

*"The Second
Best Thing
About Payday"*

The NIH Record

The Search Goes On

Blue-Ribbon Panel Considers Enhancements to NIH Director's Job

By Carla Garnett

NIH's new director should have more authority and a larger salary, according to consensus of the advisory committee on NIH, which conducted an open meeting at HHS headquarters Jan. 29. Chaired by Dr. James O. Mason, assistant secretary for health, and attended by HHS secretary Dr. Louis Sullivan, the committee's primary task is to evaluate present aspects of the NIH director position and recommend measures that would strengthen it.

NIH, which accounts for more than 50 percent of the Public Health Service budget, has had an acting director since July 1989 following the resignation of Dr. James B. Wyngaarden, who had been director for 7 1/2 years. Initial efforts to hire for the position have proved unsuccessful so far.

The 17-member committee, composed primarily of private sector biomedical researchers and academicians, also includes former NIH director Dr. Donald Fredrickson, now of NHLBI's Molecular Disease Branch; NIH acting director Dr. William Raub as well as two recent prospects for NIH director, Dr.

Anthony Fauci, NIAID director, and Dr. P. Roy Vagelos, chairman and chief executive officer of the pharmaceutical firm Merck & Co, Inc.

"I want to extend my personal appreciation to each of you for consenting to be a member of this committee on what I consider a very important task," said Sullivan, who greeted the panel. "When I was named as the president's choice for secretary of Health and Human Services, I indicated that one of my top priorities would be to strengthen biomedical research.

"Clearly, we have grown tremendously over the years in terms of budget and staff. Changes have been made. Certainly, some changes have been helpful. Some may not have served well if NIH is to continue to be the premier institute of biomedical research.

"Clearly, the 1990s are different from the 1950s. We need to have at the helm of NIH a very strong individual to recruit the best researchers, to give leadership to the scientists as well as advice to me, the president and Congress."

The first item on the committee's agenda last Monday was review of public responses to a notice placed by Mason in the Dec. 27 *Federal Register*.

The notice asked several major questions: What are the forces that brought NIH to the position it currently enjoys as the leader of the nation's biomedical research enterprise? What major challenges will the NIH be facing in the 1990s and beyond? What type of individual is needed to fill the position of director, NIH? What factors are responsible for diminishing the attractiveness of the position of director, NIH? What changes are needed to strengthen the position of director and prepare the NIH for the challenges of the 1990s and beyond?

Public responses to the notice, which were summarized and made available to meeting attendees, were submitted by individuals or groups from such institutions as the Association of American Medical Colleges, the Federation of American Societies for Experi-

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Nerve and Muscle: Super Bowl Teammates

By Frances Taylor

Like offensive tackle Bubba Paris of the Super Bowl-winning San Francisco 49'ers, some people are born with bulk. Others, such as 49'ers wide receiver John Taylor, inherit the endurance to run repeated pass routes. Whether you're a world-class athlete or a couch potato, a National Institute of Neurological Disorders and Stroke scientist says, you enter life equipped with a unique team of nerves and muscles.

Much as a football team needs both bulky tackles and lithe wide receivers, your muscle team requires distinctive talents. "Muscles that control the limbs and the general body," says Dr. Robert Burke, chief of the NINDS Laboratory of Neural Control, "are faced with an enormous range of mechanical demand." How nerves and muscles work together to meet these demands is one research area Burke's lab investigates.

Watching the Super Bowl on television and actually sacking a quarterback take muscles with radically different abilities, he explains. Sitting doesn't require powerful or fast-acting muscles, but it does demand muscles with



Like Bubba Paris, an offensive tackle for the San Francisco 49'ers, some people are born with a muscle and nerve mix that supplies bulk. (Photo courtesy of the San Francisco 49'ers.)

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James Snow Named NIDCD Director

By Karen L. Jackson

Dr. James B. Snow Jr. has been named director of the National Institute on Deafness and Other Communication Disorders. He will be sworn in on Feb. 12.

NIDCD was established in October 1988 by Congress to increase emphasis on research and research training with respect to hearing and other communication processes including diseases affecting balance, voice, speech, language, taste and smell.

As director, Snow will be responsible for the development, implementation and evaluation of institute programs to conduct and support biomedical research, research training and public health information in these areas.

Current initiatives of the institute include the development of a strong science base through investigator-initiated research, training the next generation of scientists and physician investigators, the development of multipurpose centers, the establishment of a national information clearinghouse on deafness and communication disorders, and a major education and prevention campaign on communication disorders.

"The U.S. Public Health Service is fortunate to have such an outstanding physician as

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SNOW

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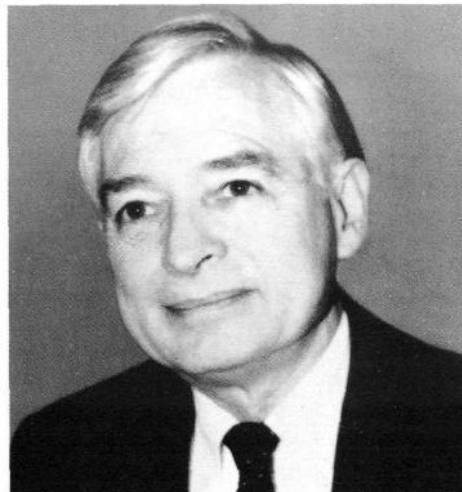
the first director of the newest of NIH's 13 institutes," said Dr. James O. Mason, HHS assistant secretary for health and acting surgeon general.

Snow received his M.D. cum laude from Harvard Medical School in 1956. He conducted his internship in surgery at Johns Hopkins Hospital in Baltimore and his residency and research training in otolaryngology (ear-nose-throat) at the Massachusetts Eye and Ear Infirmary in Boston. In 1960, he served as a captain in the U.S. Army Medical Corps. After 2 years, he returned to his home state of Oklahoma and began work at the University of Oklahoma Medical Center in 1962. Ten years later, Snow moved to Philadelphia to become professor and chairman of the department of otolaryngology and human communication at the University of Pennsylvania School of Medicine. Snow is also the medical director of both the Smell and Taste Center and the Speech and Hearing Center of the Hospital of the University of Pennsylvania. He holds general hospital appointments with Children's Hospital of Philadelphia, the Graduate Hospital, the Pennsylvania Hospital and the Presbyterian-University of Pennsylvania Medical Center.

During the past 20 years, Snow has specialized in the hearing and speech sciences and the chemosenses (taste and smell). He has published more than 175 articles, books and abstracts about his specialty areas and research findings, which include studies on radiation therapy and cancer of the head and neck, blood flow in the cochlear of the inner ear, infections of the ear and nose, effects of noise on hearing, surgical therapy for voice problems, effects of aging on hearing and the chemosenses, sudden deafness and diagnoses of communication disorders.

Snow was a 1970 recipient of the Regents' Award for superior teaching at the University of Oklahoma, held a consulting professorship at the Shanghai Second University of Medical Sciences in China in 1985, was an honorary fellow with Japan's Broncho-Esophagological Society and holds an honorary master of arts degree from the University of Pennsylvania. He has helped establish the worldwide status of training accreditation and specialist certification in the field of otolaryngology. Snow serves on the editorial board of *Chemical Senses* and is historian-editor of the American Laryngological Association.

Snow is a member of or holds official positions in numerous professional societies including the American Association for the Advancement of Science, the American Acad-



Dr. James B. Snow Jr.

emy of Otolaryngology-Head and Neck Surgery, the American Board of Otolaryngology, the American Academy of Facial Plastic and Reconstructive Surgery, the American College of Surgeons, the American Medical Association, the American Neurotology Society and the Association for Research in Otolaryngology.

As NIDCD director, Snow will replace Dr. Jay Moskowitz, who has been acting director for the new institute since shortly after its establishment. Moskowitz continues as NIH associate director for science policy and legislation. □

Computer System Needs Tryouts

The Computer Center, DCRT, is actively seeking NIH researchers to evaluate AIX/370, IBM's version of Unix, free of charge. The Computer Center has been evaluating AIX/370 for several months under a special arrangement with IBM.

AIX/370 is available on the PS/2 family, the RT, the 9370, the 4300 series and the 3090 series of machines. The contract between NIH and IBM has made it possible for NIH to use the limited availability version of AIX/370, which is not yet generally available. For more information, call 496-2949. □

Research Participants Needed

The Laboratory of Neurosciences, NIA, is conducting a study of depression in adults age 45 and older. The study does not involve drug treatment. Individuals who are depressed and want to participate in this study may call 496-4754 for more information, Monday through Friday, 9 a.m. to 5 p.m. □

NIEHS Holds Biomarkers Meeting

Sophisticated technology allows scientists to identify subtle chemical changes in human tissues and cells. These changes, called biomarkers, can then be used by epidemiologists to examine the relationship between environmental hazards and human health risks. To provide an up-to-date review of some of the molecular biomarkers currently available and those being developed, the National Institute of Environmental Health Sciences will sponsor a conference on the "Application of Molecular Biomarkers in Epidemiology," Feb. 21 and 22, at the NIEHS campus in Research Triangle Park, N.C.

The conference, a part of the NIEHS's Superfund Basic Research Program, will have sessions on biomarkers of carcinogenesis, chemical exposure, individual phenotypic variability, health effects other than cancer, as well as correlation studies in animal models, and use of biomarkers in epidemiology studies.

Registration for the conference is required and will be on a space-available basis. There is no registration fee. For registration forms and information, contact Patricia Thompson, (919) 541-0117. □

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NIAID's Malcolm Martin To Deliver 1990 Dyer Lecture

By Sandy Hecker

Dr. Malcolm A. Martin will give the 1990 honorary R. E. Dyer Lecture entitled "Retroviruses: Where Did They Come From, and Where Are They Going?" on Wednesday, Feb. 14 at 3 p.m., in Maser Auditorium, Bldg. 10. Each year, the NIH director selects as the Dyer lecturer an internationally recognized expert who has greatly advanced medical and biological knowledge in an area of infectious diseases. The lecture is named for infectious disease researcher Rolla Eugene Dyer, who was NIH director from 1942 to 1950.

During his more than 25 years at NIH, Martin, chief of NIAID's Laboratory of Molecular Microbiology, has conducted notable research on animal viruses. For the past 12 years, he has focused on retroviral research and for the past 6, he has worked to elucidate the biology and pathogenesis of HIV, the retrovirus that causes AIDS.

Using recombinant DNA techniques, Martin and his team constructed an infectious molecular clone from the DNA of two HIV isolates. The clone, which is able to replicate in cells in laboratory conditions, enabled the researchers to begin to dissect structure/function relationships of HIV genes and regulatory regions. This clone was also used to create the first AIDS vaccine to enter human clinical trials, which started in August 1987.

Martin's many accomplishments include studies of HIV biology, identification of characteristics of HIV genes and their various functions, HIV variation among isolates, determinants of HIV pathogenicity and mechanisms of HIV persistence. Martin and members of his laboratory continue to examine various HIV genes as well as their pathogenic effects in cells. The research team was the first to construct transgenic mice containing HIV DNA in virtually every cell of their bodies. These mice spontaneously develop an AIDS-like disease. At the 1990 Dyer Lecture, Martin will address current theories about retroviral evolution and resulting effects on retroviral infection and persistence.

Martin graduated from the Yale University School of Medicine in 1962, completed 2 years of clinical training and then became an NIH research associate in July 1964. At NIH, he began working on a then new technology called nucleic acid hybridization. His interest in the relationship between genome structure and function date back to these biochemical virology experiments with simian virus 40 (SV 40).

Using DNA reassociation techniques that he helped pioneer, Martin and his colleagues

showed in 1971 that cells made cancerous by DNA tumor viruses such as SV40 or polyoma can contain a single copy of viral DNA. Previously, DNA virus-transformed (cancerous) mammalian cells were believed to contain hundreds of integrated viral genomes. In 1972, he and his associates were the first to show that retroviral sequences were present in normal mammalian chromosomal DNA.

During the early 1970s, Martin's group was the first to demonstrate that portions of both strands of SV40 DNA were used to program viral gene products during infection. This information changed the then held beliefs about DNA transcription.

In collaboration with Dr. Daniel Nathans at Johns Hopkins University (who later won a Nobel prize for related work), Martin and the late Dr. George Khoury, then a postdoctoral fellow in his lab, used purified restriction fragments to generate the first transcriptional map of a viral (SV40) genome. This map delineated which sections encoded structural or regulatory portions of the genome. Restriction fragment transcriptional maps were subsequently used to characterize related human papova viruses called BKV and JCV. Such information is important for understanding viral function.

Martin participated in the landmark 1975 Asilomar Conference that addressed potential recombinant DNA research risks. The following year the NIH recombinant DNA advisory committee asked Martin and the late Dr. Wallace Rowe, also of NIAID, to carry out risk-determining experiments. Martin and Rowe were asked to assess whether *E. coli* that contained polyoma virus DNA posed a risk to animals susceptible to polyoma virus infection. This study, slowed by court injunctions and cumbersome P4 containment—the most stringent level—eventually showed that mice and hamsters did not develop tumors or viral infections even when they were fed or inoculated with live bacteria containing infectious polyoma virus DNA. These and other findings led to the first reduction in physical containment allowed by the NIH guidelines for recombinant DNA research. This reduction allowed previously prohibited recombinant DNA experiments with numerous microbial agents to proceed. Now, more than 10 years later, recombinant DNA techniques are providing increasingly more sophisticated research tools capable of revealing answers to previously unfathomable biomedical mysteries.

Martin belongs to several national research foundation review committees—including those of the Lucille P. Markey Charitable

Trust and the Howard Hughes Medical Institute—responsible for selecting promising young scientists for fellowships and research support. He has addressed many federal and congressional committees about issues ranging from overviews of HIV research to the importance of strong support for federal, particularly Public Health Service, workers.

He is a member of numerous scientific professional societies and is on the editorial boards of several international research journals. Most recently, Martin has been honored with the NIH Director's Award, the U.S. Public Health Service Superior Service Award and the U.S. Department of Health and Human Services Distinguished Service Award. □



Dr. Igor Klatzo, chief of the NINDS Laboratory of Neuropathology and Neuroanatomical Sciences, was recently chosen to receive the highest award of the Polish Academy of Sciences, the Medal of Nicolaus Copernicus. Klatzo has collaborated for more than 28 years with Polish scientists in pioneering research to understand how ischemic insult damages the brain.

Healthy Volunteers Needed

The Laboratory of Neurosciences, NIA, is seeking healthy volunteers to participate in a study investigating the effects of aging on brain functions. Two age groups of men are needed—age 18 to 30 and men over the age of 60. Participants must be drug free during the study and free of all major medical problems, past and present. Each participant can receive a stipend of up to \$300 depending on the actual time involved. For more information call 496-4754, Monday through Friday, 9 a.m. to 5 p.m. □

DIRECTOR

(Continued from Page 1)

mental Biology, the American Heart Association, the American Society for Microbiology and the American Federation for Clinical Research. Most responses were frank and thoughtful.

"The strong federal investment over the past 50 years in support of scientists pursuing basic, nontargeted research" was cited by one respondent as a force that made NIH the nation's leader in biomedical research.

Another wrote, answering the same question, "Flexibility in decisionmaking about research programs that has enabled the NIH to respond to changes and opportunities in science."

One public comment, which drew a rebuttal by Secretary Sullivan, read:

"The decline in financial support for the NIH due to reductions in nondefense discretionary spending imposed by the deficit" is a major challenge facing NIH now and in the future.

"That's not really true," Sullivan corrected. "I understand that it may be the perception by some, but in fact the average in terms of dollars (marked for biomedical research at NIH) has actually increased every year. The cost of research outstripped the rate of increase. The cost of specific grants has increased."

Public ideas of what kind of individual the NIH director should be were varied and might also have described superheroes.

According to one respondent, the NIH director should be "imaginative, innovative and creative (able to inspire both lay persons and scientists)."

Another thought the person who directs NIH should be "passionate about the challenge of working cooperatively to resolve differing viewpoints."

A third reply stated that the director should be "possessing of 'limitless energy,' charisma, enthusiasm, and superb interpersonal skills."

Others felt that the position needed to be filled by "a visionary ... who understands what is ideal and what is practical," or one who is "able to approach political issues with 'civic spirit,'" or one who is "understanding of the 'real' world within which NIH functions and therefore be selected from outside the Agency."

The reading of the last comment was followed by laughter from the panel and good-natured debate about what exactly the term "real world" meant.

The next agenda item, a discussion on salary and other compensation for the NIH

director, was led by former NIH director Fredrickson. The panel unanimously supported raising the director's salary.

"This is a critical issue," Fredrickson said. "Clearly, we are competing with academic scales and not with other federal positions."

Sullivan agreed with the panel about raising the NIH director's salary but cautioned that conflicts among other federal agencies that also do research may arise, necessitating across-the-board raises.

"The need for salary adjustment is clearly understood," said the secretary, who had just attended a budget press conference where he had announced a \$348 million increase to \$7.9 billion for NIH in fiscal year 1991.

"(However), other agencies such as Energy also have similar problems in compensating their scientists."

"We really don't have to look at increasing salaries all across the board," noted Vagelos. "It's really the top level (positions) that suffer."

Fauci put the problem in perspective: "Over the last 10 years, we have been unable to recruit any scientist from the outside at the branch chief level. That is very serious."

Dr. Linda Wilson, president of Radcliffe College, said, "It calls for a bold move, even if one has to label it experimental."

"I think we all agree that this issue is having a chilling effect on the recruitment efforts for this position," concluded Mason.

Another area that reportedly has seemed less than attractive to prospective NIH directors is the amount of authority that the position carries, particularly in the area of disbursing NIH's budget allotment.

To improve the perception that the director has little influence in money matters, the panel proposes to add to the duties of the position the power to distribute monies from a discretionary fund. A fund in the amount of \$20 million was suggested.

Dr. Samuel Thier, president of the Institute of Medicine at the National Academy of Sciences, described the intent of the proposal:

"The discretionary fund is a mechanism to be used for risk taking and for funding unusual ideas that might not make it through the peer review process."

Setting a term of office for the NIH director was also discussed. Fredrickson advocated a 6-year term.

"I think it's a job that we want to depoliticize," said Dr. Paul Rogers, senior partner for the law firm Hogan and Hartson in Washington, D.C., and a former congressman who had NIH oversight responsibilities. "It's very smart for us to recommend a 6-year term."

Thier, adding his comments on setting a term, shed light on what might be the core of the struggle to find an NIH director:

"It's a question of primary perception. Will

it (the position) be seen mainly as an expert in biomedical research or will it be seen mainly as part of the administration?"

The meeting also solicited additional suggestions for strengthening the director's position from the committee and heard comments from observers. The next advisory committee meeting is scheduled for late February. □



The National Foundation for Infectious Diseases recently presented NIAID director Dr. Anthony S. Fauci with the prestigious Maxwell Finland Award for Infectious Diseases. The award is presented annually to a person "whose outstanding humanitarian efforts and achievements have contributed significantly to improving the health of Americans and all mankind." The foundation bestowed the honor on Fauci for his "contributions to public understanding of AIDS and other infectious diseases and his devoted attention to the research needs of patients with these diseases."

Research Subjects Needed

Earn up to \$260 for learning to discriminate the effects of one drug from another. Minimum time is required over a 7-week period and only commonly prescribed drugs and minimal effort are involved. Candidates must be between ages 18 and 50 and in good health. Call 295-0972 weekdays between 9 a.m. and 12 noon, Uniformed Services University. □

Help Needed for Fun Project

Plans are under way for the sixth annual Patient Emergency Fund (PEF) Auction scheduled for May 1 in the Clinical Center. Each year the auction raises more money for the PEF. In order for the auction to once again break all records, a few hard-working individuals are needed to help solicit donations of merchandise and services to be auctioned. If you have a little time to contribute to this worthwhile project, call Kelly in the R&W office, 496-6061. □

'Black History — A Living Legacy'

Bennett To Address NIH 1990 Black History Observance

The national observance of Black History Month takes place during the month of February each year. The NIH 1990 Black History Observance will be held on Friday, Feb. 16, from 11:30 a.m. to 1 p.m., in Masur Auditorium, Bldg. 10. The theme of this year's program is "Black History — A Living Legacy."

The program will feature Dr. Lerone Bennett Jr., senior editor of *Ebony* magazine, where he has served since 1958. He is a well-known historian, author and lecturer, with honorary degrees in humanities and literature.

Prior to becoming the senior editor of *Ebony*, Bennett was a reporter and city editor of *Jet* and *Ebony* magazines. He also served as an advisor and consultant to several national organizations and commissions, including the National Advisory Commission on Civil Disorders. He lectured in colleges and universities and before audiences in all sections of the country.

Bennett has written many books on the history of the Afro-American and has written poems, short stories and articles that have appeared in the pages of many periodicals and books, including *Rhetoric and Literature*, *Coming of Age in Philosophy, Myths and Motifs in Literature*, and *The Media and the Cities*. His books and short stories have been translated into French, German, Japanese, Swedish, Russian and Arabic.

Bennett has received awards and honors from various press clubs, including the Journalism Achievement Award, Patron Saints



Dr. Lerone Bennett Jr.

Award, and the Literature Award. He is a member of the board of trustees, Morehouse College; Martin Luther King Jr. Memorial Center; WTTW, Chicago Public Television; National Black United Fund and Chicago Black United Fund; and the Black Academy of Arts and Letters.

Following the keynote address, Melba Moore, a well-known female vocalist, will provide musical selections.

This program is sponsored by the NIH Division of Equal Opportunity and its 1990 black history observance committee. Sign language interpretation will be provided. For further information or if accommodations for disabilities are needed, please contact Denise Banks or Irene Peyton of the Division of Equal Opportunity, 496-6301. □

Lectures on Chaos at NIH

The NIH chaos discussion group, in collaboration with the Smithsonian Institution's Residence Associate Program and the Washington Evolutionary Systems Society, is sponsoring a series of four lectures on "Chaos in Medicine and Biology."

National and international experts will present recent results as well as theoretical perspectives on the role of chaotic complexity in dynamic interactions within complex systems. The use of chaos theory for analysis of anatomical, physiological, electrical and biochemical data is providing deeper insights into health and disease.

The lectures will be held on Tuesdays at 2 p.m. in Bldg. 37, sixth floor conference room.

On Feb. 13, Prof. Irving Epstein of Brandeis University will discuss "Chaotic and Periodic Attractors in Medicine and Biology."

"Mathematics and Medicine: Cardiac Chaos, Endocrine Disorders and Epidemiology," will be the topic of a talk Mar. 5 by Prof. Ian Stewart of the University of Warwick.

Prof. Paul Rapp of the University of Western Australia will discuss "Analysis of Electrophysiologic Signals," on Mar. 20.

The series ends Apr. 3 with Prof. Ali Cambel of George Washington University addressing "Implications of Chaos Theory for Medicine and Biology."

The NIH Library in Bldg. 10 has prepared two lists of books on chaos in support of the lecture series and discussion group. They are available at the reference desk.

For more information, call Jerry Chandler, 496-1846, or Kathy Madden, 496-2414. □

NIH Appoints Manager of Black Employment Program

Jalil Hameen Mutakabbir was recently appointed manager of the Black Employment Program in NIH's Division of Equal Opportunity, Equal Opportunity Branch.

Mutakabbir has been working in equal employment opportunity (EEO) since August 1966. She began her EEO career as secretary to the director, Los Angeles District Office, Equal Employment Opportunity Commission. Through hard work, dedication and a commitment to the principles of equal employment opportunity, Mutakabbir progressed through the ranks of the various disciplines of EEO, serving as an EEO investigator, educational programs officer, and supervisory equal opportunity specialist at the EEOC.

Mutakabbir has also served as deputy EEO officer for the Department of the Interior, Bureau of Land Management and for the Department of the Navy, Military Sealift Command (Headquarters).



Jalil H. Mutakabbir

As Black Employment Program manager, Mutakabbir will develop and evaluate the progress of the program and will serve as a spokesperson on matters pertaining to the employment of blacks at NIH.

Mutakabbir's goals in her new job include identifying barriers to equal employment, recommending changes in management policies and practices to eliminate those barriers, and enhancing employment opportunities for blacks.

Further information on the NIH Black Employment Program can be obtained by calling 496-6301. □

MUSCLES

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endurance. "Even when you're sitting, you're using muscles all through your body. And you're maintaining your posture all the time that you're awake and around," Burke notes. "They have to work for you all the time. Because if they are fatigued, you'd collapse in a heap."

Sacking a quarterback, in contrast, calls for "muscles that will produce very large forces that have to act very rapidly," Burke explains. Because it's not a daylong activity, however, high fatigue resistance isn't vital.

That's why the muscles that balance an armchair quarterback and those that produce a quarterback sack both contain two very different types of fibers. One type—called slow-twitch or type 1—contracts slowly, doesn't produce a lot of force and takes a long time to tire. In contrast, fast-twitch, or type 2, fibers are powerful and quick, but exhaust early. "They'll only give you a few hundred twitches," Burke comments, "and then they poop out for hours." While slow-twitch, or type 1, fibers are thin and require plentiful blood flow, fast-twitch fibers are found in bulky bundles with a less profuse blood supply.

Nerves called motor neurons that stimulate these muscle fibers likewise come in different types. "For each type of muscle fiber," Burke explains, "there is a corresponding type of motor neuron." These motor neuron types differ in their electrical, chemical and physical properties. For example, motor neurons that act on slow-twitch fibers tend to be smaller than those that innervate fast-twitch fibers.

Like blue eyes or blond hair, nerve and muscle fiber types are inherited traits. "You're born with types of motor neurons," Burke notes, "and they control the types of muscle fiber you get." Although most of us have about half of each fiber type, Burke says this isn't true for exceptional athletes. For example, muscle samples from world-class weightlifters show that they have only 20 percent slow-twitch fibers in their vastus lateralis, a prominent muscle found in the thigh. At the other extreme, Burke adds, "there probably isn't a single world-class marathon runner who has less than 75 percent type 1 fibers."

Burke says research has shown these differences are not due to training. "If you take a sedentary person and make him train for weightlifting, or cross-country skiing or marathon running, you really don't detect much shift in the proportions of the muscle fiber types. It's extremely difficult to change type 1's into 2's, or vice versa, by exercise. To be a world-class marathoner, you have to start with



Speed and resilience spring from a fine-tuned mix of muscles and nerves in athletes like wide receiver John Taylor of the San Francisco 49'ers. (Photo courtesy of the San Francisco 49'ers.)

the right parents."

Studies of twins also point to a large genetic role in athletic ability, Burke says. Finnish scientists have shown that identical twins have the same fiber mix, but fraternal twins do not. "If you study fraternal twins who are not genetically identical," he says, "you can find one twin that has 20 percent type 1, while the other twin has 70 percent."

Though exercise can't alter your muscle fiber mix, Burke notes, it can transform your muscles. In fact, he says, muscles are "extraordinarily responsive" to lifestyle changes. "If you start running and get into an endurance training effort," Burke says, "within a few days there is demonstrable change in the muscles."

After about 2 weeks in an endurance program, he explains, an array of changes will adapt both type 1 and type 2 muscle fibers to your new, more demanding lifestyle. Blood supply to the oxygen-hungry slow-twitch fibers will increase. More energy-producing mitochondria will populate the cells of both types of fibers. Your type 2 fibers will begin to lose bulk. And your resting metabolism will begin to rise.

"When most people start a real endurance or aerobic exercise program," Burke says, "they find that they can eat more but still lose weight. They get thinner, they lose muscle mass." That's because the adapted, mitochondria-laden muscles require more fuel—even when they're not in use. If you skip your exercise, the process reverses almost as quickly. "Stop training," Burke says, "and

in 3 to 4 weeks, you're back where you started." The body aims for efficiency, he explains, and it won't maintain highly trained and "costly" type 1 fibers when they're no longer needed.

In contrast, a weightlifting program will enhance the fast twitch rather than the slow, Burke says. "Weightlifters' muscles are dominated by large type 2 fibers, which have relatively little endurance. These athletes may not be able to run far without becoming tired, but they can generate enormous forces in sudden bursts of action."

Exercise and training also "involve changing the nervous system," Burke adds. When you learn to throw a good pass or play the piano, he says, connections between certain nerve cells are "strengthened" and others are "deemphasized." This process, he explains, enables the body to coordinate new mechanical routines by changing old pathways.

Thus, Burke says, the body's nerve and muscle team "optimizes" to your lifestyle. Football players may be born with their exceptional bulk or endurance, but how these talents are enhanced plays an equally crucial role.

"Coaches maximize their players' performance by designing a training program that essentially adjusts the demand—the lifestyle—to force the muscles and the nervous and cardiovascular systems to optimize for their particular set of needs."

"In fact," he concludes, "we can learn a lot about this nerve and muscle system from talking to coaches—they have an enormous lore, based on empirical observations over many years, about what produces the best performance in a given event." □



Bricklayers repair a wall and refill an excavation behind the Clinical Center, near the entrance to the NIH Library. According to Division of Engineering Services project officer Robert Alexander, "They are not building anything new there. We're simply repairing a wall that had suffered some damage."

O'Donnell Appointed Director of Office of Extramural Programs

Dr. James F. O'Donnell has recently been appointed director of the Office of Extramural Programs, a newly created position in the Office of Extramural Research, Office of the Director.

This position is responsible for extramural staff training, liaison with research institutions, grants policy and extramural program management, appeals, resource training and resources policy, the Small Business Innovation Research Program and other special programs operated out of OD. O'Donnell comes to the position from the Division of Research Resources, where he has been deputy director since 1976.

"One of the challenges of this office will be responding to the many needs of institutions that are heavily engaged in NIH-supported research," O'Donnell said.

O'Donnell has a wealth of experience in administering extramural programs, having worked in DRR for 19 years. He began in the division in 1971 as assistant director, and also served as acting director in 1981-82.

O'Donnell came to NIH in 1968 as a grants associate, a 1-year program designed for scientists interested in careers in health scientist administration. In 1969 his first appointment as a health scientist administrator was at NICHD.

He received his B.S. from St. Louis University and his Ph.D. in biochemistry from the University of Chicago, and spent 10 years



Dr. James F. O'Donnell

researching nucleotide metabolism in liver disease at the University of Cincinnati Medical School before coming to NIH.

A member of the extramural policy management committee (EPMC) for 19 years, O'Donnell has been involved in various subcommittees of the EPMC and was chairman of the subcommittee on training for 7 years. He also served on the Extramural Associates Program board and the Grants Associate Program board and was a member of the STEP committee.

At a DRR farewell gathering, Dr. Robert J. Whitney Jr., acting director of DRR, presented O'Donnell with a certificate indicating that a contribution has been made in his name to the Friends of the Children's Inn.—Polly Onderak □

Brooks Joins Deafness Institute as Personnel Officer

Donna A. Brooks, personnel officer for the National Institute on Deafness and Other Communication Disorders, feels equally at home at the new institute as she did at the National Heart, Lung, and Blood Institute, where she worked for the past 12 years.

A native of Washington, D.C., Brooks attended Woodrow Wilson High School and Howard University, and continues to reside in the District.

"My first employment was as a summer aide with the Personnel Staffing Branch, now called Recruitment and Employee Benefits Branch, in 1973. I have held various positions in the personnel field with NHLBI and the National Library of Medicine."

Brooks joined NIDCD in November when employees there totaled about 57, most of them having transferred from the parent institute, National Institute of Neurological Disorders and Stroke. "The development of a new office within a new institute will be a slow process," she says. "While NHLBI recently celebrated its 40th anniversary,



Donna Brooks

NIDCD held its first anniversary lecture in October."

Of the current staff, two are hearing impaired. Both have a TTY (telecommunication device for the deaf) for their use, but they are not the only ones to use the devices. "As

A Great Way To Say Goodbye

Government regulations and conflict of interest issues often make it difficult to find an appropriate way to recognize a colleague who is leaving. An excellent way to honor a coworker is through a charitable contribution given in his or her name.

The Recreation and Welfare Association at NIH oversees contributions to several charities:

- The Patient Emergency Fund—provides financial assistance for patients at the Clinical Center and/or their families who are experiencing financial difficulties.
- The Friends of the Clinical Center—provides financial assistance to patients and their families while the patient is undergoing treatment within the research protocols at NIH.
- Special Love/Camp Fantastic—provides year-round recreational programming for children undergoing treatment for cancer and their families.

• The Friends of the Children's Inn—provides funding for the Children's Inn, a 36-room inn for chronically ill children undergoing treatment at NIH and their families.

These charities are not federally funded and rely on individuals and corporate contributions for their operating expenses.

To make a charitable contribution in another's name, contact Randy Schools of the NIH Recreation and Welfare Association, 496-6061. All contributions will be acknowledged by a thank you note sent to the person named in the contribution or by a plaque if desired.—Polly Onderak □

far as sign language, I've picked up a few signs since I've been here but I am scheduled to take a sign language course in the spring. While sign language is not a requirement, we encourage all to take an interest.

"I love being a part of NIH and its mission. A number of people at NIH have been my role models, giving me encouragement and wisdom in the pursuit of my career goals."—Anne Barber □

For Winter Blahs Sufferers

The Clinical Psychobiology Branch, NIMH, is seeking volunteers with mild recurrent winter difficulties such as loss of energy, decreased work efficiency, decreased interest in socializing, or excessive fatigue for a brief study of a portable light visor (phototherapy) to improve winter-time functioning. Volunteers must be in good and stable medical health. Please call 496-0500. □

NIAID To Fund National Inner-City Asthma Study

Inner-city African-American children comprise a large number of the 4,000 deaths caused by asthma each year in the United States. Asthma is the most frequent cause of hospital admissions for children. This acute and chronic disease also leads the list of childhood diseases causing a significant loss of time from school.

Because of the urgency of this problem and the fact that the mortality rates have been increasing following a decade of steady declines, NIAID has earmarked \$1 million to fund the initial year of the National Cooperative Inner-City Asthma Study.

"With consistent medical care and drug therapy, virtually all asthma-related deaths are preventable," said Dr. Anthony Fauci, NIAID director. "In this day and time, no one should die from asthma."

The goal of the study is to design, implement and evaluate a comprehensive

intervention program to achieve long-term reduction of recurrent asthmatic episodes and asthma-related deaths among African-American and Hispanic children living in the inner city. A network of centers will be established to identify factors contributing to the increased incidence of asthma in children residing in the inner city.

"With an estimated 10 million asthmatics in America, this study will benefit not only inner-city children, but the public at large—other children with asthma, their families and their health care providers," Fauci points out.

This study is being funded by NIAID's Division of Allergy, Immunology, and Transplantation and the Division of Microbiology and Infectious Diseases. The program will be coordinated by Dr. Lawrence J. Prograis Jr., chief of the Asthma and Allergy Branch, DAIT.—James Hadley



Dr. Joan Austin McGowan, health scientist administrator, has been appointed director of the new Bone Diseases Program within NIAMS' Musculoskeletal Diseases Branch. She is a former NIH grants associate. Before joining NIH in 1988, McGowan was assistant professor of pediatrics (biochemistry) at Harvard Medical School. She received an undergraduate degree from Marymount Manhattan College in New York City, an M.N.S. in nutrition from Cornell University and a Ph.D. in biological and medical sciences from Brown University. Her research interests have included growth factors, molecular and cellular endocrinology and control of cellular differentiation. In her new post, McGowan will be responsible for overseeing research grants in osteoporosis, Paget's disease, heritable connective tissue disorders and other bone diseases, and in bone biology.

Forum on Integrity in Science

A STEP Forum titled "Science Integrity: An Update" will be presented on Wednesday, Feb. 21, from 2 to 4 p.m. in Wilson Hall, Bldg. 1.

How are NIH, PHS and the department dealing with scientific integrity in view of the interest generated on this issue by the Congress and the press? How will new policies and procedures affect NIH staff? What should be done when a case of possible misconduct comes to your attention? Is misconduct in science as prevalent as portrayed in new accounts?

These are a few of the potential questions to be addressed by a panel of four speakers. They are: Dr. Suzanne Hadley, acting director of the Office of Scientific Integrity, NIH; Dr. Larry Rhoads, deputy director of the Office of Scientific Integrity Review, PHS; Dr. Rosemary Yancik from the Institutional Liaison Office of the Office of Extramural Research, NIH; and Michele Applegate, associate administrator for extramural programs, ADAMHA.

Each of the panelists will spend 15-20 minutes describing the role of his/her office in dealing with the issues of scientific integrity. This will be followed by a question and answer period between the panelists and the audience.

No preregistration is required for the forum, which is open to all NIH personnel. Attendance will be on a space available basis. Additional information is available from the STEP program office, Bldg. 31, Rm. 5B44, 496-1493. □

TM Club Celebrates 15th Year

NIHers who practice transcendental meditation (TM) have been meeting monthly to meditate together and enjoy an ongoing lecture series with many guest speakers. To celebrate more than 15 years of activity in the NIH community, the R&W TM Club is sponsoring a free introductory lecture on TM Thursday, Feb. 8 at 12 noon in Lipsett Amphitheater, Bldg. 10.

TM is a mental technique that is practiced for 20 minutes daily, morning and evening. It does not require any changes in lifestyle, beliefs, philosophy or diet, yet individuals who practice TM tend to adopt more healthy lifestyles.

More than 6,000 medical doctors in the United States practice TM and recommend it to their patients. Dr. Tony A. Nader, a physician and medical researcher at Harvard Medical School, Massachusetts General Hospital and MIT, finds TM to be "the only technique which has been shown to consistently reduce the major risk factors of heart disease and stroke. It is the most effective technique to eliminate and prevent problems caused by stress and to slow the aging process." As a result of the TM program, factors most closely related to longevity have been shown to improve cardiovascular health, work satisfaction, positive health habits, physical functioning, happiness, intelligence, and mental health.

The TM Club welcomes all individuals who have learned the practice of transcendental meditation to come to its monthly meetings. Please call Marcia Scherr, 572-7235, for more information. □

Irish Dancing Class

R&W offers Irish dancing classes, just in time for St. Patrick's Day! Learn the basic steps necessary for participating in more than 25 group dances. Several of these group dances will be introduced in the class. The instructor, Bridget Launi, is accredited by the Irish Dance Commission in Dublin and has taught at the University of Maryland and Glen Echo.

The 10-week session will meet on Monday evenings, 7:30-8:30, beginning Feb. 26. Cost for the session is \$45 (or pay by the class — \$5). Sign up at any R&W. For more information, call 496-4600. □

NIAAA Seeks Volunteers

The NIAAA seeks normal male controls between the ages of 20 and 60 to participate in biological studies. Participants need to be in good health, on no medication, not alcoholic and have no alcoholism in their family. Participants will be remunerated for their time. For further information, call Dr. Ted George, 496-0983. □

AAAC Celebrates First Year, Elects New Officers for 1990

Since food plays an important role in Asian culture and Asian society, it was no surprise that the NIH Asian/Pacific Islander American advisory committee (AAAC) celebrated the holidays and its first year together with a festive luncheon in Wilson Hall.

During the past year, the AAAC accomplished many EEO-related goals and sponsored several activities. In September, the AAAC sponsored an Open Forum, entitled "Moving Toward the Future: Leadership and Diversity in the Workforce." Speaking on "EEO and Its Impact on Minorities in the Federal Government" was Dr. Joy Cherian, commissioner, Equal Employment Opportunity Commission. Dr. Philip S. Chen Jr., NIH associate director for intramural affairs, spoke on "Factors in Career Progression."

Another highlight from last year included the 17th annual Asian/Pacific American Heritage Program in May. The program commenced with noontime luncheon sales, a Hawaiian dance demonstration, Japanese tea ceremony, and concluded with an evening award ceremony with music and dances from Asia, performed in Masur Auditorium. The committee also sponsored a training program for all AAAC members to identify goals and projects to be accomplished throughout the year.

This year the AAAC will continue to sponsor EEO and cultural programs and will also assist NIH in hosting the Asian American Health Forum. The purpose of the health forum is to promote health care and identify health issues facing the Asian/Pacific Islander American communities nationwide.

The AAAC is comprised of representatives from each of the NIH institutes, centers, and divisions and meets the first Wednesday of every month. The committee is seeking addi-

NIH Budget at a Glance			
	(Dollars in thousands)	INCLUDES AIDS	
	1989 Actual Budget Authority	1990 Estimate	1991 Estimate
NCI	\$1,572,879	\$1,634,294	\$1,694,059
NHLBI	1,046,259	1,072,335	1,112,502
NIDR	131,026	135,744	140,520
NIDDK	559,886	581,466	605,349
NINDS	472,662	490,396	512,212
NIAID	743,870	832,960	886,875
NIGMS	683,920	712,030	745,494
NICHD	425,918	442,906	461,473
NEI	231,404	236,529	247,392
NIEHS	223,686	229,233	235,792
NIA	222,888	239,452	248,938
NIAMS	160,080	168,927	176,080
NIDCD	94,687	117,582	122,847
DRR	340,898	337,105	319,151
NCNR	29,195	33,513	35,127
NCHGR	28,230	59,538	108,029
FIC	14,164	15,656	16,355
Subtotal	6,981,652	7,339,666	7,668,195
NLM	77,883	85,728	89,916
OD	46,737	89,916	82,975
B&F	38,492	61,042	88,600
TOTAL	7,144,764	7,576,352	7,929,686
AIDS	(602,294)	(743,532)	(800,164)

Note—1990 and 1991 estimates exclude \$200 thousand in permanent budget authority expected to be derived from Cooperative Research and Development Agreements.

B&F = Buildings and facilities

tional members. If you are interested in joining the committee or attending the meetings, please contact Joan Brogan, Asian program manager, DEO, 496-2906, or Fu Sing Temple, AAAC chairperson, 496-7219.

Computer Art Show at CC

"Daydreams to Bitstreams," a computer art exhibition featuring "phscolograms," is on display in the Clinical Center Gallery V located in Bldg. 10, near Lipsett Amphitheater, through Mar. 20. Phscolograms, new hi-tech artworks, are holograph-like photographs created through a patented process that combines computer technology and perception.

Dr. Donna J. Cox, curator and featured artist of the show, writes that Daydreams "focuses on art that has been created in the virtual electronic space of the computer and has a three-dimensional perceptual quality projected onto a two-dimensional photographic plane." Cox is an adjunct professor at the National Center for Supercomputing Applications, University of Illinois, Urbana-Champaign. The works of three other artists are included in the exhibition that debuted at the National Academy of Sciences last fall. □



The NIH Asian/Pacific Islander American advisory committee recently elected new officers. Pictured are the 1989 and 1990 officers. They are (from l): Lucie Chen, 1989 executive secretary and 1990 vice chairperson; Baldwin Wong, 1990 alternate executive secretary/historian; Dr. Jane Hu, 1989 vice chairperson; Dr. Victor Fung, 1989 executive secretary; Dr. Melody Lin, 1990 executive secretary; Joan Brogan, Asian program manager, DEO; Fu Sing Temple, 1989 and 1990 chairperson.

New Electronic Mail Service Available to LANs

The NIH Computer Center now supports a new, state-of-the-art electronic mail service, the 3Plus-to-mainframe electronic mail gateway. This gateway permits research investigators and administrators on 3Com 3Plus local area networks (LANs) to exchange reports, research documents and other electronic mail with WYLBUR users; users of the Convex, DECsystem-10, and NIH DECnet; and researchers and scientists worldwide via the BITNET and Internet networks. Computer Center-written software automatically provides the necessary mail file format conversion and routes mail between the networks.

The 3Plus-to-mainframe mail gateway is the first step in the Computer Center's long-term connectivity plan. Future enhancements to the 3Com LAN support will include full screen and line-by-line interactive access to WYLBUR, TSO and DB2.

Development of this gateway has been a cooperative effort between several components of DCRT. The Computer Center Branch has worked closely with the Personal Computing Branch and the Computer Systems Laboratory to provide the most functional yet easy-to-use LAN to mainframe mail gateway systems available.

LAN administrators should call 496-2339 and arrange for a consulting appointment to discuss how to obtain information about providing this extended connectivity for users of their LANs. □

Ice Capades 50th Anniversary

See the Ice Capades Golden Anniversary celebration at the Capital Centre, Feb. 16-18. This year's show features the Super Mario Bros., Barbie, and a special anniversary finale. Tickets for the following performances are available at a discounted price of \$13 (regularly \$16.50): Friday, Feb. 16, 7:30 p.m.; Saturday, Feb. 17, 12 noon and 4 p.m.; Sunday, Feb. 18, 12 noon and 4 p.m.

Get your tickets at any R&W. Call 496-4600 for more information. □

Camp Fantastic Night with the Caps

Mar. 17 will mark the first annual Camp Fantastic Night at the Capital Centre in Landover, Md. Some very special kids will be there to cheer the Caps on to victory over the Vancouver Canucks. Your purchase of an \$18 ticket (regularly \$21) will help send a Camp Fantastic camper to the hockey game. If you can't make the game but would like to help, your \$15 donation will send a camper to the event. (Send donations to: R&W, Bldg. 31, Rm. B1W30.) Game time is 7:30 p.m. □



The above poster designed to gain support for contributions to wounded servicemen during World War I is one of the many posters on display in the inner lobby of the National Library of Medicine through Apr. 1. The exhibit features 76 posters that reflect the health issues of their day, dating from the First World War through the 1980s. Some of the themes featured are AIDS, immunization, biomedical research, dental hygiene, nursing and substance abuse.

Cataract Surgery Exhibit

An exhibit on "Extracting the Truth: An Historical Perspective on Cataract Surgery" is on display in the National Library of Medicine's lobby through Mar. 31. The exhibit was borrowed from the Foundation of the American Academy of Ophthalmology's Museum of Ophthalmology and has been modified to include items from NLM collections. The exhibit will feature rare books, artifacts, stamps and prints relating to the history of cataract surgery and ophthalmology. □

R&W Has Washington Ballet Tickets

R&W has tickets to the Washington Ballet Winter Repertory Series on Sunday, Feb. 18, 2 p.m. at the Kennedy Center. Featured at the performance will be a new ballet by Ray Barra, his *pas de deux*, "Nocturno," Choo-San Goh's "Momentum" and "Allegro Brillante" by George Balanchine. R&W can save you \$3.50 off the Kennedy Center price—\$30 tickets for only \$26.50. Purchase your tickets before Feb. 9 at any R&W. For more information call 496-4600. □

Newport/Cape Cod Trip Planned

R&W and Collette Tours invite you to take part in a 5-day tour of Newport, Rhode Island and Cape Cod, May 28-June 1. In and around Newport you'll see such sights as: Hammersmith Farm (home of Jacqueline Kennedy Onassis); 10-Mile Drive, renowned for its rugged coastline scenery; and Vanderbilt Mansion (the Breakers), considered by many to be the world's outstanding mansion. You'll also enjoy a breathtaking sunset cruise along Narragansett Bay and Newport Harbor.

Shopping enthusiasts will enjoy an excursion to Fall River's famous factory outlets. From Newport you'll journey to Cape Cod via Buzzards Bay and the Cape Cod Canal. In Cape Cod you'll visit: downtown Hyannis and the Kennedy Compound; the Irish Village; the National Seashore Museum; Provincetown; and Cape Cod's oldest town, Sandwich, where you'll tour Heritage Plantation.

This 5-day tour package includes: eight meals (four breakfasts, four dinners); transportation via deluxe motorcoach; first class hotel accommodations; baggage handling of one suitcase per person; sightseeing as outlined in itinerary; all taxes and gratuities; and services of a professional Collette tour guide.

Tour package price is only \$479 per person, double occupancy. A \$25 deposit is due upon reservation, with final payment due before Mar. 17. For more information or to sign up for the trip, visit the R&W Activities Desk, Bldg. 31, Rm. B1W30, 496-6061. Space is limited, so sign up early. □

Disney Trip Planned

R&W is planning its second annual trip to Walt Disney World in Florida, Oct. 3-8, 1990. This special group package will include round trip air transportation; 5 nights accommodations at Disney's Village Resort (1-bedroom suite with refrigerator and wet bar, maximum five per room, six with child under age 3); 6 days unlimited transportation within the Walt Disney World Resort; 4 days unlimited admission and use of attractions at the Magic Kingdom, Epcot Center and Disney-MGM Studios Theme Park; one dinner; a "Pleasure 'n Play" coupon for one recreational activity; \$5 in Disney Dollars and a copy of Steve Birnbaum's *Guide to Walt Disney World*. Package rates are as follows: adults, double occupancy, \$698; age 10-17, with two adults, \$424; age 3-9, with two adults, \$381. Call 496-4600 for further information. □

TRAINING TIPS

The NIH Training Center of the Division of Personnel Management offers the following:

Courses and Programs Dates

Management and Supervisory 496-6371

Introduction to Supervision	3/5
Congressional Operations Workshop	3/12
Networking: Silent Politics	3/20
Positive Influence	3/21
Effective Communications	3/27

Office Operations Training 496-6211

Delegated Acquisition	3/12
Telephone Techniques	3/12
Voice and Diction Improvement	3/19

Training and Development Services 496-6211

Personal Computer training is available through User Resources Center (URC) self study courses. There is no cost to NIH employees for these hands-on sessions.

The URC hours are:

Monday	8:30 a.m. — 7 p.m.
Tues. Wed. Thurs.	8:30 a.m. — 7 p.m.
Friday	8:30 a.m. — 4:30 p.m.
Saturday	9 a.m. — 1 p.m.

Training Center, DCRT, and other training information are available on WYLBUR. Logon to WYLBUR and type ENTER TRAINING

Support Staff Needed for Survey

Are you a secretary, technical assistant, program analyst, office manager, procurement clerk or program assistant? Do you hold one of the many types of staff supporting positions at NIH? If so, we would like to talk with you.

The STEP committee at NIH develops continuing education programs for NIH extramural staff. While STEP provides many education and training opportunities primarily for health scientist administrators, the committee is interested in providing such opportunities to all extramural staff. Therefore, we would like to know what kinds of education and training opportunities you would like to see NIH sponsor.

During the next few months, members of the STEP committee will be contacting NIH staff in the job categories mentioned above. Those contacted may be asked to participate in a 15-20 minute interview to learn about their education and training interests. This brief survey is completely anonymous and answers will be kept confidential. This will be a chance to talk candidly about experiences and preferences for courses in employees' areas of interest. The results of the survey will be reported in a future issue of the *NIH Record*.

If you are invited to participate in this study, please do so! If you want to be sure to be included in the study, please call Teri Levitin or Christy Cecil, 496-7025, to set up an interview. □



The NIH advisory committee for women recently elected new officers for 1990. They are (from l) Dr. Carole A. Heilman, childcare subcommittee chairperson; Patricia Turner, education/publicity subcommittee chairperson; Dr. Cheryl L. Marks, (seated), vice chairperson; Bonnie A. Douglas, past chairperson; Denise A. Banks, chief, Equal Opportunity Branch, DEO; Felicia S. Brice (seated), organizing subcommittee chairperson; Virginia Larkin, secretary; and Dorothy C. White, chairperson.

Dental Training Videos Available

"Infection Control in the Dental Setting," an instructional video program and training manual, is now available to dentists and their health care teams to teach them how to provide optimum infection control in dental settings. The program presents the best approaches for managing the risk of infection while still maintaining quality patient care services.

The emergence of the AIDS epidemic and the continuing problem of hepatitis B virus have led to increased awareness of the need for stringent infection control in dental settings. Although hepatitis B virus is the major infectious occupational hazard among all health care professions—approximately 18,000 health care workers become infected with the virus each year—all bloodborne pathogens are of concern to health care workers. Exposure to blood may occur through puncture wounds, cuts or abrasions in the skin, or mucous membrane contact.

"Infection Control in the Dental Setting" provides dentists and their health care teams with the latest information on infection control and ways to eliminate the transfer of microorganisms. The program contains three videotapes, an accompanying workbook, a self-assessment checklist of current infection control practices, goal setting worksheets, appendices, a list of resources for further study and a post-test for continuing education credit.

The material, which NIDR helped compile, may be ordered from the National AudioVisual Center, 800-638-1300. The cost of the program is \$75; each additional set may be purchased for \$45. Members of the American Dental Association may purchase copies from the ADA by calling 800-621-8099. □

Technology Transfer Conference

The Pharmaceutical Manufacturers Association and NIH will jointly sponsor a technology transfer conference Mar. 1-2 at Georgetown University's hotel and conference center.

Speakers will include Dr. William F. Raub, NIH acting director; former NIH director Dr. James B. Wyngaarden, now associate director for life sciences in the White House's Office of Science and Technology Policy; and a variety of authorities from industry, law and scientific research.

Topics to be discussed include material transfer agreements (MTAs), cooperative research and development agreements (CRADAs), and licensing issues.

NIH's Office of Technology Transfer is arranging the program. For more information, call 496-0750. □

Temporary Health Benefits Provided

Temporary continuation of Federal Employees Health Benefits coverage is now being offered to employees who lose their health benefits coverage because of separation from federal service on or after Jan. 1, 1990, and to family members who lose their coverage because of loss of status as family members on or after Jan. 1, 1990. Former employees may continue their enrollment up to 18 months after separation and former spouses and children may continue their enrollment up to 36 months after they lose their family-member status.

Employees who have questions regarding this temporary continuation of health benefits coverage should contact their servicing personnel office. □

Noise Can Hurt

NIDCD Offers Prescription for a Noisy World

Exposure to loud sounds in the workplace or in recreational activities can produce irreversible and untreatable hearing damage, warned a panel of experts at a consensus development conference held recently at NIH to examine the effects of noise on hearing.

Over 28 million people in the United States are afflicted with hearing loss, with more than 10 million of these attributable to damage from exposure to loud sounds. It is estimated that at least 20 million people are exposed on a regular basis to hazardous noise levels. Hearing loss caused by damage from exposure to noise is the most preventable form of hearing loss. Yet, the sources of potentially damaging sounds have been increasing. Although occupational noise exposure is the most common cause of noise-induced hearing loss, recreational and nonoccupational sources of potentially damaging sounds need to be emphasized as hazards to hearing health. Noise can hurt. Firecrackers, lawn care equipment, power tools, recreational vehicles, airplanes, live or recorded high volume music, guns, and even some toys are only a few of the many sources of dangerous sound levels.

The 14-member consensus panel, chaired by Dr. Patrick Brookhouser, director of the Boys Town National Research Hospital in Omaha, Neb., warned that "sounds of sufficient duration and intensity to damage delicate inner ear structures will produce hearing loss that is not reversible by any presently available medical or surgical treatment." Currently available hearing aids are unable to restore normal hearing.

The panel agreed there is still much that is not known about noise-induced hearing loss. Susceptibility to noise-induced hearing loss varies widely with individuals. Exposure to identical volumes and intensity of sound may cause permanent damage in one individual and not in another. Virtually all of the structures of the ear can be damaged by loud noise, especially the spiral-shaped sensory organ in the inner ear. A sudden intense sound can tear this organ apart.

Hearing loss due to noise damage can occur without pain or awareness. Two warning symptoms of hazardous noise exposure would include ringing in the ears (tinnitus) and a muffling of sounds heard or a feeling of fullness in the ear. Noise damage can occur at any age, including infancy. Between the ages of 10 and 20, men begin to exhibit poorer hearing than women, a phenomenon that continues well into advanced age. The panel attributed this observation to the likelihood that men have had greater exposure to noise.

The panel also called for a broadening and vigorous enforcement of existing noise control

regulations in the workplace and of product noise labeling information for consumers. While hearing loss from nonoccupational noise is common, the public's awareness of the hazard is low. "Consumers need guidance to assist them in purchasing quieter devices and in adopting noise control strategies," Brookhouser explained.

One of the panel's recommended top priorities for the 1990s is prevention, including public education regarding the hazards of noise exposure, the message that sounds can hurt. "Unfortunately, although noise-induced hearing loss is preventable, our increasingly noisy environment places more and more people at risk," Brookhouser warned. "We need high visibility media and education campaigns to develop public awareness of the effects of noise on hearing and the means for self-protection. Too many people continue to suffer noise-induced hearing loss needlessly."

Dr. Jay Moskowitz, acting director of the National Institute on Deafness and Other Communication Disorders (NIDCD) and associate director for legislation and policy at NIH, concurred with the panel's prioritizing the need for prevention and education. "We have to know who's affected, how many people are affected, what the magnitude of the problem is. We have to find out what the risk factors are. We have to learn better ways of treating noise-induced hearing loss. What we really would like to do is establish a national noise prevention and education campaign," he said.

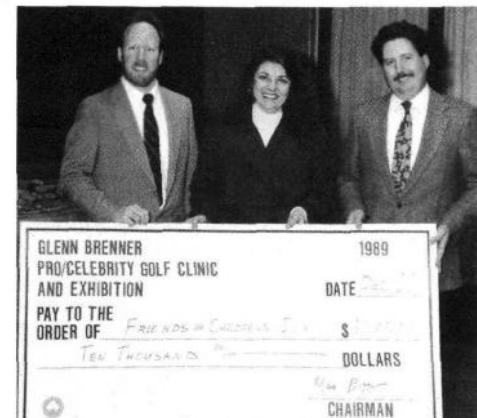
NIDCD has developed a video news release on noise and hearing loss in conjunction with the consensus conference and the NIH Office of Communications. The institute is working to begin such a national public awareness campaign. The newly appointed director for the institute, Dr. James B. Snow Jr., added that the "genetics of individual susceptibility for noise exposure needs to be studied and better understood." The institute has been concerned with the increasing numbers of younger people being affected by hearing loss due to noise. Boom cars, high-tech and high-decibel stereo and speaker systems, high-powered recreational vehicles, even farm equipment and many other technologically advanced but potentially damaging sources of noise cannot help but have an impact on youth and America's future hearing health.

The conference was sponsored by NIDCD together with NIH's Office of Medical Applications of Research. Cosponsors of the conference were NICHD, NIA and CDC.

—Karen L. Jackson and Bill Hall □



Big checks have arrived at the Children's Inn recently as a variety of charity fundraising events have paid off. Carmala Walgren (top, second from l), president of the Friends of the Children's Inn, accepts a \$23,000 check from representatives of the Technical Sales Association including (from l) Jim Babre, Tom Bronzert and Karen dePianelli; they raised more than \$23,000 for the inn during NIH Research Day last fall. Below, Mark Biggins (l) and Bill Chambers of the Maryland Park and Planning Commission, present Walgren with a check for \$10,000, which was collected at a charity golf event last summer hosted by TV-9's sports anchor Glenn Brenner.



Talk on Caregiver Stress

The Employee Counseling Services will sponsor a group discussion on managing stress for employees who have caregiving responsibilities for elderly parents and relatives.

The discussion will be led by Mary Anne Blotzer, M.S.W., a specialist in eldercare issues. The group will meet in the Little Theater in Bldg. 10 on Tuesday, Feb. 13 from noon to 1 p.m.

The question and answer session is an outgrowth of the eldercare segment of the ECS Guest Lecture and Film Presentation Series. A brief film on eldercare issues will be shown as an introduction to the session. All interested employees are invited. □