

The NIH Record

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National
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Health

'HEALTHY PEOPLE'

PHS Report Calls for Change in Priorities Of Health Care

A major Public Health Service report, issued July 1979, calls for a reordering of priorities in health care to put greater emphasis than ever before on the prevention of disease and the promotion of good health.

HEALTHY PEOPLE: *The Surgeon General's Report on Health Promotion and Disease Prevention* points out that only 4 percent of the Federal health dollar is presently identified for prevention-related activities. A re-examination of national health spending, the report concludes, is urgently needed.

"For the past several years," said Surgeon General Dr. Julius B. Richmond, in issuing the report, "health professionals have been paying increased attention to the notion that they should look beyond traditional, treatment-oriented approaches to health care and devote a greater share of their time and energies to activities that can help their patients forestall the onset of disease and achieve healthier, more productive lives."

At the same time, Dr. Richmond noted, the American people have begun to realize the extent to which their physical and emotional well-being depends upon preventive measures, many of which they, themselves, can effect."

Today, 75 percent of all deaths in the United States are caused by degenerative

diseases, chief among them heart disease, cancer, and stroke. Accidents rank as the most frequent cause of death between age 1 and the early forties.

The report focuses on these major health problems and their associated—and preventable—risks at each of the principal stages of life: infancy, childhood, adolescence, and young adulthood and older adulthood. A quantified goal, to be achieved by 1990, is presented for each stage.

The report also enumerates 15 priority activities or "actions for health," that are expected to be crucial to the achievement of the report's five major goals. These activities are discussed in three categories:

- Preventive health services such as preg-

(See PHS REPORT, Page 8)

Lecture on Pain Care For Terminally Ill To Be Given Aug. 31

Dr. Robert G. Twycross, authority on pain management, will deliver a lecture on Care of the Terminally Ill on Friday, Aug. 31, at noon in the Center's 14th floor auditorium.

NIH staff, local community health professionals, and the general public are welcome to attend the lecture, which is expected to last until 1:30 p.m.

Dr. Twycross, who has published a number of articles on the analgesic use of heroin by cancer patients, is consultant physician at Oxford Regional Pain Relief Unit, Abingdon, England. He also worked at St. Christopher's Hospice in London from 1971 to 1976.

The lecture is sponsored by the Office for Medical Applications of Research.



A 7½-ton transformer is hoisted to the top of the ACRF. See story on how summer interns learned while working at NIH on page 3.

Estrogen Use To Be Discussed At Consensus Meeting

"To be or not to be" an estrogen user, that is the question: millions of women who are undergoing or are past menopause (about age 50 or over) are asking their physicians and themselves. This question will be the topic of an NIH Consensus Development Conference on Estrogen Use and Postmenopausal Women, sponsored by the National Institute on Aging, Sept. 13-14.

Drugs containing the female sex hormone estrogen are known to alleviate hot flashes and vaginal changes that can make urination and intercourse painful for postmenopausal women.

Estrogen is also thought to help prevent or arrest osteoporosis, a brittleness of bone that leads to hip fractures and other debilitating injuries in many elderly women.

Other evidence suggests, however, that estrogen use may increase the risk of developing cancer of the uterine lining. Although evidence is not convincing, there is some

(See ESTROGEN USE, Page 7)

STEP Forum Series Starts With Panel Discussing New Grant Application Forms

The Staff Training in Extramural Programs Committee is sponsoring the first of a series of forums for FY 1980 on Wednesday, Sept. 5, from 2:30 to 4:30 p.m. in the Westwood Bldg., Conf. Rm. D.

The New Research Grant Application Form and Other Application Forms will be discussed by a panel that includes Dr. Asher Hyatt, DRG; Dr. Ronald Geller, NEI; and Nicholas Moriarty, DRG.

Dr. Hyatt will explain the rationale for changes in PHS Form 398, Research Grant Application, and the implications for NIH staff and the research community.

Dr. Geller will comment on revisions of PHS Form 2590, Application for Continuation Grant, and Mr. Moriarty will provide information on Research Career Development Award and National Research Service Award application forms.

The forum is open. For further information, call Dr. Brian Kimes, 496-7028, or Joan Porter, 496-7954.

The NIH Record

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Tennis Lessons Being Offered

The NIH R&W Tennis Club will offer group tennis lessons to be taught on the NIH tennis courts by Rick Kramer, a certified tennis instructor. The lessons will cost \$25 for five 1-hour sessions. Each group will be limited to six people.

Scheduled courses and times are as follows:

	Monday	Wednesday
4:30-5:30	Beginner	Advanced Beginner
5:30-6:30	Intermediate	Beginner

Lessons will start the week of Sept. 10. To register for these group lessons, pick up an application form from the NIH R&W Activities Desk, Bldg. 31, Rm. 1A-18. For more information call Rick Hargett, 496-4602.

Private and semiprivate tennis lessons are also available at all levels, beginner through advanced, and can be arranged by calling Rick Kramer at 441-9171.

Horse Racing Trip Planned

A Charlestown thoroughbred racing trip is planned for Friday, Sept. 7.

The trip's \$15 cost includes bus fare, clubhouse admission, racing forms, dinner, and gratuities. Buses will leave Bldg. 31C at 5:15 p.m. Sign up now at the R&W Activities Desk, Bldg. 31, Rm. 1A-18.

Blood Needed for Food Allergy Program

Blood samples from NIH employees who have experienced severe allergic reaction to any food are needed by the Allergenic Products Branch, Bureau of Biologics, FDA.

Interested persons should request a food allergy questionnaire from Food Allergy, Bldg. 29, Rm. 214. Qualified donors will receive \$5 per donation.

Have a Suggestion? Ideas for Economy, Efficiency May Win Cash Award

Looking for that extra payday?

In 1978, 43 NIH employees received an extra payday in the form of an award for adopted suggestions. Other NIH'ers may also receive an award for an idea that directly contributes to economy or efficiency or increases the effectiveness of Government operations.

Cash awards range from \$25 to \$25,000, and the amount given is in proportion to the first-year benefits realized by the Government as a result of the contribution.

Employees have a better chance of having their suggestion adopted if they begin with something they know, for example, work of their unit.

Look for bottlenecks, delays, wasted time, wasted motion. Improve by elimination, combining, changing sequence, simplifying, substituting.

Suggest a way to eliminate or reduce scrap

or repairs; rearrange operations for a better sequence; eliminate component parts; combine or simplify reports to make them more useful; eliminate or combine forms; design a new form to do a better job; save time in office work; eliminate or combine a process; save on supplies, utility, shipping costs; assure equipment is better maintained to prevent breakdowns, reduce waste by further use of discards; level off peaks and valleys in workloads to allow better use of man-hours.

Employees who have trouble expressing themselves should talk over their ideas with their supervisor.

Use a separate Suggestion Form (HEW 170) for each idea submitted. These forms may be obtained from the B/I/D suggestion coordinator. Sign and send the suggestion to the appropriate suggestion coordinator listed in the yellow pages of the NIH telephone directory.

Fall Judo Classes Will Begin Sept. 18



Advance students and "sensi" Dr. Malone (l) pose under a photograph of judo's founder Dr. Jigoro Kano after finishing their exercises in their "dojo" or practice hall.

The NIH Judo Club is accepting applications for the fall beginner's course to be conducted under the auspices of the NIH Recreation & Welfare Association. This series of 12 classes in basic judo will be held Tuesdays, Sept. 18-Dec. 4, from 6 to 7:30 p.m. in the gymnasium of Stone Ridge School, at the corner of Cedar Lane and Wisconsin Ave.

Dr. Thomas E. Malone, NIH Deputy Director, will serve as chief instructor, or sensi, for the club.

The course will emphasize Kodokan judo, in which the principles and techniques of

judo lead to development of the mind and body, carrying over to all aspects of daily living.

The fee for the 12 sessions will be \$25. Application forms can be obtained from the R&W Activities Office, Bldg. 31, Rm. 1A-18, or from Dr. Malone, Bldg. 1, Rm. 132. Space is limited, so interested persons should return the completed forms to either R&W or Dr. Malone immediately to assure a place in the class.

For further information, call Randy Schools, NIH R&W Association, 496-6061.

'Hard Hats' Show Summer Interns How It's Done As ACRF Construction Continues

Six 7½-ton network transformers that will bring power to the new Ambulatory Care Research Facility when it is completed were recently hoisted to the 13th floor over a 2-day period.

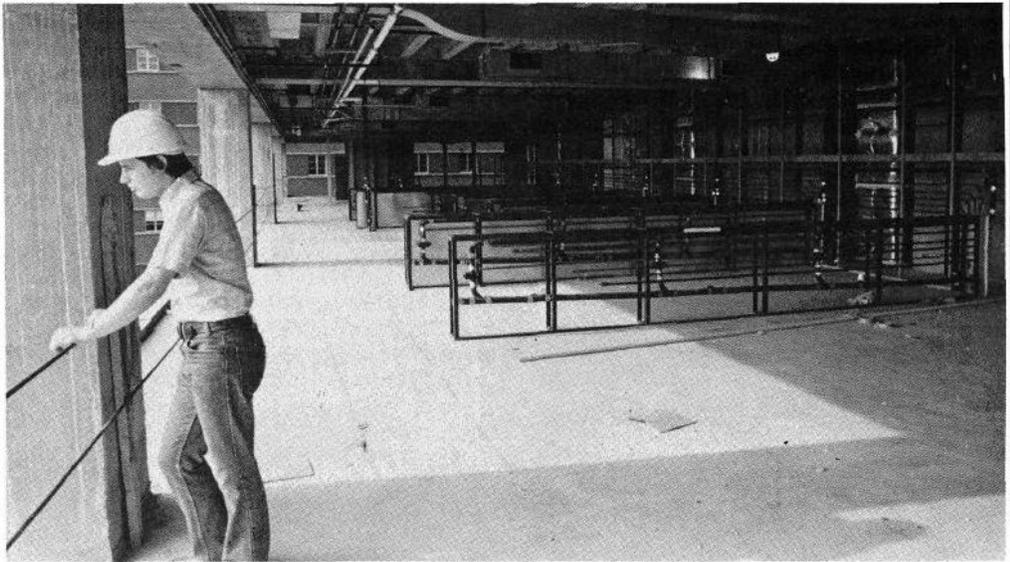
Among the spectators who watched this Herculean feat were two summer interns, Mark Neas and Tricia E. Balduman. Both are college students who have been working at NIH since June, and their jobs have taken them into deep basements and to the tops of multistoried buildings. Their work has also given them experience in seeing how neatly drawn office blueprints are turned into steel and concrete.

In September, Mark Neas will be a senior at Virginia Polytechnical Institute, where he is studying aerospace engineering. This is his second summer working on the new ACRF.

Any day Mark can be seen in the company of the HEW construction supervisors, who daily review and inspect the new building's progress. Mark, who got his position by taking the Federal summer employment examination, laments that many of his classmates were unable to find summer employment this year.

While at the job site, Mark learns a lot from the different inspectors who make themselves available to contractors "if any problems come up during construction. Our job is to make sure that everything that is done is done right in the first place."

Tricia Balduman also took an interest in seeing how the massive transformers were lifted. Each day she dons an HEW hard hat



Mark Neas looks out over the construction that is still under way. Behind him are yet-to-be-completed new laboratory units.

Routinely, she is involved with the inspection and renovation of research laboratories. "I've learned a lot, especially how to talk with contractors," says the college junior, who adds that her grandfather and two uncles are civil engineers.

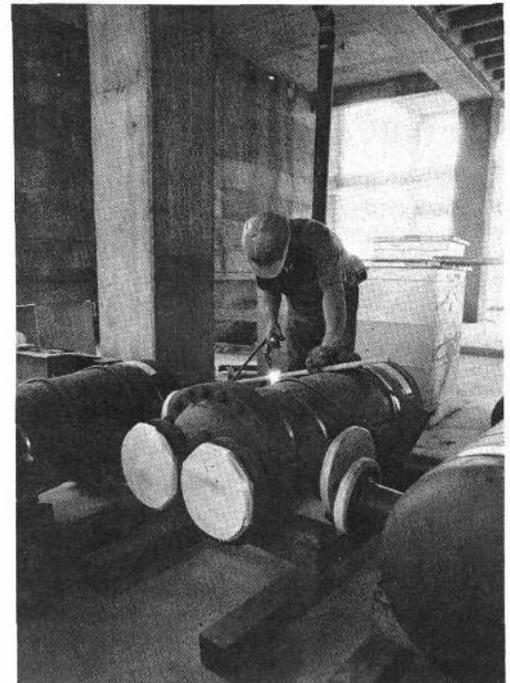
Although the students are not receiving college credit for their work at NIH this summer, they feel that their experience will help them with their future career plans. "The main thing is the resume," says Mark Neas in assessing how NIH summer employment will help him. Future employers will look at his work experience and his education before hiring him, he adds.

Experience Is Varied

Before working at the ACRF site, he thought that all construction involved was getting a group of people together to do a job. He has a different opinion now: "You'd be surprised at the amount of paperwork that's involved in construction." Besides learning how to read blueprints, Mark has also had the chance to do soil testing.

Both students agree that money was not a consideration in taking their summer jobs. They say they wanted jobs that would be "interesting" and would help them in the future. They both feel that if they were not hired by the Government they would have had to find employment that offered no interest and would not help them.

"Being able to deal with people," says



A welder uses his torch to cut iron rods the correct length.

Tricia Balduman, was the most important thing she learned this summer. Both students give plus marks to their supervisors and the other people they worked with this summer.



Ms. Balduman will continue her civil engineering studies this fall.

and works out of the Division of Engineering Services, Construction and Engineering Branch, in Bldg. 13. Tricia, a GWU student, is studying civil engineering.

Canoe Operator Donates to Patient Emergency Fund

With the sound of roaring water before them, members of R&W's Outdoor Activities Club headed out for a day on the river.

Over the July 28-29 weekend, some 120 members of the club canoed their way down the legendary Shenandoah River. It was an exciting weekend for all concerned, with a

finale of an all-you-can-eat steak dinner with blue grass music in the background.

At the end of the trip, Nancy Soptifanti, owner of the Shenandoah River Outfitters, donated \$100 of her day's profits to the Patient Emergency Fund.

Natural Family Planning Focus of Meeting

Natural family planning—methods for regulating fertility that depend on a couple's ability to identify the woman's fertile period and practice sexual abstinence during that period—was the focus of a recent international meeting of scientists and teachers.

The 2½-day Bethesda meeting was sponsored by the National Institute of Child Health and Human Development, the Bureau of Community Health Services, the International Federation for Family Life Promotion, the Human Life and Natural Family Planning Foundation, and the World Health Organization.

There has been an increased demand for NFP methods recently, noted Dr. Irvin Cushman, HEW Deputy Secretary for Population Affairs, who opened the meeting. Little research has been done on these methods, however, so a major purpose of the meeting was to discuss priorities for research and service.

Among the research needs identified were additional studies on the basic biology of human reproduction and on the psychosocial factors in NFP practice.

It was recommended that a national NFP steering committee be formed to analyze the current status of NFP providers and users. The committee would identify problems and needs related to the development of a coor-

ordinated, high-quality NFP research and service delivery system, according to its sponsors.

Several researchers at the meeting presented the results of studies comparing the use-effectiveness of the two most widely used NFP methods: the ovulation method (OM) and the symptothermal (ST) method.

With the OM, the woman learns to detect her fertile period by recognizing changes in the quality and characteristics of her cervical mucus. The ST method requires the woman to additionally monitor other bodily symptoms, mainly changes in basal body temperature.

An NICHD-supported study conducted in the Los Angeles area showed that drop-out and pregnancy rates were higher with the OM than with the ST method, reported Dr. Maelyn Wade, director of the study. He said the pregnancy rate was 2½ to 3 times greater for women using the OM. Dr. Hanna Klaus presented similar data from a multicenter study conducted in Kansas, Missouri, and Minnesota.

A WHO-sponsored study conducted in Colombia, South America, did not find significant differences in the drop-out and pregnancy rates between the OM and the ST method, it was reported.

Five New Members Appointed To Nat'l Advisory Research Resources Council

Five members have been appointed to the National Advisory Research Resources Council: Dr. Carlissia A. Hussein, Andrewnetta Hawkins Jones, Dr. Richard James Johns, Dr. Edward C. Melby, Jr., and Dr. William J. Tietz, Jr.

Dr. Hussein, who has been executive director of the Santa Clara County Health Systems Agency since 1977, has an extensive background in health administration, nursing, and community health.

A native of Washington, D.C., she left the area in 1963 to pursue graduate studies, and in 1971 she became associated with the School of Public Health, University of California, Berkeley.

Dr. Hussein has been the evaluation consultant for hypertension programs, regional medical programs, and for the Health Systems Management Corporation in Oakland, as well as a member of several health planning committees.

Ms. Jones is director of the department of equal opportunity compliance in Shelby County, Memphis, Tenn. She has a varied background as a consultant on affirmative action technology, equal employment opportunities, and community action matters. Prior to her appointment with Shelby County in 1976, Ms. Jones was branch executive for the Sarah Brown YWCA in Memphis.

Dr. Johns is professor and director of the department of biomedical engineering of Johns Hopkins University. Except for 2 years in the Army, he has been associated with the Baltimore university and hospital since receiving his medical degree there in 1948.

He has contributed over 110 scientific papers on a range of subjects varying from seizures of the brain to "How to Swim With Sharks," co-authored with Voltaire Cousteau.

Dr. Johns' current research interests are clinical engineering and technologic support of health care delivery.

Dr. Melby is dean of the New York State College of Veterinary Medicine, Cornell University. His areas of expertise are primatology and laboratory animal medicine, and he has contributed over 45 scientific papers in these fields.

During his professional career, he has served as chairman of the Institute of Laboratory Animal Resources of the National Academy of Sciences, and as president of several scientific societies. He has also served on several committees concerned with laboratory animal care.

Dr. Melby has contributed his services on various NIH advisory committees, and he is also a consultant for GAO and NICHD.

Dr. Tietz, appointed president of Montana State University in 1978, was dean of the College of Veterinary Medicine and Biomedical Sciences at Colorado State University. His major research interests are centered on pathologic physiology, comparative neurophysiology, and veterinary neurology.

He has an extensive background in basic research activities, and has served as consultant or site visit participant for DRR and NIEHS; the National Science Foundation; and several divisions of the Bureau of Health Manpower, HRA.

Karen Patrias Appointed To NIH Library Post

Karen Patrias was recently appointed chief of the Reference and Bibliographic Services Section of the NIH Library, Division of Research Services.

She will oversee all reference desk and telephone inquiry activities, computerized searching activities such as MEDLINE, and the selection of new books and journals for the Library.



Ms. Patrias

Ms. Patrias received a B.S. degree in biology from Geneva College and a master of library science

from Rutgers University.

She has held positions at the George Washington University Medical Center, the Frederick Cancer Research Center, the Naval Medical Research Institute, and, most recently, the National Bureau of Standards.

In her new post, Ms. Patrias will place priority on increasing the Library's capabilities in the area of computerized searching and user education/information.

Women's Workshop Series Completed

The Division of Research Services has completed the first round of its newly established Women's Workshops held this past spring on consecutive Thursdays.

The workshops, limited to 25 participants, focused on subjects of interest to career-minded women at all levels within the organization's diversified programs.

Attendees included professional, technical, and support personnel wanting to know more about career planning, personal growth, and upward mobility concepts and ideas.

Mrs. Brenda Watts, the DRS EEO coordinator and program facilitator, is planning on scheduling future workshops to accommodate those division employees who have expressed an interest in attending.



Mrs. Watts emphasized the importance of self-development.

Rampp Sisters Succeed at Annapolis

"My girls are the greatest," said Marilyn Rampp about her two daughters who are "midshipmen" at the U.S. Naval Academy in Annapolis and are among the first women to graduate from the formerly all-male institution in its 134-year history.

Mrs. Rampp seems to have learned the answer to her repeated questions as to why her two intelligent and attractive daughters decided to attend a military school with its restrictions rather than go to a regular 4-year college that would offer a more social environment.

"They just loved the challenge of it," said Mrs. Rampp about her daughters' independent decision to apply to Annapolis. Mrs. Rampp, who is assistant administrative officer, Division of Heart and Vascular Disease, NHLBI, says she was uncertain how to react when her oldest daughter came to her 3 years ago and said that she wanted to be one of the first women to enter the Naval Academy.

Today, Lynn is a 21-year-old upperclassman studying oceanography and will graduate next spring as a naval officer. Her sister, Lori, 20, followed Lynn to Annapolis a year later and is now studying mathematical engineering. The



The Rampp sisters, together after a Naval Academy football game, are (l to r): Lori, Leigh, and Lynn.



Marilyn Rampp may have a trio graduating from the Naval Academy.

girls are known at Annapolis as the "Rampp sisters."

This summer Lynn was presented with the Officer of the Deck (in Port) award for her duties on board the U.S.S. Lexington, where she commanded a shipboard complement of 2,000 enlisted sailors. After a brief visit home, Lynn returned to the Naval Academy, where she is now training this year's freshman class of plebes.

"Her company is all male; they are big guys," said Mrs. Rampp, who still finds it difficult to think of her daughter shouting into the ear of some erring plebe.

Her daughters did not always hold positions of authority at the Academy. She said that during their first years the girls had to adjust

to the Annapolis system of doing things, and that no privileges are extended to them "just because they are women."

They had to get used to marching with heavy rifles, wearing their hair only to the top of their collar, and maintaining their femininity despite verbal harassment from upperclassmen.

During a weekend visit, Lynn told her mother that she had developed a philosophy about being a woman at the Naval Academy. "A woman can do it if she thinks enough of herself and really wants it."

Even though there is a year's difference between the Rampp sisters, at the Academy they get together each morning to jog several miles before breakfast. "Lori loves to run," said Mrs. Rampp about her daughter, who runs 7 miles a day to keep in shape.

Lori, who is 5 feet 5 inches tall, completed her flight training this summer, in which she maneuvered jets through the skies over Pensacola.

Although much of the Rampp sisters' time at the Naval Academy has been taken up with schooling and training, there have been times when they have had a chance to relax. Last year, both were cheerleaders for the Navy football team.

Mrs. Rampp thinks that Lynn's decision to go to Annapolis influenced Lori's decision to apply. Now that both girls have survived its rigors, her 15-year-old daughter, Leigh, informed her that she is also planning to apply when she graduates from high school.

"Both girls have fantastic purpose," said Mrs. Rampp proudly, commenting on the dedication of her daughters to their Academy careers. "They would have been bored in a regular college."

Cancer Tests Prove 5 Chemicals Safe, 1 Unsafe

Animal tests of six chemicals for carcinogenicity reveal that one of the chemicals causes cancer, while five do not, the National Cancer Institute reported recently.

The chemical which was found to be carcinogenic was N-nitrosodiphenylamine, a vulcanization retarder used in curing rubber and synthetic rubber products. It caused bladder cancer in rats, but was non-carcinogenic in mice.

Three other chemicals used in treating rubber products were tested. Lead dimethyl-dithiocarbamate and ethyl tellurac, both rubber vulcanization accelerators, and tetraethylthiuram disulfide, an accelerator and vulcanizer, did not cause cancer in the test animals. Tetraethylthiuram disulfide is used in drug form to treat chronic alcoholism.

Aldicarb, an agricultural pesticide and butylated hydroxytoluene (BHT), which is used as a food additive and preservative and as a stabilizer in pesticides, gasolines, lubricants, rubber, and lipsticks, were also found to be noncarcinogenic.

Reports Available

The tests were conducted as part of NCI's Carcinogenesis Testing Program. Chemicals that cause cancer in laboratory rats and mice are generally considered carcinogenic in humans.

Reports on the animal tests performed, listed as T.R. 164, 151, 152, 166, 136, and 150, are available from the Office of Cancer Communications, NCI, Bethesda, Md. 20205.

Specialists Developing Precise Color Vision Tests

Are you an anomalous trichromat?

If you have normal color vision you can distinguish over 2 million variations in the appearance of objects based on color and brightness, say Drs. Joel and Vivianne Pokorny, color vision specialists at the University of Chicago Eye Research Laboratory.

Both investigators, whose research is supported by grants from the National Eye Institute, are professors in the department of ophthalmology. Dr. Joel Pokorny is also professor of behavioral sciences.

Approximately 10 percent of males and 0.5 percent of females are born with defective color vision, which is usually transmitted genetically by a recessive x-chromosome.

If you have difficulty distinguishing reds and greens and different shades of pale greens and tans, you are somewhat color defective and probably an anomalous trichromat.

If you cannot distinguish reds and greens at all, you are in big trouble. You are probably a dichromat, and decidedly color defective. About one-half of the color vision cones in your retina probably lack one of the proper pigments.

'Color-blind' Is Misnomer

The term "color-blind" is a misnomer. Only those with a very rare disease occurring in less than 1 in 30,000 persons and affecting all the color vision cones have true color blindness. Other so-called "color-blind" people can distinguish many hues and appreciate color.

The Pokornys are developing standardized procedures to test color vision precisely. Dr. Joel Pokorny is chairman of a working group of the National Academy of Sciences-National Research Council; the group has just submitted its recommendations to NAS-NRC.

The group assessed color vision screening and the criteria for employment in occupations that require accurate color vision. It discussed normal and defective color vision

standards, existing tests and test design, training of personnel to administer tests, and research needs.

The Committee on Vision of the National Research Council requested the report, which will become the basis for recommendations to the military, to transport, and to industry.

Color defective persons are excluded in some Nations from piloting ships and airplanes and from driving cars. Color defects may handicap printers and some craftsmen such as electricians who must utilize color-coded materials.

Effect on Driving Questioned

Suppose that you cannot distinguish the reds, yellows, and greens in a traffic light? Should you lose your driving license?

The Pokornys believe that new studies of the relation of color defect to auto accidents are needed, but a 1950's study indicated that color-defective persons are no worse drivers than the general population.

"This suggests that they compensate, using cues other than the ones normal observers use," says Dr. Joel Pokorny. Dr. Vivianne Pokorny says, "If you are color defective, you don't wait until the last minute to slam on your brakes."

Stop lights with larger reds and the red signal on top are an aid to color-defective drivers. Putting a lot of blue in the green signal makes it easier to distinguish the "go" signal.

Forty-five states give color tests to drivers, but none require normal color vision for a driver's license.

The University of Chicago is one of the few U.S. medical centers that tests color vision in studying retinal disease. The Pokornys have developed a series of tests used in diagnosing diseases that will be described in a forthcoming textbook on psychophysical testing in ophthalmology.

Some Lesser Known Facts About Color Vision

Some lesser known facts about color vision have been issued by the University of Chicago:

Normal color vision peaks at age 20. After 20, you will slowly lose some of your color discrimination. As you grow older, the world will appear yellower. This occurs mainly because your eye lenses grow more opaque to blue light.

□ While an aging artist will see color differently, he will paint them in the same hues he sees them, which will be the same hues a normal person will see..

□ Users of cannabis may see things in abnormal pinks and greens.

□ Among women who take birth control pills for many years, a disproportionate number will lose the ability to discriminate between blue, yellow, and white.

□ The human eye utilizes 7 million cones in the retina of each eye in the daylight hours. At night, it principally utilizes about 120 million visual rods per eye. The rods cannot distinguish color.

□ Color vision developed relatively low in the evolutionary scale. Goldfish and frogs, for instance, have color vision. Fish can see further into the infrared spectrum than humans. This, say the Pokornys, is because fish depend upon vitamin A₂ rather than vitamin A₁ for vision. Bees can see more of the ultraviolet spectrum than humans.

Cats have very poor color vision. Dogs probably have none. To a dog, everything is gray.

Course on Career Assessment And Life Planning Offered Again by DPM

A course on Career Assessment and Life Planning is again being offered by the DPM Career Development Branch because of continued employee interest.

It is designed to acquaint participants with realistic career opportunities and to help them make the best use of various types of vocational information, resources, and services available within and outside NIH.

Areas covered in the course will include: self-assessment and skills identification, investigation of career planning resources, exploring public and private careers, writing effective resumes and SF-171's, and successful interviewing techniques.

Two classes in Bldg. 31 will be available to all NIH employees. Beginning Aug. 27, one section will meet on Mondays and Wednesdays from 3:30 to 5 p.m.; the other on Tuesdays and Thursdays, from 9:30 to 11 a.m.

The course is provided at no cost to individuals or B/I/D's. To register, contact the Upward Mobility College, 496-5025, or call the Career Development Branch, 496-6211.



American Federation of Government Employees at NIH recently elected new officers. National vice president of the 14th district office Rusty Hussan (second from left) congratulates AFGELocal 2419 officers: Michael Shanley, local president; Wesley Pearson, chief shop steward; Katherine Hutcherson, secretary-treasurer; James Frye, 1st vice president; and Harry Womack, 2nd vice president. To Mr. Hussan's right is Al Godwin, former local president.



Gladys Pollock's smiling greeting will be missed by Fogarty scholars and staff. She is retiring from the Fogarty International Center after 23 years of Government service, the last 16 at NIH. Mrs. Pollock was named assistant to the chief of the Scholars-in-Residence program when it was initiated in 1968. Since then, nearly 85 scholars have been assisted by Mrs. Pollock in administrative matters.

ESTROGEN USE

(Continued from Page 1)

concern that estrogen use may increase the likelihood of developing breast cancer and cardiovascular conditions such as high blood pressure and heart attack.

The conference on the estrogen dilemma is part of a series of consensus development conferences organized by the NIH Office for Medical Applications of Research.

The estrogen issue is particularly difficult because so many women are exposed to this substance their entire adult lives—first for birth control and later for menopausal symptoms.

Papers Cite Beneficial Therapy

On Thursday morning, Sept. 13, several speakers will present papers on various aspects of postmenopausal estrogen therapy, including its benefits in treating menopausal symptoms and preventing osteoporosis, and its relative risks.

On Thursday afternoon, members of the audience and a consensus development panel and concerned individuals will react to these presentations.

Based upon these discussions, a consensus report will be presented at 9 a.m. on Friday, Sept. 14. This will be followed by response from the audience, discussion by the panelists, and a summary by the conference chairman, Dr. Kenneth J. Ryan, chief of staff, Boston Hospital for Women.

Following adjournment at 11 a.m., a press conference will be held with members of the consensus development group and Dr. Robert N. Butler, NIA Director.

The estrogen conference will take place in the Masur Auditorium.

Dr. Streicher To Direct Neurosciences Program

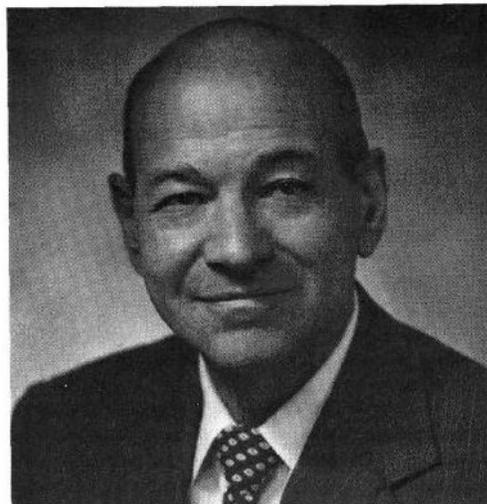
Dr. Eugene Streicher has been appointed director of the Fundamental Neurosciences Program, National Institute of Neurological and Communicative Disorders and Stroke.

Dr. Streicher will direct a program of extramural grants and contracts in support of basic research in the neurosciences. Major areas of research include neuroanatomy, neurophysiology, neuroendocrinology, and neuropharmacology.

The program also conducts a biomedical engineering project aimed at developing neural prostheses. Dr. Streicher, whose research interests are in the areas of physiological chemistry and the pharmacology of the central nervous system, came to NIH in 1954 as a research physiologist at the National Institute of Mental Health.

He transferred in 1962 to the National Institute of Neurological Disorders and Blindness and, 2 years later, became a health science administrator with the NINCDS extramural program.

Dr. Streicher served in 1975 as executive secretary of the NINCDS ad hoc subcommittee on growth and regeneration in the central nervous system. This subcommittee evaluated the current status of research and identified areas where potentially significant advances should be encouraged.



In 1977, Dr. Streicher received the NIH Director's Award for superior accomplishments in the development and management of research programs in the areas of neural growth and regenerations and nerve cell biology.

Dr. Streicher received both his B.A. and M.A. degrees from Cornell University, and his Ph.D. in physiology from the University of Chicago.

Dr. Cinda Helke Wins Pharmacology Award



While a graduate student at Georgetown University, Dr. Helke lectured and gave demonstrations to sophomore medical and dental students.

Volunteers Needed For Tay-Sachs Program

Sera and white blood cell samples from persons who are Tay-Sachs heterozygotes are needed as controls by the Developmental and Metabolic Branch, National Institute of Neurological and Communicative Disorders and Stroke, for its Tay-Sachs screening program.

Volunteers should call Jane Quirk, 496-3285, in Bldg. 10, Rm. 3D-07.

Dr. Cinda J. Helke, a National Institute of General Medical Sciences research associate in the National Institute of Mental Health Laboratory of Clinical Science, recently received the Dean N. Calvert Award in Pharmacology.

Research and Teaching Lead to Award

Dr. Helke received the award—presented to predoctoral students on the basis of commitment to scholarly research in pharmacology and to excellence in teaching—as a result of her work at Georgetown University.

Prior to the presentation of the citation and honorarium at the Medical College of Wisconsin, department of pharmacology and toxicology, Dr. Helke gave a seminar on the Role of Monaminergic Neurotransmitter Systems in the Arrhythmogenic Effects of Digitalis.

She received her B.S. degree from Creighton University School of Pharmacy in 1974, and her Ph.D. in pharmacology from Georgetown University in 1978. While at Georgetown, she was the recipient of a predoctoral fellowship from the American Heart Association.

Lila Bard, CC Volunteer, Dies

Lila Bard, a CC Red Cross volunteer, died last month while vacationing in New Mexico.

Ms. Bard, a volunteer in the Clinical Center since 1961, was born in Russia and came to the United States before World War II.

Because she was able to speak several languages, Ms. Bard was extremely helpful with foreign patients.

She had recently become a "Friday Shopper" for those patients unable to leave the CC.

NIH Camera Club Plans Include Free Clinic, Competitions, Special Programs

Yes! There is something *free*, the Camera Clinic that will be held by the NIH Camera Club from 10:30 a.m. to 5 p.m. on Wednesday, Sept. 12, in Bldg. 31, Conf. Rm. 7 (sixth floor, C wing).

This clinic is open to everyone—NIH employees, members of the Camera Club, and their families—so bring in equipment to have it diagnosed for free. Cameras, light meters, lenses, flash attachments, and other items will be checked by the staff of Strauss Photo-Technical Service of Washington, D.C. Repairs will not be done at the clinic, however.

Strauss Photo-Technical Service has a staff of more than 60 that handles repair requests from 600 east coast photo dealers and mail requests from all over the world.

Ken Edwards, NIHCC education director, and others will be on hand to answer technical questions on photography, and samples of photos by Camera Club members will be displayed.

The NIH Camera Club is beginning a new year of programs and competitions on Tuesday, Sept. 18, at 7:30 p.m. in Bldg. 31, Conf. Rm. 8, with a pictorial competition.

Rev. Herb Stein-Schneider, pastor of St. John's French Protestant Church in Lafayette Square, will be the judge and will present a photo essay with accompanying sound track. Cofounder and first president of the Greater Washington Council of Camera Clubs, he has won many prizes for his work, and has also judged previous Camera Club competitions.

Rules for entering NIHCC competitions, definitions of categories, a new star merit award system, and applications for membership may be obtained from Cathy Laughlin in the NIH R&W Office, Bldg. 31, Rm. 1A-18, 496-3359, or by attending any meeting, including the Camera Clinic.

Dues are \$5 per year, with an additional fee of \$3 for use of the well-equipped NIHCC darkroom. Persons wishing to join the NIHCC must also be R&W members (\$2 per year). There is an additional \$2 charge for mailing to an off-campus address.

Later competitions will be held on the following dates and topics: Oct. 9, People; Nov. 13, Abstract; Dec. 11, Pictorial; Jan. 8, Architecture and Technology; Feb. 12, Photojournalism; March 11, Pictorial; April 8, Experimental; and May 13, Nature.

Minna Feld Leaves Hematology After 25 Years

Minna Feld, chief medical technologist with the Hematology Service of the Clinical Pathology Department, Clinical Center, retired on July 27 with 37 years of Government



Ms. Feld plans to do volunteer work in retirement.

service. She spent the last 25 years in one of the busiest Clinical Center departments, in a section responsible for all patient blood tests, countings, and electrophoresis testings.

She started in hematology as a medical technologist in 1954, and the next year became a supervisor.

Before her career at NIH, Ms. Feld worked as a medical technologist for the D.C. Health Department. She graduated from George Washington University with a B.S. in zoology. She then worked in a laboratory in Albany, N.Y. for a year before returning to Washington.

Her retirement plans include a trip to Bermuda later this year. Other plans include doing "all the other things I never had time to do before, like needlepoint and reading."

Integral Yoga Course Now Being Offered

The Integral Yoga Group is now offering an expanded program of several integral yoga courses and open classes. The topics include: beginner and advance hatha yoga, breathing and meditation, deep relaxation, yoga practices while at work, and yoga philosophy and psychology.

Employees, Families, Friends Invited

NIH employees, their families, and friends are invited to attend a short discussion on integral yoga followed by a sample hatha yoga class on Monday, Sept. 10, from 5:30 to 7 p.m. in Bldg. 31, Rm. 4A-04.

It is recommended that participants wear loose-fitting clothing and refrain from eating for at least 2½ hours before class.

For detailed descriptions and schedule of classes and other activities, write or call: NIH Integral Yoga Group, c/o R&W Activities Office, Bldg. 31, Rm. 1A-18, at 496-4600.

VISITING SCIENTIST PROGRAM PARTICIPANTS

7/1—**Dr. Jacqueline London**, France, Laboratory of Pathophysiology. Sponsor: Dr. Herbert Cooper, NCI, Bg. 10, Rm. 5B54.

7/9—**Dr. Takao Makufuchi**, Japan, Laboratory of Central Nervous System Studies. Sponsor: Dr. Clarence Gibbs, NINCDS Research Center, Guam.

7/18—**Dr. Akira Watanabe**, Japan, Laboratory of Neurobiology. Sponsor: Dr. Ichiji Tasaki, NIMH, Marine Biological Laboratory, Woods Hole, Mass.

7/29—**Dr. Zohar Neiman**, Israel, Laboratory of Medicinal Chemistry and Biology. Sponsor: Dr. John Driscoll, NCI, Bg. 37, Rm. 6D24.

7/30—**Dr. Yoshihiro Asano**, Japan, Immunology Branch. Sponsor: Dr. Richard Hodes, NCI, Bg. 10, Rm. 12N226.

7/30—**Dr. Riccardo Ricciardi**, Italy, Pediatric Oncology Branch. Sponsor: Dr. David Poplack, NCI, Bg. 10, Rm. 3B03.

8/1—**Dr. H. Eser Tolunary**, Turkey, Laboratory of Molecular Hematology. Sponsor: Dr. French Anderson, NHLBI, Bg. 10, Rm. 7D20.

8/2—**Dr. Yoshiaki Ito**, Japan, DNA Recombinant Research Unit. Sponsor: Dr. Malcolm Martin, NIAID, Bg. 5, Rm. 329.

8/3—**Dr. Jaya Sivaswami**, India, Laboratory of Molecular Biology. Sponsor: Dr. Ira Pastan, NCI, Bg. 37, Rm. 4B27.

8/6—**Dr. Hari S. Aulakh**, India, Laboratory of Clinical Investigations. Sponsor: Dr. Stephen E. Straus, NIAID, Bg. 10, Rm. 11N232.

8/6—**Dr. Derek Le Roith**, South Africa, Diabetes Branch. Sponsor: Dr. Jesse Roth, NIAMDD, Bg. 10, Rm. 8S243.

8/6—**Dr. Hiraoki Ohkubo**, Japan, Laboratory of Molecular Biology. Sponsor: Dr. Benoit de Crombrugge, NCI, Bg. 37, Rm. 2E24.

8/6—**Dr. Unnur P. Thorgeirsson**, Iceland, Laboratory of Pathology. Sponsor: Dr. Alan Rabson, NCI, Bg. 31, Rm. 3A03.

PHS REPORT

(Continued from Page 1)

nancy and infant care and high blood pressure control, which are normally delivered by health providers;

- *Health protection measures* such as toxic agent control and fluoridation of community water supplies, which can be taken by governmental and other agencies, as well as by industry; and

- *Health promotion efforts* such as smoking cessation and improved nutrition, which individuals and communities can undertake to promote healthy lifestyles.

HEALTHY PEOPLE was prepared by the Public Health Service, with the cooperation

of other Federal agencies, as part of a comprehensive review of prevention activities that has involved scientists, educators, public officials, business and labor leaders, representatives of voluntary organizations, and many others.

The work of these agencies and individuals was furthered significantly by background papers prepared by the National Academy of Sciences' Institute of Medicine and by the report of the 1978 Departmental Task Force on Disease Prevention and Health Promotion.

HEALTHY PEOPLE may be purchased for \$5 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. The GPO Stock No. is 017-001-00416-2.

MEDLARS III Task Force To Study NLM's Automation Needs

A MEDLARS III task force was appointed recently to develop plans by September 1980 for future automation capabilities at the National Library of Medicine.

The new system, MEDLARS III, is designed to extend and improve the existing computer system, MEDLARS II, which provides NLM's automated publications, technical processing, and online bibliographic retrieval operations.

MEDLARS III will integrate the automated bibliographic and library functions that are now being developed in several parts of the Library. This new automated system will have an important impact on all categories of users, both within the Library and at remote network sites.

An open-ended system, MEDLARS III will remain evolutionary in nature to permit the incorporation of new technology, new user needs, and new directions for the NLM.

Dr. Joseph Leiter, chairman, and Ben Erdman, deputy chairman, head the MEDLARS III task force. In addition, seven staff members have been appointed to the task force, and other NLM staff are being called on to assist.

In the coming months, the task force will be seeking advice from the library and information community so that the new system will provide the very best services to NLM and health sciences users.



The MEDLARS III task force includes (l to r): Mr. Erdman, Betsy Humphries, Duane Arenales, Richard Dick, Grace McCarn, John Cox, Laura Kassebaum, Lillian Kozuma, and Dr. Leiter. (Not pictured, Robert Schultheisz)

'Special Report on Aging: 1979' Answers Research Questions

Are women really the weaker sex? What is being done to provide more effective treatment for mental impairment in old age? How much do we know about the role of proper nutrition in the elderly?

Information on these and other research questions is highlighted in the *Special Report on Aging: 1979*, recently published by the National Institute on Aging.

Research on aging is multidisciplinary, for the rapid increase in the elderly population has an impact on all aspects of the quality of life and on the costs of health care and social services. NIA's *Special Report* looks at the research interests which received marked emphasis during 1978, including: treatable brain diseases, the last days of life, nutrition

and aging, the older woman, geriatric medicine, longevous populations, cellular and animal resources, geriatric dentistry, and accidental hypothermia.

The report also describes selected NIA research advances such as the evidence of a possible linkage between osteoporosis and vitamin K, the relationship between caloric intake and aging, a means to enhance wound healing in the elderly, compensation for nerve cell loss in old animals, and age-related changes in smell and taste.

Complimentary copies of the *Special Report on Aging: 1979* can be obtained by writing to: NIA/SR79, c/o Expand Associates, 8630 Fenton St., Suite 508, Silver Spring, Md. 20910.



Dr. George J. Galasso, NIAID, was named "Boss of the Year" by the American Business Women's Association, Checkerspot Charter Chapter, at a recent dinner in suburban Maryland. A plaque was presented by Anne Bradley, chairman of the chapter's boss night, assisted by Margie Grubb, Dr. Galasso's secretary for the past 5 years. Dr. Galasso is chief of the Development and Applications Branch, Microbiology and Infectious Diseases Program.

Red Dye No. 3 May Affect Brain, Research Shows

The first laboratory evidence that low concentrations of Red No. 3, a widely used artificial food dye, can affect the brain has been discovered by a scientist at the National Institute of Neurological and Communicative Disorders and Stroke.

Dr. Ellen K. Silbergeld and Jeffrey A. Lafferan, an M.D.-Ph.D. student at the University of Maryland, reported in the July 27 issue of *Science* that experiments on rat brain tissue reveal that erythrosin B (Red No. 3) significantly decreases dopamine uptake *in vitro* by inhibiting membrane transport of the substance.

This blocking action is consistent with the theory that Red No. 3 can induce hyperactivity in susceptible children, said the authors.

Dopamine is one of the natural substances brain cells use to "talk" to each other, and is known to have a profound effect on human moods and movement. According to the report, Red No. 3 is about one-hundredth as potent as amphetamine, an inhibitor of dopamine uptake known to produce excitable behavior.

Evidence Not Conclusive

While it has been suggested that artificial food additives contribute to hyperactivity, Dr. Silbergeld cautioned that "conclusive evidence is lacking."

It cannot be assumed that Red No. 3 can inhibit dopamine uptake *in vivo*, the authors explained, since it isn't known if the dye penetrates the blood brain barrier or if it is

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present in the brains of animals after peripheral administration or oral ingestion.

"This study is provocative," Dr. Silbergeld concluded, "but it doesn't prove that dyes in our food can affect the brain."

Ground Squirrels, Other Warm-Blooded Animals Turn Down Thermostat To Save Energy

By Joyce F. McCarthy

Conserving energy appears to be a natural instinct for Mother Nature's warm-blooded offspring—the desert ground squirrel. It was reported in the June 8 issue of *Science* magazine that the desert ground squirrel was able to reduce its metabolic rate by at least one-half through a 10-degree lowering of body temperature during shallow torpor. The regulated resetting of the biological thermostat in warm-blooded animals is carried out during winter hibernation and summer estivation. The reduction of their metabolic rate means that they are using up less calories and are conserving energy.

Hibernation, the dormant state in which certain animals pass the winter, is characterized by a state of reduced metabolism, muscle relaxation, and slow-wave sleep. The sympathetic nervous system accomplishes a regulated resetting of the usual body reactions of the organism. However, estivation—the modifications made by an animal to survive a hungry, hot, dry summer—seems to occur without being triggered by outside heat, but by food deprivation. The study found that estivation and hibernation are corresponding physiological processes.

Hibernation habits were studied in one baby and three adult male, round-tailed, desert ground squirrels. Each animal was housed inside a 10" x 10" x 17" wooden box with cotton nesting material inside a wire cage. The animals were maintained in an electrically shielded incubator with 12 hours of light and 12 hours of darkness.

A tube was inserted 3mm below the outermost membrane of the head which covers the brain and spinal cord. The tube measured brain temperature, and permanent electrodes

were implanted to record brain, eye, muscle, and heart activity in each squirrel.

The study found that shallow torpor was induced in the squirrels by food deprivation characterized by almost continuous sleep. The point of entry into torpor was defined as that point in which body temperature progressively declined below 32° C.

The four animals first entered torpor after 2, 3, 5, and 19 days of food deprivation. Subsequent periods followed at approximately 24- or 48-hour intervals. A distinct nocturnal pattern of torpor occurring at the usual sleep time was present in three of the squirrels. During the first half of the night, body temperature decreased by 1° C every 40-50 minutes; it stabilized at 26-28° C for 1-4 hours (reaching a maximum temperature drop of 11.1°), and then increased to normal temperatures over a period of about 1 hour. Torpor periods lasted an average of about 10 hours. The return to normal body temperatures was spontaneous and occurred during the last two hours of darkness.

The squirrels' heart rate, an index of both arousal and metabolic rate, was found to be 84 percent lower during torpor than during wakefulness. Sleep time was significantly increased during torpor than during preceding normal temperatures. Slow wave sleep also increased during torpor, but there was a dramatic reduction in the amount of time spent in REM (rapid eye movement) sleep.

At the lowest body temperatures of 20° C, REM sleep was absent, but states of wakefulness and slow wave sleep were the same as those occurring at normal body temperatures. In each instance of torpor, sleep time increased, and the percent of time spent in REM sleep progressively decreased as body temperature declined.

Despite the suppression of REM sleep during torpor, compensatory REM rebounds did not occur in the 24-hour period following the return to usual body temperatures. Decreased body temperature or torpor appears to be associated more closely with the sleep state rather than a pre-established circadian variation of body temperature which is independent of sleep.

Sleep patterns during shallow torpor in desert ground squirrels were found to be identical to those of shallow hibernation in alpine ground squirrels. Also, changes in EKG, EMG, and EEG activity during bouts of shallow torpor were similar to those of shallow hibernation.

Usually the function of sleep is hypothesized to be the restoration of one or more physiological processes depleted during prior wakefulness. However, the slow wave sleep found during hibernation probably evolved as an adaptation for energy conservation that partially offsets the high costs of endothermy, or being a warm-blooded animal. The temperature regulation adjustments found while entering torpor are probably an extension of those initiated during slow wave sleep.

The *Science* article concludes that the regulated decrease in body temperature found in warm-blooded animals during slow wave sleep indicating reduced metabolism is one inherited instinct for both states of hibernation and estivation and is a very valuable physiological process for conserving energy.

This study, supported by the National Institute of General Medical Sciences, was conducted by Drs. James M. Walker, Ann Garber, H. C. Heller, and Ralph J. Berger at Thimann Laboratories, University of California, Santa Cruz.

NLM Issues Bibliography On Major Tropical Diseases On Trial Basis

A new bibliography on tropical medicine is being produced by the National Library of Medicine on a trial basis during 1979. The *Quarterly Bibliography of Major Tropical Diseases* is a cooperative project of NLM and the World Health Organization's Special Programme for Research and Training in Tropical Diseases.

WHO's Special Programme for Research and Training in Tropical Diseases is a concerted effort to control filariasis, leishmaniasis, leprosy, malaria, schistosomiasis, and trypanosomiasis. The new quarterly bibliography, prepared through NLM's MEDLINE system, covers these six major tropical diseases; it is distributed by WHO to scientists and institutions in tropical countries.

Scientists in other countries who require a copy of this *Bibliography* during the trial period of 1979 may write to NLM's Office of Inquiries, Bethesda, Md., 20209.

A first pilot issue (Vol. 1, No. 1, 4th quarter 1978) was produced by NLM, printed with funds from the Medical Information Center of the Karolinska Institutet, and distributed by the WHO Tropical Disease Programme. Issues for 1979 (beginning with Vol. 2, No. 1, January-March 1979) are being produced and printed by NLM for primary distribution by WHO in Geneva, Switzerland.



Dr. Amos Ben-Zvi (c) talks with Tommy Monroe (l) of El Dorado, Ark., and Eva Zuschke of Phoenix, Ariz., at the National Youth Science Camp in Barton, W. Va. The two recent high school graduates are representing their states at the science camp, which is annually sponsored by the state of West Virginia. Dr. Ben-Zvi, a research fellow in the Laboratory of Microbiology and Immunity, National Institute of Dental Research, presented a lecture to the science campers on current advances in cancer research.

Katherine Hopkins Appointed NIAID Serum Bank Manager

Katherine Hopkins has been appointed manager of the NIAID Serum Bank, part of the National Institute of Allergy and Infectious Disease's Genetics and Transplantation Biology Branch.

The NIAID Serum Bank houses a repository of reagents primarily used for histocompatibility testing in transplantation and other immunologic research. It was organized in 1968 and has since become the major source of these reagents throughout the United States and internationally.

In her new position, Ms. Hopkins will be responsible for deciding on serum additions, screening new applications for sera, and approving serum shipments.

Ms. Hopkins, a native of Richmond, Calif., received her degree in nursing from Johns Hopkins School of Nursing in 1962. For 10 years prior to joining NIAID, she was general supervisor of the Histocompatibility Testing Laboratory at Johns Hopkins University.

Work and travel have been a part of Ms. Hopkins' background. She served for 3 months as a nurse volunteer at the Kakuma Mission in Kenya, Africa, in 1968, and at the Mole St. Nicolas Mission in Haiti, in 1972. Ms. Hopkins also helped establish the Histocompatibility Testing Laboratory at the Pahlavi University in Shiraz, Iran. She also took part in the Rockefeller schistosomiasis study on the island of St. Lucia in the West Indies in 1977.

Ms. Hopkins is a qualified flight nurse and serves as a major in the West Virginia Air National Guard. She is a member of the American Association for Clinical Histocompatibility Testing, and formerly served as a council member-at-large.

Fire is no Joke Practice Fire Protection



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Mast Cells Contain Hormones, NIEHS Group Discovers

Mast cells contain the hormones adrenocorticotropin, or ACTH, and beta-endorphin, researchers at the National Institute of Environmental Health Sciences have found.

Mast cells, present in most mammalian tissues, are granulated cells which release the active substances responsible for symptoms observed in acute allergic reactions such as hay fever and asthma.

ACTH and beta-endorphin, a peptide with opiate-like activity, are also secretory products of the pituitary gland. ACTH secreted by the pituitary stimulates the synthesis of corticosteroids by the adrenal glands; the function of beta-endorphins secreted by the pituitary is unknown.

The NIEHS scientists report that mast cells appear to store ACTH and beta-endorphin in their cytoplasmic granules, much the same way that cells of endocrine organs such as the pituitary gland and the pancreas store their hormones.

The hormones found in mast cells might have a local effect when released, rather than being transported by the blood to stimulate distant target organs, say the NIEHS scientists. A potential local target for mast cell ACTH is adipocytes, or fat cells, which are commonly found near mast cells. Adipocytes possess specific cell-surface receptors for ACTH, which stimulates the breakdown of triglycerides stored in these cells.

The discovery that mast cells contain ACTH and beta-endorphin was made by Drs. Ilona Linnoila, Masood N. Khan, Lawrence H. Lazarus, and Richard P. DiAugustine of the Endocrinology Group, Laboratory of Pul-



Dr. Karen Wright was recently named chief of the Comparative Medicine Unit, Veterinary Resources Branch, Division of Research Services. The unit, one of three in the Veterinary Medicine and Surgery Section, VRB, is responsible for the health and care of large research animals—dogs, cats, mini pigs, sheep, goats, and others. Dr. Wright, a native of Maryland, received her Bachelor of Science and Doctor of Veterinary Medicine degrees from Tuskegee Institute. While a student in veterinary medicine, she worked for NIH in the Commissioned Officer Student Training and Extern Program, COSTEP.

monary Function and Toxicology, NIEHS.

Dr. Linnoila, a visiting associate, recently reported the finding at the Endocrine Society's annual meeting in Anaheim, Calif.

Satellite Mail Explored by NLM

In July, the National Library of Medicine received a document at U.S. Postal Service headquarters in Washington which had been sent via satellite by the British Lending Library in response to an NLM interlibrary loan request. What makes this unique is that the document—requested and received in less than 24 hours—had been transmitted in a matter of minutes from London using a new service called INTELPOST.

INTELPOST (international electronic post) is a digital facsimile network that uses the INTELSAT IV-A satellite for transmitting black-and-white material. The system is made available in the United States through USPS in cooperation with Argentina, Belgium, France, the Federal Republic of Germany, Iran, The Netherlands, and the United Kingdom.

2 INTELPOST Facilities in U.S.

Presently, there are two INTELPOST facilities in the U.S., one in New York and one in Washington.

Delivery of INTELPOST mail will be made by postal personnel according to the regular postal services available in each country, with the particular choice of service selected by the originating INTELPOST customer.

INTELPOST is currently in a demonstration phase in conjunction with the United King-

dom; other countries will be phased in over the coming months. USPS has indicated that the cost of the system could be \$5 per page, plus the cost of any special delivery services.

Although the system is not operational, NLM sees the potential of facsimile and other electronic techniques for document delivery. Ben Erdman, deputy director of the Library's Lister Hill National Center for Biomedical Communications, arranged for the NLM INTELPOST demonstration in collaboration with Duane Arenales, head of NLM's Circulation and Control Section, and Shirley King of the British Lending Library.

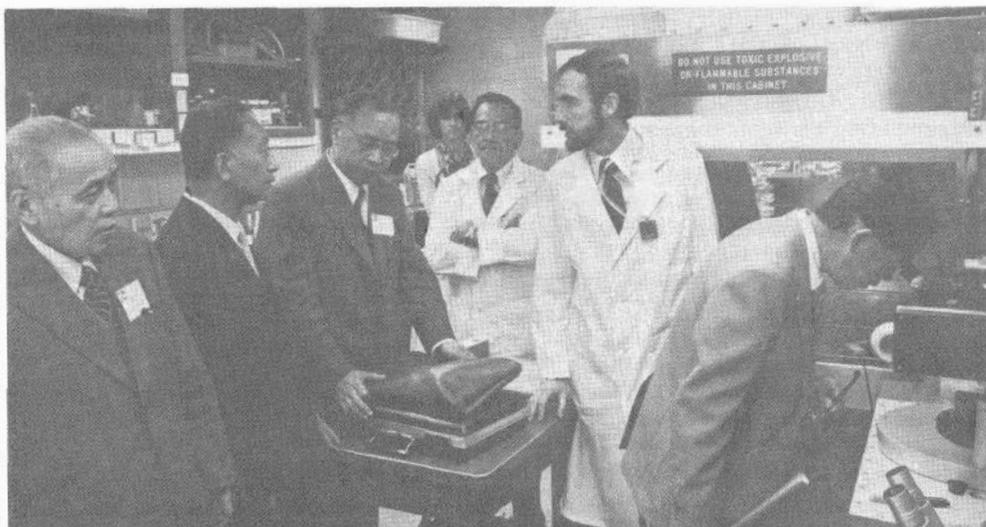
Mr. Erdman emphasized that while the initial demonstration was impressive, it would be premature to draw any firm conclusions regarding quality and cost effectiveness of this service. The quality of transmission appears to be more than adequate, but there are still unanswered questions regarding the minimum resolution and contrast needed for X-rays, complex drawings, or very fine print.

It is expected that because of its relatively high cost, INTELPOST will be used only in urgent situations. Experts say costs should decrease as more people use the system.

Leading Chinese Ophthalmologists Visit NEI



NEI Director Dr. Kupfer greets ophthalmologists from the People's Republic of China and their host (from center): Drs. Liu, Cheng, Bingkuan, and Xiaolou.



Chinese guests tour the laboratory of NEI's Dr. Paul Russell, who is investigating the causes of cataract. L to r are: Drs. Bingkuan, Cheng, and Xiaolou from China; Dr. Kinoshita of NEI; Dr. Russell; and Dr. Liu, host to the visitors.

3 New Appointees To Serve On Dental Advisory Council

Three new appointees recently accepted invitations to serve on the National Advisory Dental Research Council: Dr. James Puckette Carter, Dr. Gunnar Ryge, and Pearl S. Whitman.

Dr. Carter, an authority in pediatrics and nutrition with special interest and experience in nutritional deficiencies of disadvantaged children, is professor and chairman of the department of nutrition and nursing at Tulane University in New Orleans.

Dr. Ryge Internationally Known

Dr. Ryge, assistant dean for research, School of Dentistry, University of the Pacific, San Francisco, is internationally known for his work in the field of dental materials. He has served as a member and consultant on several PHS committees, and is a past presi-

dent of the International Association for Dental Research.

Ms. Whitman is associate professor, School of Applied Social Sciences, Case Western Reserve University. In addition, she is a social worker with special interests in learning disabilities and mental retardation.

New Manual Has Instructions For Preparing Scientific Journal Articles

A new manual to help authors prepare articles for scientific journals is now available from the National Cancer Institute.

The publication, entitled *Compilation of Journal Instructions to Authors*, contains the instructions for manuscript preparation from 219 journals.

Three leading ophthalmologists from the People's Republic of China visited the National Eye Institute recently to learn more about the organization of eye research in the United States in the hope that it may be useful in planning the development of vision research programs in China.

The visitors, Drs. Hu Cheng, Zhang Xiaolou, and Kuo Bingkuan, are the first ophthalmologists from China to visit this country in over 20 years. They advise the Chinese Ministry of Health on ophthalmology policy, and will prepare a report on their U.S. visit for the ministry.

Accompanying the Chinese ophthalmologists were their hosts from the Eye Research Institute of Retina Foundation (ERI) in Boston, Drs. Richard Pharo and Luke Liu. The visit to NEI was part of a nationwide tour of university, government, and private vision research facilities sponsored by the ERI.

NEI Director Dr. Carl Kupfer greeted the visitors upon their arrival at NIH, discussed with them the Institute's mission and programs, and accompanied them on a tour of NEI research facilities.

Special Interests Noted

The Chinese doctors expressed particular interest in retinal diseases, myopia (nearsightedness), cancer of the eye, medical treatment of corneal diseases, and ocular viral infections such as herpes simplex. They were very impressed with the candor of the NEI investigators and administrators they met, said Dr. Pharo.

Dr. Kupfer said he was interested in learning more about the Chinese "barefoot doctor" medical program. In China large numbers of highly qualified medical technicians treat common medical problems in rural areas. Some of them are sufficiently skilled to perform routine eye surgery such as cataract removal.

"Such a program has great potential for treating the large blind and visually impaired populations in underdeveloped countries," said Dr. Kupfer.



Chinese ophthalmologists visit Dr. Jin H. Kinoshita (front right), chief of NEI's Laboratory of Vision Research. The visitors are (from left) Drs. Liu, Cheng, and Bingkuan.

Secretaries who type manuscripts may also find the compilation useful.

Copies can be obtained by contacting Louis P. Greenberg, NCI Diagnosis Branch, 496-1591.

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