

The NIH Record

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National
Institutes
of
Health

Consensus Conference On Mood Disorders

A Consensus Development Conference on "Mood Disorders: Pharmacologic Prevention of Recurrences" will be held Apr. 24-26 in the Clinical Center's Masur Auditorium.

Ten years ago, clinical and research interest in mood disorders (for example, depression, mania) centered on the immediate treatment of acute episodes. Today, the focus is on long-term maintenance treatment aimed at preventing attacks or reducing their frequency and intensity.

This shift in emphasis stems from two scientific advances over the past decade: the availability of effective drug treatments, and greater knowledge about the course of depressive and manic disorders and the risk of relapse. Interest in preventive maintenance has been stimulated further by promising results from recent long-term trials involving antidepressant drugs and lithium.

Practitioners must now determine whether, when, and how to use psychopharmacologic agents to protect patients against recurring episodes of depression or mania. The consensus conference will address the following questions:

- How common are recurrent mood disorders, and how does the course of these illnesses vary?
- What groups of patients with mood disorders should be considered for preventive maintenance medication?
- Which therapeutic agents should be used?
- How effective are these medications in modifying the course of recurrent affective (emotional) illness?
- What are the long-term risks and complications of maintenance therapy?
- What research areas need further development?

Following 2 days of presentations by experts and discussion by the audience, a consensus panel of researchers, clinicians, and public representatives will consider the scientific evidence and formulate a draft statement.

On the third day, Dr. David Kupfer, chairman of the department of psychiatry, University of Pittsburgh School of Medicine, will present the draft statement and invite comments.

The conference is sponsored by the National Institute of Mental Health and the NIH Office of Medical Applications of Research. For further information, call 443-4536 or 496-1143. □

Experimental Flu Vaccine Given as Nose Drops As Effective as Flu Shots in Protecting Adults

A new experimental flu vaccine containing live virus and given as nose drops was as effective as flu shots in protecting adults against influenza, according to a Mar. 30 report in *Lancet*.

The vaccine may also lessen the spread of flu viruses better than flu shots and reduce the chances of major epidemics.

The vaccine studies were supported largely by contracts from NIH's National Institute of Allergy and Infectious Diseases.

The investigators inoculated 81 male and female volunteers who were 18- to 35-years-old. The volunteers were divided into three groups. One group received licensed flu shots; the second, nose drops of the experimental vaccine; and the third, placebo nose drops.

Four to six weeks later, the volunteers' immunity was tested by giving them nose drops containing live, virulent flu virus. The experimental vaccine worked as well as flu shots in protecting volunteers against the flu.

The amount of virus released from the respiratory tract was also measured because it is a good indicator of the level of immunity induced by a vaccine.

After challenge with virulent flu virus, only 13 percent of the experimental vaccine recipients shed virus, as compared to 63 percent



Influenza virus is injected into eggs, incubated, and harvested for use in vaccine production.

of those given flu shots.

Of all volunteers who did shed virus, the nose drop vaccinees released 1,000 times less virus than the flu shot vaccinees and shed virus for less than 1 day. Flu shot vaccinees shed virus for more than 4 days.

(See *VACCINE*, Page 7)

Nutrition Committee Weighs Diet and High Blood Pressure But Says No Preventive Diet Recommendation Possible Yet

Nutritional factors in hypertension were examined during this year's annual nutrition conference of the NIH Nutrition Coordinating Committee.

The "Nutrition and Hypertension" workshop, cosponsored by the National Heart, Lung, and Blood Institute and the National Institute on Aging, was held Mar. 12 to 14 in honor of National Nutrition Month at the Bethesda Marriott Hotel.

Dr. Artemis P. Simopoulos, NCC chairman, introduced NIH Director Dr. James B. Wyngaarden, who opened the workshop.

Five sessions of the workshop examined the role of the following factors in hypertension: sodium and other electrolytes; caloric intake and obesity; dietary proteins, amino acids, carbohydrates, alcohol, trace metals; special populations, and dietary fats, and

prostaglandins.

Three working groups deliberated on these issues and addressed questions pertaining to each.

The working group on electrolytes concluded that—when considering dietary factors in hypertension—the interaction of various dietary constituents, particularly electrolytes, sodium, potassium, calcium and magnesium need to be examined in the normotensive (normal) as well as hypertensive population.

The relationship of blood pressure to age, race, sex, and specific subpopulations such as salt-sensitive individuals needs more research in order to prevent hypertension, identify persons sensitive to salt, and appropriately treat hypertension.

(See *NUTRITION*, Page 10)

The NIH Record

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TRAINING TIPS

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

	Course	Starts	Deadline
<i>Technical</i>			
Writing Workshop		5/7	4/16
Letterwriting for Secretaries		5/16	4/25
Self Assessment & Career Options (GS 1-8 or WG equivalent)		5/22	4/24
Self Assessment & Career Options (GS 9-12 or WG equivalent)		5/24	4/26
Principles of Editing		6/5	5/17
<i>Executive, Management and Supervisory</i>			
The Judiciary, Media and Interest Groups: Influencing Public Policy		4/26	4/10
Manage Your Meetings		5/4	4/19
Making Time Productive		5/31	5/15
Effective Supervision		6/4	5/21
Effective Communication		6/12	5/25
Committee Dynamics		6/19	5/25
Economics, Challenges, Perspectives and Issues		6/21	4/23
Planning for Prevention and Results		6/27	6/12
Managing Performance Feedback		7/9	6/22
<i>Administrative Systems</i>			
Basic Time & Attendance		5/7	4/26
Travel Orders & Vouchers		5/7	4/16
Delpro (Delegated Procurement for new Delpro users only)		5/21	5/7
Stock Requisition		5/11	4/27

To learn more about these and other courses, contact the Development and Training Operations Branch, DPM, 496-6371.

Adult-Onset Diabetics Needed as Study Volunteers

Volunteers, ages 18 to 65, are needed to participate in a study of noninsulin-dependent diabetes (also called type II and adult-onset diabetes) conducted by the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases.

Candidates should contact Dr. George Grunberger, Diabetes Branch, NIADDK, Bldg. 10, Rm. 8S243, 496-2718. □

Speaking Voice Seminar

Diana Morrison, a prominent voice consultant, will conduct a seminar entitled "Your Speaking Voice" at NIH, Apr. 13.

She will stress proper breathing, voice projection and variety, and offer helpful suggestions to anyone who gives talks and presentations.

Ms. Morrison has given similar presentations for the National Capital Speakers' Association, a society for professional speakers, and other groups. She also offers private voice consultations.

This free event is sponsored by the NIH R&W Toastmasters Club. The 1-hour seminar begins at noon, in Bldg. 31, Conf. Rm. 3. The NIH staff and community are cordially invited to attend. □

Volunteers Sought

A study of the action of the widely prescribed histamine H₂ antagonist cimetidine (Tagamet[®]) on the stomach is under way in the digestive diseases division, Uniformed Services University of the Health Sciences.

Persons interested in participating in the study should contact Dr. A. Dubois, 295-3607. □

Health's Angels Relay Race To Be Held Wed., May 23

The NIH Health Angels Jogging Club will once again sponsor its annual Institute Challenge Relay scheduled this year for Wednesday, May 23. The relay will begin at noon in front of Bldg. 1.

The relay consists of 2.5 miles, run in ½-mile segments on a course around Bldg. 1 by teams of five runners. Each team member runs a ½-mile leg. As usual, there will be categories for men's teams, women's teams and mixed teams.

Ribbons will be awarded to all participants. The NIH Director's Trophy will be inscribed with the names of the first-place team and the first-place women's team.

Entry forms and instruction sheets will be available at the R&W Activities Desk located in Bldg. 31, Rm. B1W30 beginning Monday, Apr. 23. Completed forms must be returned to the Activities Desk by Friday, May 18. Entries will be limited to 80 teams.

A \$3 entry fee will be required of each team to help defray the cost of the event.

Make checks payable to: The R&W Association. The Institute Relay is intended to promote friendly competition among runners and joggers at NIH. Runners and joggers of all abilities are encouraged to participate. □

Free AIDS Transcripts Available to Science Writers

For the first time, the National Institutes of Health is offering free transcripts of radio interviews with Government physicians and scientists on up-to-date health research.

The transcripts, in Q & A format, are geared to the general public and easy to understand. They offer practical advice and information. Science writers can use the interviews for direct quotes or for background information on timely topics.

For example, AIDS (Acquired Immune Deficiency Syndrome) is a new disease that has burst into public awareness like few others in history. As a result, many misconceptions and unfounded fears have developed among Americans.

To clarify the situation, the Department of Health and Human Services' Assistant Secretary for Health, Dr. Edward N. Brandt, Jr., has given an interview on "AIDS: Who Gets It and Why?" In addition, Dr. Anthony Fauci, chief, Laboratory of Immunoregulation, National Institute of Allergy and Infectious Diseases, talks about "AIDS: What is it?"

To receive free transcripts of the two AIDS interviews, please fill out two separate coupons (below) and mail to:

Audiovisual Branch,
Division of Public Information
National Institutes of Health
Building 31, Room 2B37
Bethesda, MD 20205

Name _____ Name _____
Affiliation _____ Affiliation _____
Street _____ Street _____
City _____ City _____
State _____ Zip _____ State _____ Zip _____
HL/AIDS _____ HL/AIDS _____
Or contact Gerri Blumberg at (301) 496-5895. □

Note on Political Contributions

Section 603 of Title 18 of the Federal Code makes it a felony for any officer or employee of the United States to give a political contribution to any other officer or employee of the United States who is the "employer or employing authority" of the contributor.

The White House has directed heads of Federal agencies to instruct their employees not to contribute to the authorized campaign committee of the President (Reagan-Bush '84) until such time as a definitive ruling of the Federal Criminal Statute has been issued. □

Journals List Available at NIH Library

A list of all journals held by the NIH Library is available to Library cardholders at the circulation desk, as long as the supply lasts.

The list, "Current and Noncurrent Journals: NIH Library 1984 (Fourth Edition)," has recently been updated. It tells which issues are held by the Library, both of journals under current subscription and those no longer received. □

Check Your Cholesterol

NIH employees can learn their blood cholesterol level, courtesy of the Recreation and Welfare Association and the Occupational Medical Service.

Recent research strongly indicates that the more you lower the cholesterol and fat in your diet, the more you reduce your risk of heart disease. Knowledge of your cholesterol level will help you evaluate your future risk of heart disease.

Here's how to get the cholesterol check: Go to any R&W Gift Shop, (Bldg. 31, Bldg. 38A, Bldg. 10, or Westwood) or the NIH Fitness Center Bldg. T-39. You will be asked to pay a modest fee of \$3 which will cover the cost of the test.

You will then be given a fact sheet which details OMS hours set aside for testing. (See schedule below.)

After your blood has been drawn and laboratory work completed by Litton Bionetics, the results will be returned to you by mail within a week.

If your results find you outside of the normal range, OMS will be happy to discuss further evaluations that may be necessary and dietary recommendations if needed.

Until Apr. 30

This service will be ongoing until Apr. 30. If any profits are made in this project, they will be donated to the NIH Patient Emergency Fund.

The following schedule gives the times at which you can go to various OMS health units to get your cholesterol check:

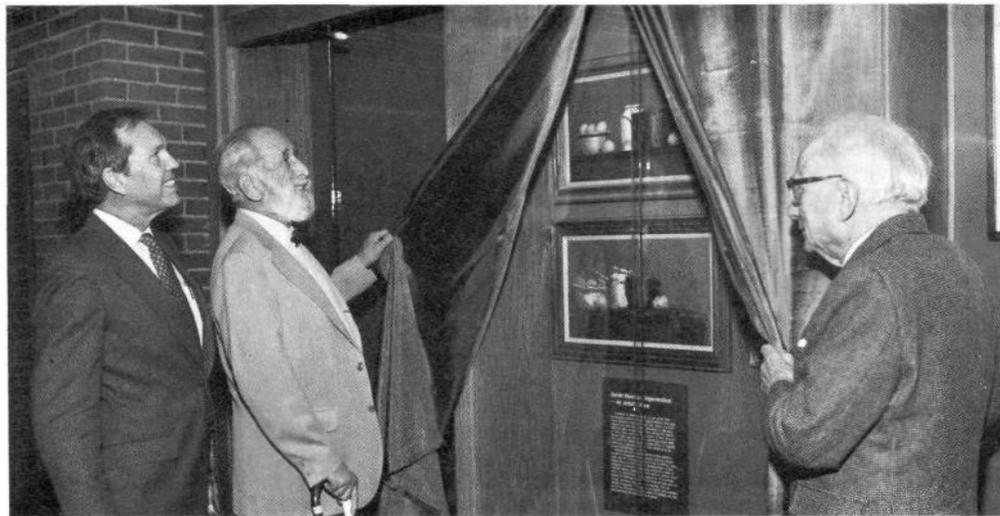
Bldg. 10, Health Unit, Rm. 6C306	Tues.-Fri. 8 a.m.-11:30 a.m. 1 p.m.-3:30 p.m.
Bldg. 13, Health Unit, G901	Tues. and Thurs. 1 p.m.-3:30 p.m.
Bldg. 31 Satellite Health Unit, Rm. B2B55	Monday 1:30 p.m.-3:30 p.m.
Federal Bldg. Health Unit, 5C12	Wednesday 8:30 a.m.-11:30 a.m. 1 p.m.-3:30 p.m.
Westwood Bldg. Health Unit, Rm. 28	Tuesday 8:30-11:30 a.m. 1 p.m.-3:30 p.m.
Bldg. 38A, Conf. Rm. B1N14A	Wednesday 1:30-3:30 p.m.
Blair Bldg. Satellite Health Unit	Apr. 13 8:30-10:30 a.m. Apr. 27 2:30-4:30 p.m.
Landow Bldg., 7th Fl. Conf. Rm.	Thursday 8:30 a.m.-10:30 a.m. □

Fantasy Ballet

The Prochotsky Ballet Theatre will present the premier performances of "The Cosmic Voyage," a fantasy ballet for children by Alexander Kramarevsky on Apr. 28, at 2 and 8 p.m. and on Apr. 29 at 2 p.m. at Bethesda Chevy Chase High School. The program also includes the short ballets "Images" and "Straussians" choreographed by Irena Prochotsky.

Advance tickets are available at the R&W Activities Desk, Bldg. 31. Cost including service charge is \$4.50. For more information call 654-3907, 926-4908 or 948-1078. □

Senile Macular Degeneration—An Artist's View



Dr. Billings (c), a physician and artist who suffers from bilateral macular degeneration, unveils a set of his paintings which depict his distorted vision. On hand for the Mar. 26 opening of the exhibit outside the ACRF Amphitheater were NIH Director Dr. James B. Wyngaarden (left) and Dr. DeWitt Stetten Jr., who also suffers from macular degeneration. Dr. John L. Decker, CC Director and Dr. Joe Held, DRS Director, were also present at the brief ceremony.

Dr. Terrence C. Billings is a physician/artist who developed senile macular degeneration that was more severe in one eye than the other.

He illustrated how his vision was affected by painting several pairs of paintings, first using the vision of both eyes and then the vision of the more affected right eye alone.

The paintings done with the right eye demonstrate a distortion of regular contours, a general loss of fine detail and an overall darkening of colors.

According to Dr. Robert D. Sperduto, Office of Biometry and Epidemiology of the National Eye Institute, senile macular degeneration is the leading cause of impaired vision among persons over age 65.

Employee Parking Group Meets With NIH Officials

The Employee Parking Committee, newly formed in response to the "Employees' Petition for Improvement in Parking Conditions," met for the first time Mar. 22 with Dr. Edwin D. Becker, NIH Associate Director for Research Services, and other NIH officials. That petition, circulated by a group of concerned employees, received over 1,800 signatures in 1 week.

In response to earlier employee suggestions, some lighting has already been provided on the pedestrian pathway to and from parking lot 41B. Possible actions on other lighting improvements and changes in the width of spaces in parking lots to accommodate more parking are being studied.

Issues Discussed

Issues discussed during the meeting included campus lighting; possible compact car spaces, utilization of handicapped, visitor, summer student, and red parking areas; the effects of Metro's opening at NIH (scheduled for August 1984); some traffic enforcement problems; and various aspects of how the committee will operate.

Employees attending the meeting were en-

The symptoms of the condition vary depending on the stage of development of the disease. Common complaints include a loss of central vision, distorted vision and a central blind spot.

In describing the appearance of a printed page, Dr. Billings wrote, "The lines of type are no longer perfectly straight and regular, but undulate irregularly. The paper is soiled and grayed, and this dirtiness and grayness increases as one approaches the center of the page."

Dr. Billings, a retired PHS physician, previously served as Director, USPHS Outpatient Clinic in New Orleans and also as Director of the USPHS Outpatient Clinic at the Communicable Disease Center in Atlanta. □

couraged by the interest and responsiveness of the NIH administration.

Six-Member Group

The committee hopes to operate as a representative body for the opinions and ideas of the employees. The six members will represent special interest groups as well as the NIH campus divided into six geographic areas. The committee is and will remain independent of the NIH administration.

Employees, patients, visitors, bicyclists and others at NIH with ideas, suggestions or complaints about parking, lighting and related concerns, should send them to petition author Tina Chisena, acting chairperson, Employee Parking Committee, Bldg. 37, Rm. 5E24. Please include your name, building, room, and telephone numbers with your suggestion. □

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.

—William James

In heaven, all the interesting people are missing. —Nietzsche

Seven New Grants Awarded To Develop AIDS Screening Devices for High-Risk, Non-Symptomatic Carriers

HHS Secretary Margaret M. Heckler recently announced major new research grants aimed at developing blood tests or other screening procedures that could detect AIDS (Acquired Immune Deficiency Syndrome) in high-risk individuals who have not developed symptoms. Funding for the grants—awarded Apr. 1 through the National Heart, Lung, and Blood Institute—will total \$1.13 million for the first year.

The research grants will be awarded to the following institutions:

• **Stanford University Blood Bank, Palo Alto, Calif.**, Dr. Edgar G. Engleman. Using volunteers from various groups, including male homosexuals, blood donors, patients with AIDS and those with general lymph tissue pathology, the investigators will study a battery of tests to assess their value in predicting the occurrence of AIDS in high-risk individuals. (\$146,579)

• **Veterans Administration Medical Center in San Diego, Calif.**, Dr. Douglas D. Richman. The primary goal of this project is to determine whether individuals at risk for AIDS are infected with cytomegalovirus, Epstein-Barr virus or human T-cell leukemia virus. Procedures would be refined to detect unknown or new viral agents if evidence leads in that direction. (\$218,745)

• **AMC Cancer Research Center, Lakewood, Colo.**, Dr. Ernest Borek. The investigators will analyze urine of patients with AIDS, individuals at risk for AIDS and healthy control subjects to test the feasibility of using certain biochemical markers as possible

indicators for the carrier state of AIDS. (\$121,754)

• **University of Colorado, Denver, Dr. Martin J. Blaser.** Under the assumption that individuals infected with the AIDS agent will develop antibodies specific to the agent, the investigators will analyze blood serum to isolate and characterize the agent and provide the basis for a specific test for the carrier state. (\$52,338)

• **Uniformed Services University of the Health Sciences, Bethesda, Md.**, Dr. Olivia T. Preble. A specific form of human interferon present in elevated levels in AIDS patients and only rarely in normal individuals forms the basis of this investigation. The objective is to use serum samples from healthy individuals and from those at high risk of AIDS to develop a specific screening test suitable for use by blood banks. (\$179,786)

• **Irwin Memorial Blood Bank, San Francisco, Calif.**, Dr. Herbert A. Perkins. To assess the link between blood donor and recipient in the transmission of AIDS, the investigators will track donors of blood to persons who develop AIDS, recipients of blood from donors who subsequently develop the disease and a cohort of sexually active male homosexuals. Serum tests will be evaluated to uncover markers for AIDS. (\$236,062)

• **Southwest Foundation for Research and Education, San Antonio, Tex.**, Dr. Gordon R. Dreesman. Under the basic assumption that cytomegalovirus or human T-cell leukemia virus is involved in the transmission of AIDS, the investigators will assess

a number of unique laboratory procedures to uncover the agent of AIDS and to develop specific mouse or monoclonal antibodies to it. (\$174,410)

"These new awards form an important part of our continuing AIDS-related research initiative," Secretary Heckler said. "A specific, early test before the symptoms of this devastating syndrome appear, could offer new hope to AIDS victims by permitting early care. It could also enable blood collection agencies to screen blood donations that may transmit AIDS."

A small number of hemophiliacs and other recipients of blood and blood products have apparently contracted AIDS through blood from seemingly healthy donors who later developed AIDS.

Scientists suspect that AIDS is caused by a virus transmitted through sexual contact or, much less often, through blood or blood products. Homosexual and bisexual males with multiple partners and intravenous drug abusers account for more than 89 percent of the 3,775 reported AIDS cases, while recent Haitian entrants account for 4.1 percent and hemophiliacs less than 1 percent.

A year ago, the Public Health Service recommended that members of these high-risk groups refrain from donating blood. The risk of contracting AIDS from blood transfusions is very slight. New procedures for processing blood products have lessened the risk for hemophiliacs and others. There is no AIDS risk to blood donors. □

Dr. Elisabeth Bautz Freese Dies of Cancer

Dr. Elisabeth Bautz Freese, 55, a research biologist with the Developmental Biology Section of the Laboratory of Molecular Biology, National Institute of Neurological and Communicative Disorders and Stroke, died of cancer Mar. 5 at University Hospital in Baltimore, Md.

Dr. Freese was born at Lake Conzanz, Germany. She earned her Ph.D. in biology at the University of Freiburg and was the first woman scientist honored by a postdoctoral fellowship from the German Research Association. She did postdoctoral work with Dr. Max Delbrück at the California Institute of Technology and with Dr. James D. Watson at Harvard University.

Throughout her research career, Dr. Freese worked closely with her husband, Dr. Ernst Freese, first at the University of Wisconsin and for the last 22 years at NINCDS.

The two scientists were known for their work in the field of genetics. They specialized in the use of viruses and other materials to determine how various chemicals induce different types of DNA alterations which cause mutations or chromosomal breaks.

These studies encouraged Dr. Freese and her husband to predict 18 years ago that compounds with certain chemical groups cause cancer.

In recent years, Dr. Freese's research in-



Elisabeth Bautz Freese

terests shifted to another important goal: the understanding of cellular differentiation. She proved that the meiosis and subsequent spore production of eukaryotic yeast cells,

which contain true nuclei, are controlled by the same molecules that control spore production of prokaryotic bacilli, which do not contain true nuclei. These findings suggest that certain differentiation signals have been retained during evolution.

Dr. Richard L. Irwin, laboratory director of the NINCDS Intramural Research Program, praised his colleague's dedication to science.

"During all the years I knew her," he said, "Dr. Freese never lost that exquisite degree of enthusiasm that you usually find only in the very young scientist."

"That was a unique quality about her. No matter what difficulties she encountered performing her work or finding acceptance of her ideas, she always was excited about her research."

Dr. Freese was devoted to encouraging the excellence of her two children: Katherine is pursuing a Ph.D. degree in physics at the University of Chicago, and Andrew is pursuing an M.D. degree at Harvard University.

Besides her husband and children, Dr. Freese is survived by her mother, Luise Bautz, and her brother, Professor E. Bautz, a molecular geneticist at the University of Heidelberg.

Expressions of sympathy may be made in the form of contributions to the Foundation for Advanced Education in the Sciences, NIH, Bldg. 10, Rm. B1L101, Bethesda, Md. 20205.

Dr. Richard Crout To Join Research Development Firm

Dr. J. Richard Crout, NIH Associate Director for Medical Applications of Research and head of the Office of Medical Applications of Research (OMAR), is leaving NIH Apr. 16 to become vice president and medical director of Boeringer-Mannheim Corporation, a German-owned drug firm.

In his new position, Dr. Crout will build a medical research and development group in the Washington area as part of the German firm's expansion to the United States.

Soon after taking over as OMAR Director in July 1982, Dr. Crout focused his efforts on the office's key technology assessment/transfer activity: the Consensus Development Conference Program. OMAR has cosponsored 10 consensus development conferences while Dr. Crout has been in charge and 9 more are scheduled through early 1985.

Worked at FDA

Dr. Crout, who received his M.D. degree from Northwestern Medical School, was Director of the Food and Drug Administration's Bureau of Drugs from 1973 to 1982 when he was named to the NIH post. He has had con-



Dr. Crout

siderable experience at NIH, having been a clinical associate in the then National Heart Institute from 1957 to 1960. He also served on advisory committees of NHLBI and the National Institute of General Medical Sciences. He has coauthored scientific papers with several NIH researchers.

Before joining FDA, he was head of clinical pharmacology at the University of Texas Health Science Center in Dallas and later, a professor of pharmacology and medicine at Michigan State College of Human Medicine, East Lansing. His major research interests have been hypertension, catecholamine metabolism, and pharmacology.

In 1977, Dr. Crout received the HEW Distinguished Service Medal and an honorary doctorate in medicine from Uppsala University, Sweden, for his leadership of the Bureau of Drugs and his international contribution to drug regulation.

Dr. Itzhak Jacoby, OMAR deputy director, will be acting director for the OMAR office until a new associate director is named. □

NINCDS Special Neurological Care Unit At Clinical Center Now Open for Business



The new NINCDS unit provides special care for neurology patients. Surrounded by state-of-the-art equipment are NINCDS Director Dr. Murray Goldstein, seated, Dr. Paul L. Kornblith, NINCDS acting clinical director, and Rena Murtha, Clinical Center chief of nursing.

After a year of planning and with the collaboration of the 5th-floor nursing staff, the NINCDS Special Neurological Care Unit recently opened for business in the Clinical Center.

The new three-bed unit provides the first permanent location where nurses can work one-on-one with NINCDS research patients who need special care.

Neurosurgical patients, for example, can be cared for in the new unit immediately following surgery. The facility also contains special equipment that will allow monitoring of other neurological patients, such as those with uncontrolled epileptic seizures.

In the new unit, each bed is nestled against a bank of specialized monitors. The nursing staff has access to a computer to log in notes on patients or call up laboratory test results.

In the past, patients needing special care were housed in regular rooms in the Clinical Center and monitoring equipment was brought in when needed. The new unit, because of its space and equipment, enables the nursing staff to be more responsive to patients' needs.

"The new unit allows us to provide high quality care for neurological and neurosurgi-

cal patients in an appropriate setting," said Dr. Paul Kornblith, NINCDS acting clinical director.

The arrangement of the unit—from the placement of bed curtains to the position of equipment—was overseen by the 5th floor nursing staff.

"The nursing staff helped direct things along the way," Dr. Kornblith said. "They indicated what they needed."

Many of the nurses had smiles on their faces as they entered the unit for the recent dedication ceremony.

"This is my baby," said R.N. Hetty DeVroom as she surveyed the unit and patted one of the beds. "I helped design this place."

Besides providing the physical space for patients who need special care, the unit also has a symbolic value.

"NINCDS is scientifically ready to increase the amount of clinical research it does here on campus, and this is the first step in doing that," Dr. Murray Goldstein, NINCDS Director, said during the dedication.

"The basic neurosciences are making great advances, and it is time to apply those advances to research problems of patients." □

Jazz Band To Perform

The Saints Jazz Band, begun in 1969 under its present director Bob Graf, will perform in Masur Auditorium, Wednesday, Apr. 11, from 11:30 a.m. to 12:30 p.m.

The band has taken part in the Hawaiian Festival of Music three times, winning a bronze medal in 1972 and a World Class Silver Medal in 1978 and 1983.

Since entering its first jazz competition in 1972, the Saints Jazz Bands have won six Class A 1st place trophies as well as the 1976 Santa Rose J. C. Jazz Festival Sweepstakes Trophy as the Outstanding Band of the festival and the 1980 Reno International Jazz Festival Class A Play-Off trophy. □

Frederic Johnson, NIEHS, Dies in Auto Accident

Frederic N. Johnson, 48, supervisory laboratory technician in the Animal Husbandry Section of the NIEHS Comparative Medicine Branch, died in an automobile accident in Durham, N.C., the morning of Mar. 12. He had worked at the Institute since Oct. 20, 1983, and came to the NIEHS from Gulf South Research Institute in New Iberia, La. A native of Bridgeton, Maine, he lived in Durham.

He is survived by his wife, Phyllis of their home in Durham, three daughters, a son and three grandchildren.

Though he had been at NIEHS only a short time, he is remembered by his colleagues as being a thorough professional. Chief of the Comparative Medicine Branch, Dr. Conrad B. Richter, VMD, said, "Mr. Johnson was recruited as an individual exceptionally well qualified to deal with the special requirements in experimental animal studies at NIEHS."

Another colleague in CMB said, "His love and concern for people will be with us always, as a shining example. Those of us who are responsible for leadership roles can learn from Fred that firm management can be achieved with heart."

Friends from the Institute attended the funeral at Grace Fellowship Church near the Institute in Research Triangle Park, Mar. 15.

New Agent Dissolves Clots More Safely in Heart Attacks

A new clot-dissolving agent, called tissue plasminogen activator or t-PA, has shown preliminary success in treating acute heart attack. In six of seven patients treated with the agent in the early hours following acute heart attack, thrombolysis (dissolution of the clot) was found to have occurred.

The naturally occurring agent binds readily to the surface of a clot, where it activates an enzyme system that dissolves the clot, apparently without the marked changes in clotting capacity and resultant risk of hemorrhage that are noted with other thrombolytic agents.

Results of this study, published in the Mar. 8 issue of the *New England Journal of Medicine*, have prompted investigators conducting an NHLBI-sponsored nationwide trial on thrombolysis in heart attack to incorporate a substance analogous to t-PA as one of the agents to be tested during the early stages of heart attack.

Upon further testing, this therapy may be found to be a major advance in the treatment of patients with acute myocardial infarction (heart attack). □

The race is not to the swift, nor the battle to the strong, neither yet bread to the wise . . . but time and chance happeneth to them all.—*Ecclesiastes*

I have often said that the best argument I know for an immortal life was the existence of a man who deserved one.—*William James*

Annual FEPA Meeting To Feature Speakers on Federal Workforce

The National Federal Executive and Professional Association will hold its annual meeting Apr. 28 at NIH in Bldg. 31, Conf. Rm. 6 from 9:30 to 11:45 a.m. The theme of this year's meeting is "The Status of the Current Federal Workforce and its Future Directions."

Elaborating on this theme will be invited speakers Tom DeYulia, staff director, House Post Office and Civil Service Subcommittee; Jamie Cowan, special counsel, Senate Civil Service, Post Office and General Services Subcommittee; Keith Sinzinger, writer for *Federal Times*; and a staff member from Senator Gary Hart's office to address new directions for Federal employees.

The FEPA, an organization of current and retired Federal employees, addresses broad employment issues affecting the Federal workforce.

The NIH chapter, in collaboration with the national board, has provided input on major legislative and policy issuances concerning proposed changes in health benefits, performance evaluation systems, pay comparability, and the retirement system.

The organization provides employees a forum for voicing their concerns to members of Congress and the highest levels of policy-making authority. It is also a liaison to the Federal Interprofessional Forum, and part of the Public Employees Roundtable, a 25-member coalition established to enhance the image of the Federal workforce.

The NIH chapter is currently accepting new memberships. Interested persons may contact Dr. Suzanne Stimler, treasurer, 496-5411. □

Four NICHD Employees Receive EEO Special Achievement Awards

Four NICHD employees recently received Equal Employment Opportunity Special Achievement Awards at the Institute's annual EEO meeting.

Institute Director Dr. Mortimer B. Lipsett presented awards to:

• **Charles C. Bowie**, an administrative officer in the Intramural Research Program, who for many years "single-handedly negotiated agreements with the District of Columbia's Summer Youth Program, which provides disadvantaged youth the opportunity to work in a research environment."

• **Albert Bedell**, a computer systems analyst in the Epidemiology and Biometry Research Program, for "actively supporting community activities, such as teaching at Sojourner-Douglass College in Baltimore, and serving on the board of directors at the

Echo House Foundation of Baltimore which operates a drug and alcohol prevention program for minority youth."

• **Myrtle A. Coleman**, a supervisory grants technician with the Office of Grants and Contracts, for "sensitivity to the needs of her staff, particularly minorities and the handicapped. She has been instrumental in restructuring jobs, providing a handicapped employee the opportunity to develop clerical skills, and encouraging the development of minorities and women in the stay-in-school and summer programs."

• **Dr. George G. Rhoads**, chief of the Epidemiology Branch in the Epidemiology and Biometry Research Program, for positive recruitment efforts and for the "rewarding experience he provided minority students in the summer program."



Four National Institute of Child Health and Human Development employees recently received Equal Employment Opportunity Special Achievement Awards for their commitment to the principles of EEO. Left to right, recipients are: Charles C. Bowie, Dr. George G. Rhoads, Albert Bedell, (seated) Myrtle A. Coleman and the Institute's EEO Officer Sylvia M. Jones. NICHD Director Dr. Mortimer B. Lipsett, second from left, presented the awards.

Forum for Minority Scientists To Be Held in Washington

More than 1,500 students and faculty conducting biomedical research at colleges and universities with high minority student enrollments will meet in Washington, D.C., Apr. 11-13 in what is the Nation's largest forum for minority scientists.

Called the Minority Biomedical Research Support (MBRS) Symposium, the scientific conference is being coordinated by Howard University and funded by the Division of Research Resources.

The symposium is an annual activity of the Minority Biomedical Research Support Program within DRR which funds biomedical research activity at 80 academic institutions. The MBRS program exists to increase the involvement of ethnic minority faculty and students in biomedical research.

The theme of the symposium is "21st Century: Minorities on the Move in Biomedical Research." All symposium activities are being held at the Sheraton Washington Hotel and will begin at 9 a.m. on Apr. 11.

Symposium speakers will include Rep. Louis Stokes from Ohio, who will be the featured speaker at the banquet on the evening of Apr. 13, and several eminent biomedical researchers who will present their latest research findings.

In addition, approximately 600 scientific papers and posters in almost all biomedical research disciplines will be presented by student researchers attending the symposium.

Other highlights of the meeting include: a lecture on the etiology and most recent findings regarding acquired immune deficiency syndrome (AIDS) by Dr. H. Clifford Lane, NIAID; a lecture on infant imprinting or bonding by Dr. Evelyn Thoman of the University of Connecticut Department of Bio-Behavioral Sciences.

A mini-symposium on the etiology and treatment of hypertension featuring Dr. Edward W. Hawthorne, a noted cardiovascular physiologist who is dean of Howard University's Graduate School of Arts and Sciences; Dr. Garner T. Hauptert, Jr., an investigator from the renal unit at Massachusetts General Hospital, and Dr. Charles L. Curry, chief of Howard University Hospital's Cardiovascular Disease Division.

A mini-symposium on the effects of aging on nutrition featuring Dr. Norge Winifred Jerome, a noted geriatric researcher and director of the Community Health Department at the University of Kansas School of Medicine; Dr. George L. Blackburn, an expert in dietary protein metabolism from Boston's New England Deaconess Hospital, and Dr. Edward J. Masoro, a well-known researcher in aging and nutrition and chairman of the department of physiology at the University of Texas Health Science Center at San Antonio.

In addition to hearing the latest research findings of these internationally renowned biomedical researchers, many symposium attendees will have the opportunity to present their own research.

"Providing the occasion for undergraduate students to present the results of their research is one of the main purposes of this symposium," explains Dr. Ciriaco Gonzales,

director of the MBRS program.

"Rarely do undergraduates participate in the entire research process—from conceptualization of the project to conducting the research to presenting the results. In the MBRS program, they are involved in the complete chain of activity." □

VACCINE

(Continued from Page 1)

These results suggest that the live virus vaccine will prevent the spread of flu virus better than flu shots do.

Scientists have been developing new flu vaccines because the present commercially available flu shots are only about 75 percent effective in preventing flu, and protection is not always long lasting. This is partly because flu shots contain inactivated (killed) virus rather than live virus.

In general, live virus vaccines are more protective than inactivated virus vaccines. Until now, however, no flu viruses were suitable for use in a "live" vaccine. They either caused illness or were not effective.

The virus in the new live flu vaccine was created in the laboratory. Scientists mated two kinds of flu virus: a naturally occurring, virulent strain and a harmless, laboratory-derived mutant.

The result was a "hybrid" virus that grows poorly in humans, producing an infection that is usually symptomless but that causes the body to make antibodies that will protect against virulent flu virus. Analysis showed the hybrid to be safe as well as effective.

Studies are now under way to determine how long the new vaccine protects as well as its safety and effectiveness in people at high risk of serious complications if they get the flu: the elderly and people with chronic diseases.

The authors of the report are Drs. Mary Lou Clements, University of Maryland School of Medicine, Baltimore; Robert F. Betts, University of Rochester Medical Center, Rochester, N.Y.; and Brian R. Murphy, National Institute of Allergy and Infectious Diseases.

Volunteers Needed to Evaluate New Hepatitis B-Vaccine

The Clinical Center Blood Bank, Occupational Medical Service and Hospital Epidemiology Service are participating in a study to evaluate a new DNA-recombinant hepatitis B-vaccine.

This vaccine differs from that currently licensed in that it is not made from human plasma, but from yeast, which has been transformed with genetic information from the hepatitis B virus.

Thirty volunteers are sought to test the safety and immunogenicity of this vaccine. Preliminary studies indicate that it is safe, immunogenic and effective.

Hepatitis B vaccine is currently recommended for health workers who are at an increased risk of hepatitis B virus infection because of exposure to blood and other body fluids.

If you are a candidate for hepatitis B vaccine, the recombinant product offers an alternative to the currently licensed vaccine which is derived from human plasma. If interested in receiving this vaccine, contact Beverly Elder, 495-4506 for further information. □

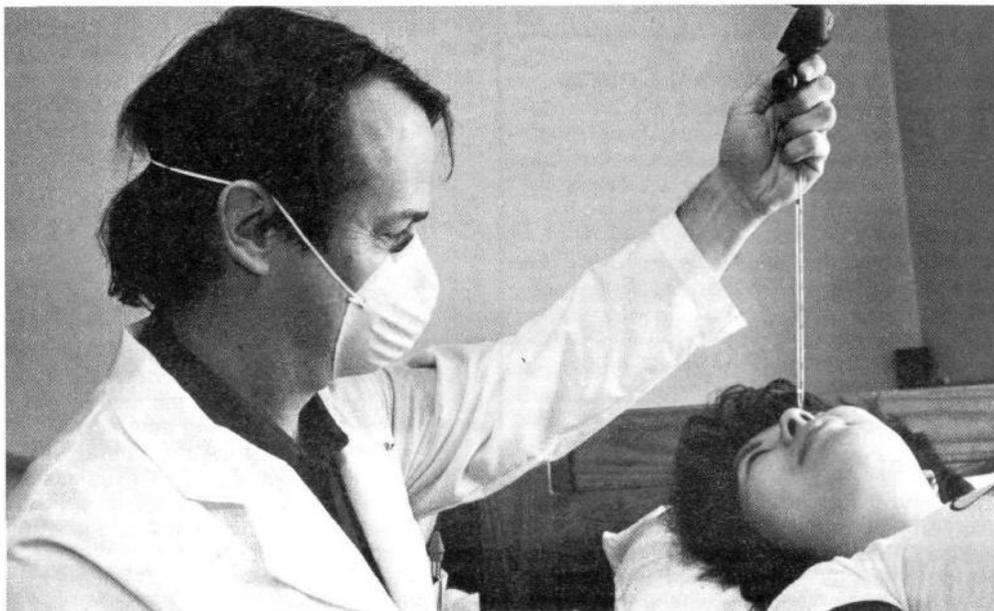
Attention: R&W Members

Copies of the current association bylaws are available for your perusal at all R&W Gift Shops and the Business Office, Bldg. 31, Rm. B1W30.

If you have any suggestions for changes in the bylaws, send them to the R&W office by Friday, Apr. 27.

Proposed changes that have been approved by the Executive Council will be available in the R&W Gift Shops no later than 10 days prior to the R&W annual meeting scheduled for June 6. □

The troubles of our angry dust are from eternity and shall not fail . . . shoulder the sky, my lad.—A. E. Houseman



Dr. Brian Murphy, Laboratory of Infectious Diseases, NIAID, administers nose drops containing influenza vaccine made from live, attenuated virus.

Steve Bell, Training Chief, Dies of Cancer at Age 41

Stephen Douglas Bell, chief of the Training Management Branch, Division of Personnel Management, died of cancer Mar. 31 at the age of 41.

Mr. Bell had been a branch chief in the DPM training component since 1974. In this capacity he supervised the development and administration of numerous training programs and courses.

He was instrumental in the formation of two training branches resulting from reorganization and represented DPM on the Administrative Data Base Steering Committee during the formative stages of the delegated procurement system.

Richard Striker, administrative officer, Division of Intramural Research, NHLBI, and a former supervisor of Mr. Bell, said: "He was an able worker and leader whose advice was widely sought; his counsel and friendship will be missed by many."

Beginning his Federal service in 1968 as an NIH management intern, Mr. Bell next worked a year with the Regional Medical Programs Service at Parklawn. Then he returned to coordinate the NIH Management Intern Program. He was a chief implementer of a new career development program.

Robert Philleo, retired assistant director for Development and Training, said: "In coordinating career development programs, Steve epitomized the blending of a sound management perspective with a genuine concern for human development."

Born in Columbus, Ohio, Mr. Bell graduated from Ohio State University with a B.A. in philosophy. In 1981, he was honored by his staff for being an exemplary supervisor. On this occasion he received testimonials from his staff and a certificate of award.

Mr. Bell is survived by his wife, Lorraine, and two sons, David and Douglas, all of Silver Spring; his mother, Dorothy A. Bell of Columbus, and three brothers. Donations may be made in his memory to the Cancer Institute Gift Fund.

Assertiveness Training Course To Begin on April 24

The Employee Counseling Services of the Occupational Medical Service is offering an assertiveness training course starting on Tuesday, Apr. 24, from 12:30 to 1:30 p.m. and continuing for 4 consecutive weeks. The meetings will be held in Bldg. 31, Rm. B2B57.

The group will be limited to 15 participants. Call Rachele Selzer, 496-3164 for a brief pre-group interview. □

New Zealand and Australia Subject of Presentation, April 18

Dr. John T. Kalberer Jr. will give a presentation on New Zealand and Australia addressing "The Flora, Fauna and Cities of the Island Continent." The presentation will take place Apr. 18 in Bldg., 10, Wilson Hall, from 12 noon to 1:30 p.m. Everyone is invited to attend. □

Dr. Mark Israel Named Chief of New NCI Genetics Section

Dr. Mark A. Israel has been named chief of the newly formed Molecular Genetics Section in the NCI Pediatrics Branch. The section studies the molecular events that may be critical in development of childhood cancers.

The present focus is the role of gene amplification in the development of metastatic tumor and drug resistance in pediatric cancer patients.

Dr. Israel has worked as a clinical associate and senior investigator in the Pediatrics Branch since 1981. From 1978 to 1981, he was a senior investigator in the NIAID DNA recombinant research unit and from 1975 to 1978 was a research associate in their Laboratory of Biology of Viruses.

He received his M.D. in 1973 from Albert Einstein College of Medicine. He completed his internship at Boston Children's Hospital Medical Center in 1974, and was resident physician there until 1975.

He has published more than 30 papers on the molecular biology of human and animal polyoma viruses. □



Dr. Israel

New Cataract Booklet Available From NEI

A new booklet on cataract and its treatment has been published by the National Eye Institute.

The 24-page booklet, titled *Cataracts*, answers questions people often ask about cataract surgery, tells where to find additional information, and discusses research in this area.

The brochure, which is written for laymen, explains that a cataract is a cloudy or opaque area in the lens of the eye. The lens helps to focus incoming light rays onto the retina of the eye. If the lens becomes cloudy, the passage of light is obstructed and vision may be mildly to severely impaired.

Seeing through a cataract can be like trying to look through a waterfall. In fact, the word cataract comes from the Latin word for waterfall.

The most common form of cataract is senile cataract. It is related to aging, although it can occur at age 50 or even earlier. The formation of this and other types of cataract results from a chemical change in the composition of the lens, although scientists do not know exactly what triggers these chemical changes.

Finding out how and why aging and other conditions known to be associated with cataract cause the lens of the eye to cloud up is a major priority in vision research today. The goal is to find ways to prevent cataracts or improved methods of treating them.

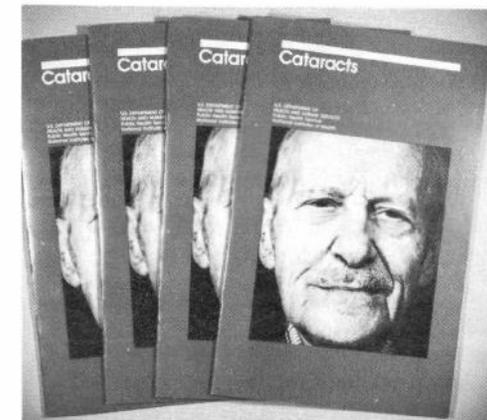
Treatment of a cataract that seriously interferes with vision involves two steps. The first is surgical removal of the clouded lens by an ophthalmologist. Surgery is the only proven, effective method for treating cataracts.

The second is replacing the natural lens with an appropriate substitute—eyeglasses, a contact lens, or an intraocular lens implant. The decision about which substitute lens to use is made before surgery.

Each year, more than 400,000 people in this country undergo cataract surgery. In more than 90 percent of the cases, the patient's vision is improved. Yet many people

still avoid surgery because of the cost, or because they are afraid the operation will be painful or cause permanent blindness. Others fear hospitalization or doubt the surgery will restore their vision.

For these and other reasons, senile cataract remains the third leading cause of legal blindness in the United States today. An important objective of the new booklet is to provide information that will allay the fears of people facing cataract surgery and help them think of the operation as an opportunity to regain lost sight.



The booklet also describes cataract research conducted by National Eye Institute investigators on campus and supported at university medical centers throughout the country. Major goals of this research are to learn more about how and why cataracts develop, to find ways of preventing cataracts and slowing their progress, to evaluate the safety and effectiveness of new surgical and other techniques for treating cataracts, and to devise better methods of correcting vision after cataract surgery.

Advance copies of *Cataracts* are available from the Office of Scientific Reporting, National Eye Institute, Bldg. 31, Rm. 6A32, telephone (301) 496-5248. □

NIADDK Morning Lectures To Feature the Red Cell

NIADDK announces "The Red Cell: Molecular Biology and Molecular Pathology," the fourth of its series of Tuesday morning lectures for senior scientists and young researchers.

Erythropoiesis, globin gene expression, and the red cell itself are fruitful areas of investigation in which disease processes and basic research are closely tied.

The Red Cell series has already included lectures on molecular biology and pathology.

The series will continue with *The Cellular Basis of Sickle Cell Disease* presented by Dr. Alan N. Schechter, chief, Laboratory of Chemical Biology, NIADDK, on Apr. 10.

On May 1, Dr. Louis H. Miller, chief, Malaria Section, Laboratory of Parasitic Diseases, NIAID, will speak on *Receptors on Malaria Parasites as Immunogenes for Vaccines*.

The final lecture on the *Molecular Biology of Thalassemias*, will be given by Dr. Arthur W. Nienhuis, chief, Clinical Hematology Branch, NHLBI.

The format of the series is designed to encourage an exchange of ideas between young investigators and senior scientists. It is aimed for general appeal rather than for the specialist.

A lecture given by a senior scientist is scheduled from 8 to 8:45 a.m. in the ACRF Amphitheater, followed by an informal workshop session over coffee from 9 to 10 a.m. in the ACRF Medical Board Rm. 2C116, consisting of research findings presented by young investigators.

For additional information contact Dr. Ann Dean, 496-5408. □

DCRT's Julia Neel Retires



Ms. Neel

Julia L. Neel, a budget clerk with the Division of Computer Research and Technology, recently retired after 30 years of Government service.

Ms. Neel started her Federal career in 1942 with the Census Bureau where she worked on the 1940 census, but left her job in 1943 to raise a family.

She returned to the Government in 1957, joining the Computation and Data Processing Branch of the Division of Research Services. When CDPB became DCRT in 1964, Ms. Neel continued in her job with the newly created division, later becoming a key-punch supervisor. After a 2-year absence, she returned to DCRT in 1977 as a budget clerk.

As to retirement, Ms. Neel plans to actively pursue her hobbies, enjoy her grandchildren and do a little travelling. □

Dr. Antonia Novello Receives PHS Citation Honor Award



Shown with Dr. Novello (c) are Dr. Douglass, Director, DRG (l) and Dr. Sundwall, physician advisor to Senator Hatch.

In recognition of her work as a Legislative Fellow with the health staff of the U.S. Senate Committee on Labor and Human Resources, Dr. Antonia Novello has been presented the PHS Citation Honor Award.

Dr. Carl D. Douglass, Director, Division of Research Grants, made the presentation to Dr. Novello at a ceremony on Mar. 23, in the Westwood Bldg.

Dr. Novello, medical director in the PHS Commissioned Corps and executive secretary of the General Medicine B Study Section of DRG's Referral and Review Branch, served on detail to the committee's health staff from October 1982 to December 1983 for 1 day a week.

As a key health staffer, Dr. Novello provided the committee invaluable medical and scientific knowledge on a wide spectrum of health-related issues.

She demonstrated leadership and initiative, particularly in the development of two principal pieces of legislation: the Smoking Prevention Education Act of 1983 and the Organ Procurement and Transplantation Act of 1983.

Both the Committee Chairman, Sen. Orrin G. Hatch, and the staff director have enthusiastically cited the dedication and professional competence which characterized Dr. Novello's performance, particularly in the development of these major health initiatives.

Among those attending the ceremony were Dr. David Sundwall, physician-advisor to

Senator Hatch; Dr. Michael I. Goldberg, NIH Associate Director for Program Planning and Evaluation; Dr. George J. Galasso, NIH Associate Director for Extramural Affairs; Dr. Samuel P. Korper, director, Division of Legislative Analysis; and Kathleen S. Holcombe, analyst in the Legislative Liaison and Analysis Branch, who provided NIH liaison on the legislation.

Born in Puerto Rico, Dr. Novello obtained her medical degree at the University of Puerto Rico Tropical School of Medicine, graduating in the upper fifth of her class.

She then served a straight pediatric residency at the University of Michigan Medical School in Ann Arbor, where she was given the "Intern of The Year Award" in 1971.

She completed a combined pediatric and adult nephrology fellowship at Ann Arbor, and a second year fellowship at Georgetown University Hospital in 1975.

Afterwards, Dr. Novello became an instructor in pediatrics at Georgetown and was recently promoted to clinical associate professor of pediatrics. She also joined the USPHS in 1978 and was assigned as a contracting officer for the Artificial Kidney Chronic Uremia Program in NIADDK until 1980, when she came to DRG.

Most recently, Dr. Novello was awarded a masters degree in public health from Johns Hopkins University School of Hygiene.

She has also been the recipient of the PHS Commendation Medal. □

NIGMS Schedules Workshop on Research Grants Process

A workshop on extramural programs and grant support, designed to help postdoctoral fellows understand the research grant process, will be held Tuesday, May 15, from 8:30 a.m. to 5 p.m. in Wilson Hall of Bldg. 1.

Sponsored by NIGMS, the NIH-wide workshop is open to intramural postdoctoral fellows, staff fellows, clinical associates, and research associates. If space allows, others who wish to participate will also be considered.

The workshop will cover the types of Federal and non-Federal support available to new investigators, the NIH review process, the role of advisory councils and program administrators, and points to remember when preparing a grant application.

Speakers will include Dr. Ruth L. Kirschstein, Director, NIGMS; Dr. Sara A. Gardner, NIGMS; Dr. Halvor Aaslestad, DRG; Dr. Dennis Cain, NCI; Dr. David A. Blake, Johns Hopkins University School of Medicine; Dr. Duane Alexander, NICHD; Dr. Anthony Rizzo, NIDR; and Dr. Henry Roscoe, NHLBI.

Experienced staff people from several BIDs will lead small group discussions to answer individual questions.

Application forms will be available from intramural laboratory and branch chiefs the week of Apr. 1. Completed applications should be submitted by Apr. 23 to Dr. Christine K. Carrico, Westwood Bldg., Rm. 919.

For more information, call Dr. Carrico, 496-7181 or Dr. Judith Greenberg, 496-7137.

NUTRITION

(Continued from Page 1)



A group of past and present NIH scientists who attended the workshop included (l to r): Dr. Norman Kaplan, professor of internal medicine, University of Texas Health Science Center, Southwestern Medical School; Nancy Ernst, R.D., nutritionist, NHLBI; Dr. Michael Horan, chief, Hypertension and Kidney Diseases Branch, Division of Heart and Vascular Diseases; Dr. Simopoulos, and Dr. John A. Oates, professor of medicine and pharmacology, Vanderbilt School of Medicine. Dr. Kaplan gave a special presentation to NIH employees on "Nutritional Factors in Hypertension" as one of the NIH activities in honor of National Nutrition Month.

Examining the effect of salt on hypertension, the group considered that modest restriction in salt intake—(70 to 80 milliequivalent of sodium) or approximately 3 grams of salt (sodium chloride)—may help reduce blood pressure in the population.

This effect however needs to be further examined in relation to dietary intake of calcium, potassium and magnesium before specific recommendations can be made.

Weighing the effects of obesity and calories on hypertension, data from the national health and nutrition examination surveys I & II have shown that persons either overweight or obese have a higher rate of hypertension.

Since obesity is not a homogeneous condition, however, more research is needed to examine the specific effects of body fat deposition (trunk versus extremities), body build or frame size, muscularity, endocrine factors, behavioral factors, lifestyle, and family history on hypertension.

Analyzing special population groups, such as children and the elderly, obese children were shown to have more elevated blood pressures than children of normal weight, although the contribution of adiposity to blood pressure has not been quantitatively assessed.

Research on identifying genetic, metabolic and environmental factors in children at high risk for developing hypertension and obesity was recommended.

Studies to test young people who have latent hypertension and may develop essential hypertension later in life were also considered. For the elderly, evidence suggests that diet rather than drugs be used to help control hypertension.

The working group on the effects of protein, carbohydrate, alcohol and fatty acids on hypertension found that certain amino acids in protein (that is tyrosine, tryptophan, methionine and taurine) affect synthesis of neurotransmitters in the brain and may cause or accentuate hypertension.

Amino acids may also affect the metabolism of various electrolytes. Therefore, patterns of amino acids related to blood pres-

sure need to be examined.

Epidemiological studies suggest that low protein diets, such as those eaten in Japan, may increase the incidence of stroke by influencing the likelihood of cerebral lesions. More epidemiologic research appears warranted to study effects of animal versus vegetable protein.

It appears possible that a high carbohydrate-high sodium diet may predispose persons to hypertension. High carbohydrate loads have been shown to inhibit sodium excretion and may accentuate and even induce hypertension.

Epidemiological studies also indicate a strong link between alcohol intake and hypertension but many questions need to be answered on specific effects of alcohol on blood pressure.

In some epidemiological studies a high intake of saturated fat appears to increase blood pressure whereas polyunsaturated fatty acids (PUFAs), particularly linoleic and eicosapentaenoic acids, may reduce blood pressure. This is due to their effect on the production of prostaglandins and thromboxanes.

Long-term studies are needed however to examine changes in blood pressure in response to PUFA supplements, to clarify possible PUFA mechanisms of action, and to determine whether subsets of the hypertensive population are particularly susceptible to the PUFA content in the diet.

Research is also needed to examine effects of saturated fatty acids and mono-unsaturated fatty acids on hypertension, and the amount of fat in the diet in relation to carbohydrate and protein.

The workshop participants concluded that *no specific diet recommendations to prevent hypertension in the general population can be made at this time.*

A modest restriction of salt was not considered harmful, and would be helpful for reducing hypertension in the salt-sensitive individual. Screening the population to identify the salt-sensitive individual requires serious consideration. □

Mary Barham, Health Expert On Pima Indians, Retires

Mary Barham, medical technologist with NIADDK's Epidemiology and Field Studies Branch, Southwestern Field Studies Section in Phoenix, Ariz., retired Mar. 30 after 31 years of Federal service, and 18 years with the Institute.

Mrs. Barham was in charge of two laboratories, one located at the Indian Health Service clinic at the Gila River Indian Community in Sacaton, Ariz., and the other at NIADDK facilities in Phoenix.

She was involved in the full range of activities in all testing and examination of the Pima Indians, a population that has an extremely high incidence of diabetes and obesity. She also participated in planning studies and was liaison to the Pima Indians.



Mrs. Barham's immediate retirement plans include a trip to Florida, and then on to Europe where she will visit friends and relatives for 5 to 6 weeks.

The Pima Indians are a population of approximately 11,000 Southwestern American Indians, 4,000 of whom have been the subject of a continuing NIADDK epidemiological survey for 19 years. Mrs. Barham has been with the study since its beginning. Prior to her work with the Pimas, Mrs. Barham worked with the Colorado River Indian Tribe.

Her friends at the Indian community of Sacaton will be the part of her job she will miss the most. "They are a very warm, very appreciative group. They are very special to me and I hope to maintain ties with them."

Because of Mrs. Barham's efficiency and expertise, the Phoenix Laboratory has been chosen as the reference laboratory for a multinational World Health Organization diabetes study.

Her retirement is being met with mixed emotions. George Addie, administrative officer for the NIADDK facility in Phoenix, summed up the staff's feelings by saying, "we wish her well in her retirement, but we sure will miss her, and we hope she returns to visit often." □

Science has promised us truth.... It has never promised us either peace or happiness.—Gustave Le Bon

Rubella Vaccines Safe and Confer Long-term Immunity But Seen as Theoretically Risky With Pregnant Women

Rubella vaccines are not only safe but confer long-term immunity. However, available data suggest that such vaccines should not be given to pregnant women because of "theoretical but small risks."

These and several other conclusions were reached at an international symposium on how to prevent rubella and rubella-connected birth defects held in Washington, D.C. on Mar. 13-15 under the sponsorship of the Fogarty International Center.

On risk to the fetus through antirubella vaccination, the group agreed that there "is a 3 percent theoretical chance of congenital rubella syndrome complications (birth defects) when women are vaccinated in pregnancy."

But taking account of certain vaccine data, this risk is reduced to theoretical risk of 1.7 percent, the group agreed.

"If vaccination occurs within 3 months before and 3 months after conception, the risk of congenital rubella syndrome is so small as to be negligible."

Still, the group agreed that "available data suggests that pregnancy remains a contra-indication to rubella vaccine because of the theoretical but small risks."

Rubella (German measles) is usually a mild disease. However, rubella infection can have a devastating impact on the fetus, especially in early pregnancy. Birth defects include deafness, cataracts, cardiovascular lesions and mental retardation.

During this symposium, the first international meeting on rubella since 1969, the accumulated evidence presented demonstrated that the vaccines are not only safe, but give long-term immunity.

Investigators documented that the vast majority of individuals vaccinated 12 years ago continued to have protective antibodies.

A major question deferred for additional study was the antibody level necessary for protection. Most rubella antibody testing is accomplished in the United States by use of commercially available reagent kits.

Because of the large variety of tests available for antibody detection and assessment of antibody protection, variance in results by different tests are common.

Concern was repeatedly voiced at the symposium about the definition of immune status in some subjects who exhibit low antibody level.

A workshop will be convened within the calendar year to consider adoption of international standards for testing and interpretation of results.

To assist clinicians in interpreting results during the interim period, it was recommended that serologic detection of rubella should routinely include testing by a combination of procedures.

However, it was suggested that if there is doubt as to antibody protection, the individual should be revaccinated since all evidence indicates that vaccination is safe.

Guidelines for nations contemplating rubella vaccination programs were requested at the symposium.

It was recommended that any vaccination program be preceded by sero-epidemiological surveys to determine the female pop-

ulation's immunity status, particularly women of childbearing age, and to ascertain whether there is or is not a problem of congenital rubella syndrome.

If immunity levels are high—for example, in the 95 percent range—rubella vaccination programs should be deferred.

In countries with high immune populations, there are expected to be regions where the immune status of individuals is low. To protect the susceptibles in these areas, vaccination was recommended.

A report from Japan raised the question of the possible existence of rubella virus strains of varying degrees of harm to fetuses.

Pregnancies complicated by rubella virus infection were studied, and of 122 carried to term, only 2 babies were born with congenital rubella syndrome. Both children suffered relatively mild symptoms of hearing loss, but were without other gross abnormalities.

It was recommended at the symposium that prospective studies be carried out before assessing this very important question of biological differences in the rubella virus strains.

Birth defects due to rubella often are delayed. Delayed manifestations include deafness, diabetes, thyroid dysfunction, growth hormone deficiency, ocular damage, vascular effects, and progressive rubella panencephalopathy (brain damage). Cataracts appear to offer protection against glaucoma, and vice versa, for reasons not well understood.

Dr. Cobb Speaks at GRC's Black History Month Program

Dr. W. Montague Cobb, 80 years young, spoke out on a variety of topics related not only to growing older but also to coping with an ever-changing society at NIA's Gerontology Research Center's program during Black History Month.

"In this truly complex world, the greatest job always is to make things simple," he said.

The speaker took a firm stand on equal opportunity and affirmative action. "They may get you the opening," he said, "but can't get you on the team. That depends entirely on your initiative."

"The Olympic trials are an excellent case in point. Only the most qualified, hardest working athletes get in."

Dr. Cobb emphasized the importance of being ready and preparing for every possible emergency. He referred to the assassination attempt on President Reagan and the high-minded preparedness of those who treated him at George Washington University Hospital.

They got an "A" rating because they were ready, Dr. Cobb said. And when you're ready and you're making progress by moving ahead, be sure you "run around in glory and tell the news," he said.

"Nothing stands still, you see, nothing at all," said Dr. Cobb, "and you shouldn't either. And remember, 'if you're not getting better, you're getting worse.' So move ahead."

Many wonder how modern day men and women should adjust to life's changing demands. For Dr. Cobb it means never feeling

It is estimated that 30,000 Americans have hearing impairments due to congenital rubella infection. In the next 20 years it is expected that rubella immunization programs in the United States will prevent the occurrence of some 10,000 instances of sensorineural deafness. Calculations indicate that society will save at least \$2 billion in rehabilitation and care costs.

The major threat to U.S. citizens who are susceptible to rubella comes from travel, it was suggested. A report was presented at the meeting that there is clear evidence from antibody studies of vaccinated and nonvaccinated adolescents that there is a "herd effect" resulting from rubella vaccination, that is, a susceptible individual is protected by virtue of belonging to a larger group of protected individuals.

As a result of a decision made 15 years ago by medical authorities, the United States is in a position to eliminate congenital rubella syndrome. Although this may take from 10 to 30 years, resources are now available to accomplish this goal more rapidly.

The proceedings of the symposium will be published in the *Reviews of the Infectious Diseases*. For additional information contact the International Studies Branch, Fogarty International Center, National Institutes of Health, Bldg. 16A, Rm. 205, Bethesda, MD 20205. □

A decent provision for the poor is the true test of civilization.—Dr. Samuel Johnson



Dr. W. Montague Cobb, former NAACP President and the first black to hold that post, makes a point during his lecture, "Grow Old Along With Me," during GRC's Black History Month program.

sorry for yourself, for "you'll be licked if you do. There's always another direction to follow." □

There is no man so good who, were he to submit all his thoughts and actions to the law, would not deserve hanging ten times in his life.

—Montaigne

Dr. Floyd E. Bloom, Neuroscientist, Will Deliver Second Marjorie Guthrie Lecture on Apr. 19

Dr. Floyd E. Bloom, director of the division of preclinical neuroscience and endocrinology at the Scripps Clinic and Research Foundation in San Diego, will present the second annual Marjorie Guthrie Lecture in Genetics on Apr. 19 in the Masur Auditorium.

The lecture, entitled "Molecular Approaches to the Characterization of Neuronal Function," will begin at 8:15 p.m.

Dr. Bloom is a neuroscientist whose research focuses on the chemical control of neuronal activity and the neuronal basis of behavior and drug action.

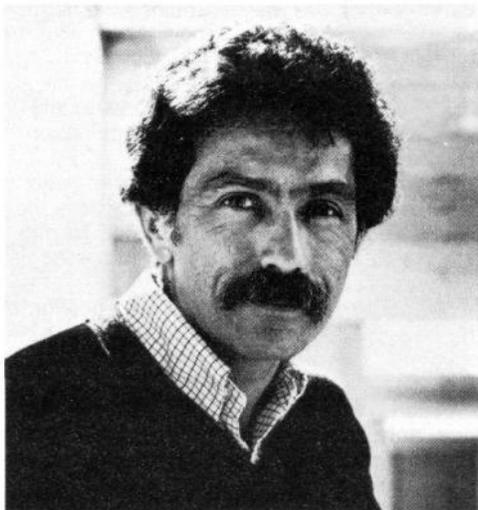
Before joining the Scripps Clinic in 1983, he was director of the Arthur V. Davis Center for Behavioral Neurobiology at the Salk Institute in San Diego. He previously held various posts at the National Institute of Mental Health's St. Elizabeths Hospital.

Dr. Bloom's work at the Scripps Clinic is supported in part by grants from the National Institute on Alcohol Abuse and Alcoholism, National Institute of Mental Health, and National Institute on Drug Abuse.

Born in Minneapolis in 1936, Dr. Bloom received his A.B. from Southern Methodist University and his M.D. from Washington University. He was elected to the National Academy of Sciences in 1977, and chaired its neurobiology section from 1979 to 1983. He served as president of the Society for Neuroscience from 1976 to 1977.

Among Dr. Bloom's other honors are the A.E. Bennett Award for basic research from the Society of Biological Psychiatry (1971), the Arthur S. Fleming Award for outstanding Federal service from the U.S. Jaycees (1973), and the Mathilde Solowey Award from the Foundation for Advanced Education in the Sciences (1974).

The lecture series honors the late Marjorie



Dr. Bloom

Guthrie, widow of folksinger and songwriter Woody Guthrie, who devoted her energies to promoting research on genetic diseases, especially those of the brain and nervous system. Woody Guthrie died of Huntington's disease in 1967.

In the years that followed, Mrs. Guthrie established what is now the Huntington's Disease Foundation of America (formerly the Committee to Combat Huntington's Disease).

The Guthrie Lecture is sponsored jointly by the National Institute of General Medical Sciences and the National Institute of Neurological and Communicative Disorders and Stroke. Last year's lecture, which inaugurated the series, featured Nobel Laureate Dr. David Baltimore of the Massachusetts Institute of Technology. □

Dr. Michael Shelby, NIEHS, President-Elect of EMS

Dr. Michael D. Shelby has been elected president-elect of the Environmental Mutagen Society (EMS), a national society of more than 1,000 geneticists and other scientists and professionals involved in the study of the genotoxicity of environmental agents.

Dr. Shelby is head of the Mammalian Mutagenesis Section of the Cellular and Genetic Toxicology Branch at the National Institute of Environmental Health Sciences in Research Triangle Park, N.C.

He will serve as president-elect, and program chairman for the 1985 annual meeting and then as president of the society for a 1-year term beginning in March 1985.

Dr. Shelby has been an active member of the society for a number of years, and has served as a councilor, a member of the executive board, and U.S. representative to the International Association of Environmental Mutagen Societies.

He also serves on many other science committees including the Steering Committee for the EPA Program on the Current Status of Bioassays in Genetic Toxicology; the Toxicol-

ogy Information Program Committee of the National Research Council, National Academy of Sciences; and as the program officer of the United States-Japan Joint Panel on Environmental Mutagenesis and Carcinogenesis.

He is also a member of the Steering Committee of the Short-Term Test Method Development Program of the International Program for Chemical Safety with the World Health Organization, and the assistant editor of the journal *Mutation Research*.

Dr. Shelby, born in Stillwater, Okla., received his undergraduate degree from Central State University in Edmond, Okla., and his Ph.D. in botany and genetics from the University of Tennessee. □

Parklawn Classic

Date Changed to April 25

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