m. in the Billings Auditorium, National Library of Medicine.

Karl Landsteiner and the Purpose of Immunity: the Interpretation of the Human Isoantibodies will be discussed by Dr. Pauline M. H. Mazumdar.

Dr. Mazumdar is at the Institute of the History of Medicine, Johns Hopkins University.

Dr. Jack S. Cohen, National Institute of Child Health and Human Development, will speak on The Search for the Chemical Structure of DNA.

Visitors are welcome.

NIH Musicians to Make Beautiful Music Together At Dance Band Concert

The Masur Auditorium will be swinging with the big sound of NIH's Dance Band on Thursday, Sept. 27, at 8 p.m.

The free concert will be open to all NIH patients, employees, and friends.

Band Plays Locally

Anthony D'Angelo, director and founder of the band, reports that the group of 30 musicians first got together last March and has since played at a number of locations in the area.

Be on hand at the Clinical Center on the 27th for some finger-snapping, toe-tapping music.

NIH Visiting Scientists Program Participants

8/15—Dr. John Anthony Timbrell, United Kingdom, Laboratory of Chemical Pharmacology. Sponsor: Dr. James R. Gillette, NHLI, Bldg. 10, Rm. 7N119.

8/19—Dr. Enzo Bonmassar, Italy, Immuno-Chemotherapy Section. Sponsor: Dr. Saul A. Schepartz, NCI, Bldg. 10, Rm. 5E18.

8/21—Dr. Michael Schramm, Israel, Laboratory of Nutrition and Endocrinology. Sponsor: Dr. Martin Rodbell, NIAMDD, Bldg. 10, Rm. 8D09.

8/29—Dr. Nicola M. Kouttab, Jordan, Biohazard Research Section. Sponsor: Dr. Arnold K. Fowler, NCI, Bldg. 41, Rm. A116.

8/29—Dr. Tae Oh, Korea, Section on Neural Development and Regeneration. Sponsor: Dr. Lloyd Guth, NINDS, Bldg. 9, Rm. 1E127.



Pearl C. Williams was recently appointed chief of the Special Projects and Surveys Section, Statistics and Analysis Branch, DRG. Mrs. Williams will interpret data on manpower aspects of the NIH research and training programs, and develop program recommendations.

Health Groups' Agents To Aid in Filing Claims

Representatives of Group Hospitalization, Inc. and Aetna Life and Casualty will be at NIH Monday, Sept. 17, from 1 to 4 p.m. to assist employees in filing claims for health benefits.

These benefits are provided under the Federal Employees Health Benefits Program.

Assistance will also be available for claims submissions under plans sponsored by Group Health Association, Washington, D.C., and the American Federation of Government Employees.

Employees should call the Employee Relations and Recognition Branch, OPM, Ext. 64973, for an appointment.

Claims forms are available from B/I/D personnel offices and from plan representatives.

Scientists Asked to Apply For Grants to Conduct Studies on Own Work

The National Heart and Lung Institute is sponsoring a program for young scientists and physicians to compete for grants to conduct pulmonary or lung-related research in projects of their own design and direction.

The new program—the Young Investigator Pulmonary Research Grant—has been launched by Dr. Claude J. M. Lenfant, director of NHLI's Division of Lung Diseases.

Dr. Lenfant explained that by providing researchers with modest independent support, the program will help young scientists and physicians who are on the lower rungs of the professional ladder.

It will also encourage them toward pulmonary research, where new knowledge and diverse professional talents are greatly needed.

Investigators in fields ranging from biochemistry and engineering to surgery and pediatrics may apply. The researchers must be under 35, with a doctorate in some relevant field.

Grant applications must be returned before Dec. 1 to be reviewed in time for next fiscal year's funds. Further information may be obtained from: Dr. Jay Moskowitz, acting chief, Special Programs and Resources Branch, Division of Lung Diseases, NHLI, Bethesda, Md. 20014.

Touch Football Team Prepares For Season With Sat. Practices

To prepare for the upcoming season, the NIH touch football team is holding 10 a.m. Saturday practices at 16th and Kennedy Streets in Washington, D.C.

Anyone interested in joining may contact Norman Jones or John Anderson, Ext. 66277.



A group of recipients—there were 134—at the Fourth Annual Summer Employees Awards Assembly receive special achievement cash awards and certificates for "outstanding contributions to the Federal Summer Employment Program for Youth." Leon M. Schwartz, NIH Associate Director for Administration (far right), addressed the assembly held in the Masur Auditorium, Aug. 24.

COLORADO RIVER'S CHURNING WHITE WATERS TURN NLM'S DR. PETER OLCH INTO RIVER RAT



Lava Falls Rapid, a 37-foot drop, rated 8½ to 10, is one of the wildest rides on the river.—Photo by Western River Expeditions.

(Continued from Page 1)

you up, and spit you out the other end."

It was in this rapid that several gasoline cans were torn loose from the raft and had to be retrieved down river.

In another rapid the 40 horsepower outboard motor was snapped off its steel mounting by a submerged rock and had to be replaced while the raft was being buffeted against the canyon wall.

Pause That Refreshes

The better part of each day is spent on the river where the canyon temperature in July may reach 106 degrees.

If the intermittent rapids have not sluiced the raft with ice water, one merely plunges fully clothed (and with life jacket, of course) into the river for a *rapid cooling!*

Occasional breaks occur when the raft pulls into such havens as Shinumo Creek, Elves Chasm, the Little Colorado, or Havasu Canyon, where one can safely bathe or swim in warmer water after a short hike.

In the evening the entire party pitches in to unload the rafts and set up camp along the sandy beaches.

Experiences Vary

In comparing the two trips in successive years, I noted that the rapids may differ considerably from one year to the next.

Some routine rapids that were mildly exciting the first summer were unbelievable rides the following year. Another reassuring difference in the two trips was the morbidity rate.

Whereas the presence of five physicians in the first group seemed to assure a rash of injuries—a fractured foot, a fractured wrist, and a severe laceration of the cheek (all preceded by an epileptic seizure requiring emergency evacuation by helicopter!)—the only medical emergency on the second trip was an acute strep throat in one of the boatmen.

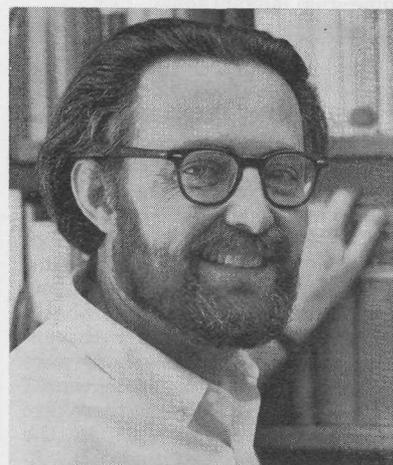
I and my daughters, Karen and

Janice, agree that the Colorado River trip was among the most memorable experiences of a lifetime—whether mesmerized by the ominous silence of the inner gorge while drifting beneath towering rock formations, or clinging onto the ropes of the front pontoons at the crest of a 10-foot hole in the middle of a thundering rapid.

An encouraging aspect of the trip was the concern for the environment demonstrated by the boatmen and instilled in other members of the party.

We were careful to leave no evidence on the river or its environs to mark our voyage. Only our footprints were left behind.

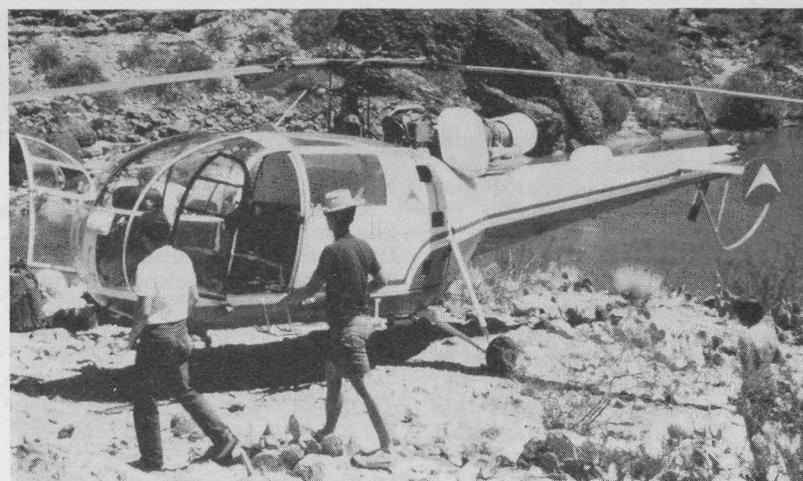
But indelibly impressed in our minds are the memories of the beauty, the excitement, and the camaraderie. In short, a highly recommended family vacation.



Dr. Melvin L. Kohn, chief of NIMH's Laboratory of Socio-environmental Studies, was recently elected to a 3-year term on the Council of the American Sociological Association. He was installed at the Association's annual meeting in New York.

Basketball League Holds Meeting

The NIH basketball league will hold an organizational meeting for new and returning team captains at noon on Sept. 17, Bldg. 36, Room 1B-07.



On the last lap of the adventure, a helicopter lands on a plateau just above Lava Falls to fly the group out of the Canyon.

Myeloma Symposium Planned for October

The National Cancer Institute is sponsoring a symposium on myeloma, Oct. 22-23, in Atlanta, Ga.

Participating scientists will review the latest research findings on the diagnosis, treatment, and immunologic characteristics of myeloma, a form of cancer marked by abnormal growth of plasma cells in the bone marrow.

Papers to Be Presented

Several hundred physicians are expected to attend the symposium. Papers will be presented on immunoglobulin research and its relationship to diagnosis, growth characteristics of myeloma, its treatment with drugs, supportive care, and research on other related diseases.

The meeting is sponsored by NCI's Clinical Investigations Branch and the Cancer Clinical Investigation Review Committee, a group of Federal and non-Federal scientists who evaluate new treatments for cancer.

The proceedings will be published in the *Archives of Internal Medicine*.

M. Depue, NIH Golfer, Shoots a Hole-in-One

Marshall Depue, a member of the Westwoods team in the NIH Golf Association, fired a hole-in-one on Aug. 27 at the Bretton Woods Recreation Center, Seneca, Md., during NIHGA competition. Mr. Depue stroked a five iron into the cup on the 175-yard 14th hole for his first ace in some 20 years of golfing.

The hole-in-one is believed to be only the second one in NIHGA competition since the golf association was formed in 1965.

Mr. Depue is a grants management specialist in the Office of Contracts and Grants, Grants Management Branch.

'One-Way' Applications Waste Money, Paper

Approximately 29,000 grant application forms mailed from the NIH this year will make a one-way trip. Of more than 43,000 application forms mailed on request annually, two-thirds are never submitted as research proposals.

Printing costs and postage for one-way application forms increase NIH operations nearly \$12,000 annually—an expense that the Division of Research Grants is trying to reduce.

Working pages are included in the NIH 398 kit to enable applicants to draft their proposals before giving them to typists. A properly thought out proposal on the working pages should eliminate the use of more than one form per application.

However, one-way applications waste more than money. The Government Printing Office has advised all Federal agencies of a critical paper shortage for which no relief is in sight.

Female Self-Defense Tactics Demonstrated in EHS Film

This month's Employee Health Service film presentation is of special interest to women. "Lady Beware," a 16-minute movie, demonstrates effective commonsense techniques that women can use to protect themselves.

"Lady Beware" was made in cooperation with the Los Angeles police department.

Evening employees can view the film Wednesday, Sept. 19, at 5:30 p.m. in the Masur Auditorium.

Other showings will be held in the Masur Auditorium on Wednesday, Sept. 19, at 11:30 a.m., noon, and 12:30 p.m., and in Westwood Conference Room D on Thursday, Sept. 20, at 1:30, 2, and 2:30 p.m.

Secy. Weinberger Heads 1974 CFC Campaign For Nat'l Capital Area

The President has appointed HEW Secy. Caspar W. Weinberger chairman of this year's Combined Federal Campaign for the National Capital area, starting Sept. 25 and running through Nov. 8.

Discussing this year's \$9.2 million goal, the Secretary said, "Last year's generous contributions by Federal employees totalled \$9.1 million, and I am confident that we not only will exceed that mark, but surpass this year's goal as well."

Dr. Robert S. Stone, NIH Director, is chairman of the drive here, with Dr. Martin M. Cummings, NLM Director, vice-chairman, and Kent Smith, NLM, CFC coordinator for NIH.

\$264,000 Goal

The 1974 goal for NIH is \$264,000. Last year 70 percent of the NIH employees participated, each giving an average of \$20.91.

The CFC is an annual drive through which Federal employees can make one charitable contribution to be divided among more than 150 local United Way, International Service, and national privately-funded health agencies.

A donor may designate a specific agency for all or part of his contribution.

On Sept. 19, Secretary Weinberger will assist at a Kennedy Center exhibit highlighting the various charitable activities which CFC funds help support.

This year, for the first time, the United Black Fund—geared toward dealing with inner city and metropolitan social problems—will be one of the agencies covered by the United Way Fund. Its status will be equal to that of such well established organizations as the Red Cross.

Dr. Holland Discusses His 7-Month Stay In Russia; Describes Research Methods

Imagine a country where nurses work in pairs for seven 24-hour shifts a month, with the remaining 23 days free. Imagine a country where the legal hours for a research physician are 9 a.m. to 4 p.m., and apartment rents range from \$15 to \$25 a month.

These are just a few of the glimpses into Russian life which Dr. James F. Holland gave in describing his experiences working for 7 months at the Institute of Clinical and Experimental Oncology on the outskirts of Moscow.

Dr. Holland is professor and



Dr. Holland, who is professor and chairman of the Department of Neoplastic Diseases, Mount Sinai School of Medicine, said that most drugs in Russia are the same as those used in the U.S.

chairman of the Department of Neoplastic Diseases at the Mount Sinai School of Medicine.

His talk, entitled Personal Reflections on Cancer Medicine in the USSR, given at the Clinical Center, was sponsored by the National Cancer Institute.

Nearly all the Russians he met expressed tremendous admiration and respect for the United States, but very few expressed any desire

to change their citizenship.

Once a scientist is appointed as researcher at an institute, it is all but impossible to remove him, Dr. Holland said, regardless of the quality of his work or his personal habits.

Dr. Holland explained that the individual scientist is quite free to work on whatever aspect of cancer research he chooses. Because of apparent reluctance to assume responsibility for another laboratory's activities it is difficult to learn indirectly of other investigators' research.

Lab supplies are rather inexpensive, but it is difficult to get advanced equipment from American and other hard currency countries.

During a recent "Subotnik," which is a memorial day for Lenin in which millions of people do landscaping and cleanup chores in their cities and villages and then donate their day's wages for a national project, over 85 million rubles were raised for a new Cancer Institute to be constructed across from the present site.

This institute will have a tower standing 21 stories high with a capacity for 1,000 patients. It will undoubtedly be the largest cancer facility of its kind in the world.

In spite of several cumbersome aspects of Soviet methods of research, Dr. Holland pointed out some real advantages.

Praises Organization

For instance, when he mentioned to one of the directors that he was investigating a promising therapy for metastatic sarcomas, within a month three patients with metastatic synovial sarcoma appeared on the ward.

"This must have taken a high degree of medical organization," Dr. Holland explained, "for in my total experience I had probably seen only three patients with synovial sarcoma, and now here were three together in the same ward."

Almost all the drugs there are the same as those used in the United States: Actimycin D., 6-Mercaptopurine, Fluorouracil, Prednisolone, Cyclophosphamide, Methotrexate and Vincristine.

The last three are purchased, often in East Europe. There are no uniquely Soviet cancer drugs that are widely used save for Ftora F U R, although certain drugs are under limited study.

Dr. Holland explained that some researchers use NCI's guidelines for testing the safety and efficacy of new compounds.

Safety Tips for NIH



HANDLE LABORATORY GLASSWARE SAFELY...

For handling glassware safely, the following precautions should be taken:

- 1) Wrapping a towel around tubing after scoring and before breaking
- 2) Always separating glass tubing from rubber stoppers immediately after use by cutting off the stopper
- 3) Transporting heavy glassware or large amounts of glassware on carts rather than carrying by hand
- 4) Discarding all chipped or cracked glassware
- 5) Using beakers or round bottom flasks for boiling liquids, not Erlenmyer flasks
- 6) Allowing for the expansion of water when solutions or suspensions are frozen
- 7) Banning glassware for the serving or storage of foods for human consumption
- 8) Shielding all glass vessels used under vacuum
- 9) Storing glassware in cabinets, not on open shelves or benches.

For assistance or information, contact the Environmental Services Branch, Ext. 66034.

Booklet on Suicide Prevention Has Data on Decade of Programs

Questions and answers on the prevention of suicide are incorporated in a booklet recently published by the Mental Health Emergencies Section, National Institute of Mental Health.

Facts in *Suicide Prevention in the 70's* were gathered from research programs conducted during the sixties. Reports include such topics as death and self-destructive behavior, treatment approaches, and delivery services.

The booklet is available at \$1 per copy from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C.



Conferring with CFC National Capital Chairman Weinberger are (l to r): Robert Marik, vice chairman; Anne Russell, public affairs director; Robert Bannon, CFC executive director; the Secretary; Martin T. Walsh, Office of the Chairman Campaign Director, and Sheila Smith, Mr. Walsh's assistant.