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On the Wards, in the Clinic—A Special Kind of Care

"To be a nurse here, you have to care about research and be willing to pay attention to the minutest details. There's an absence of the drama you find in a large general hospital but, on the other hand, we know everything that's going on and we feel part of it, even if we are only a small cog in the wheel of research."

Nurse Josephine Armstrong's gray eyes glow as she describes her role at the University Hospital. As senior supervisor, she is one of 16 nurses involved in the care of patients in the wards, on the third and fourth floors, over a 24 hour period. Downstairs, in the clinic, Senior Nurse Viola Quinn and her colleagues, Mrs. Bertha Gardner and Miss Doris Lewis, care for the hospital's outpatients.

The hospital at Rockefeller is a research center where patients come, by doctor referral, to be treated, but to be studied as well. Most of the inpatients, between 30 and 40 at any given time, must be prepared for long stays, several weeks or even months. They suffer from rheumatoid arthritis, from arteriosclerosis or obesity, from lupus, a disease of the connective tissue, from porphyria, an abnormality of blood pigment metabolism, and from alcoholism. These are diseases without cures and with causes still not fully understood. Most of the patients are ambulatory—they don't



Clinic conference: (left to right) Dr. Stanley E. Read, postdoctoral fellow and assistant resident physician, Nurse Bertha Gardner, Senior Nurse Viola Quinn, Dr. John B. Zabriskie, physician and associate professor of pediatrics, and Nurse Doris Lewis.

feel sick—and for them confinement and boredom can become real problems. An excellent program of recreational therapy helps, as do the cheery rooms, mostly private, and the attractive library and recreation area with large windows that catch the sunlight and provide broad views of the

river. A further reassurance to the patients is the knowledge that they are getting the best medical help possible, without charge. But they know, also, that they probably face years, perhaps a lifetime, of treatment, with no miracles promised. For them, human warmth becomes as important as clinical care, and they find it. Their nurses are understanding people with time to talk, listen, and get involved. Those patients who must make repeated return stays know they'll see familiar faces. Miss Armstrong has been at Rockefeller 14 years, Mary Kropp, the night supervisor, 17 years, and Elinor Clayton, the evening supervisor, holds the record with 27 years. (In the clinic, the three nurses there have put in 58 years among them.)

"It's a good place to work," they say. "You can give patients the care they need."

Newcomers Mary Lou Matheke and Barbara Urso agree. Nurse Matheke, who was a zoology major at college, looks forward to the conferences with

After the Party, Thanks from Tony

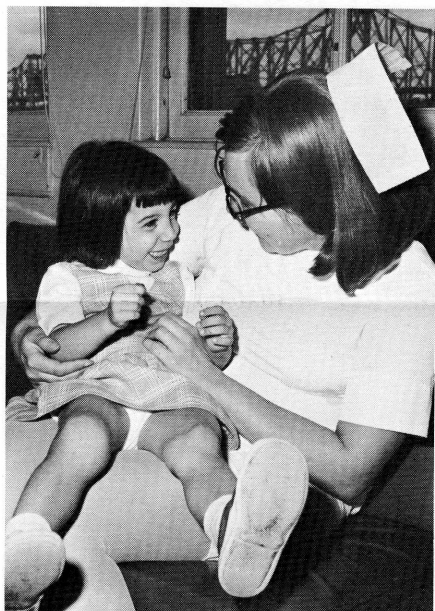
Anthony J. Campo has a problem. He would like to write a note of appreciation to everyone who attended the "retirement" party October 30 in his honor. But, since almost 300 persons either turned up to greet him or sent personal messages, Mr. Campo could be years writing acknowledgements. His solution is to use this issue of *news and notes* to carry his appreciation and thanks to everyone.

"To all my friends and fellow workers," he writes, "my deep appre-

ciation for a wonderful party and gift in glorious color. The warmth of your good wishes will glow very brightly among the many memories I have stored up in more than half a century at Rockefeller."

Mr. Campo, who joined the University staff in 1917, officially retires November 30 as superintendent of purchases and chief pharmacist, but he will be making regular visits to the campus in his new role as consultant to President Seitz.

the doctors. Nurse Urso welcomes the relief from the pressures and the impersonal atmosphere she found at the large hospital where she worked before. Right now there are ten patients involved in Dr. Jules Hirsch's obesity studies. Chatting with one of them, who has made 137 pounds of progress



On the ward: Nurse Mary Lou Matheke with youngest patient.

so far, Miss Urso proudly displays his "before" picture.

Without the problems of severe understaffing common to many hospitals, and with the help of a loyal and capable group of aides and orderlies carefully trained to take over many routine nursing duties as well as to help with the research data, the nurses can and do feel part of the medical team. They make regular rounds with the doctors, gather much of the essential research information, and meet with the scientific staff in biweekly sessions. They understand the diseases they help treat in far greater depth than is usually true of nurses under normal hospital routines.

"We try to keep the atmosphere as happy and relaxed as possible," says Miss Armstrong, "but we do have one area of real tension. It's here." The "here" she points to is a small room with a very large scale where the obesity patients weigh in each morning at eight. Although she smiles, her remark is earnest. As Dr. Hirsch explains, "the problem of human obesity has not been successfully treated by the purely clinical or purely laboratory approach. Here, where the two approaches can be used together, there is a very special hope and tension."

Christmas Parties

The annual Christmas party for all University personnel will be held the afternoon of December 17 from three to five o'clock in the library and Welch Hall. Musicians playing selections associated with the holiday season will set the mood. For those who prefer to make their own music, there will be carol singing in the library.

Children of Rockefeller personnel will have their party the previous evening, December 16. Beginning at six o'clock, Santa Claus will reign at the traditional festivities in Welch Hall with a "surprise troupe" of entertainers assisting.

BRIEFS

Professor **Philip Siekevitz**, Cytology, participated in a symposium on Drugs and Cell Regulation held at the Roswell Park Memorial Institute in Buffalo, September 23-25. He was also a participant in a symposium on Bioenergetics 1970 held October 12-15 at Indiana University in Bloomington in connection with the institution's sesquicentennial observance.

President Seitz has been named to a six year term as a trustee of Lehigh University.

The accuracy of research on metabolic disorders depends in large measure on controlled diet. In this area, as in so many others, Rockefeller has pioneered. Working with the research staff, Vera Keith, a dietitian with 20 years of service, helped to develop special liquid formula diets which assure far greater accuracy in controlling balanced intake than had previously been possible. These diets have been studied and copied by hospital and research centers all over the country.

After their stay on the wards, many patients return to the clinic at regular intervals for treatment. Some of the rheumatic fever patients have been checking in for 35 years. Over the past twenty years, many thousands of children with endocrine disorders have been treated.

The clinic is cozy and homey. For many of the clinic's current patients, the atmosphere helps ease the strain implicit in every moment of their lives. These are the addicts being kept off heroin by controlled daily doses of a

New Assignment Accepted by Dubos

Dr. René J. Dubos, who becomes professor emeritus at Rockefeller on July 1, 1971, has been appointed university professor at the new State University of New York College at Purchase, which opens next September. He will be mainly involved in developing a program in human ecology.

Although Dr. Dubos looks forward to his new assignment, he will retain an office and laboratory at Rockefeller. For, as he himself has said, "I have my whole life here."

Professor Dubos has been on the Rockefeller faculty since 1927, except for the period 1942-44 when he was on the staff of the Harvard University Medical School. His pioneering discoveries in the 1930s of the germ-fighting properties in microbes paved the way for the development of antibiotics. His most recent book, *Reason Awake: Science For Man*, is a plea for man to control the destructive forces of his own technology.

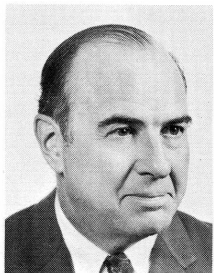
Convocation Date

The 1971 convocation for conferring degrees will be held Thursday, June 3. It will be the University's 13th annual graduation ceremony.

substitute drug, methadone hydrochloride. Methadone treatment, now widespread, was developed at Rockefeller by Dr. Vincent P. Dole and his wife, psychiatrist Marie Nyswander. When given orally in carefully prescribed doses, methadone blocks the euphoria brought on by heroin and eliminates drug hunger without itself producing sedation, euphoria, or medical problems. Currently the clinic's records show more than 400 visits a month, by adult patients and adolescents. To Mrs. Quinn, Mrs. Gardner, and Miss Lewis, the adolescents are not numbers in a book. They are kids whose names they know, whose progress they take pride in, whose well-being is their intimate and daily concern. They know who has a night job, who is in morning or afternoon classes at high school, and how the youngsters think and feel about themselves, their families, and their problems.

The University Hospital doesn't look like hospitals on television series but it has its own kind of drama.

Dole and Merrifield Receive Awards



VINCENT P. DOLE



BRUCE MERRIFIELD

Dr. Vincent P. Dole, professor of medicine and senior physician, and Dr. Bruce Merrifield, professor of biochemistry, were among five recipients of the Gairdner Foundation International Awards for 1970, presented on October 30 in Toronto, Canada. The \$5,000 prizes are awarded each year for significant achievement in the medical field toward the conquest of disease and the relief of human suffering.

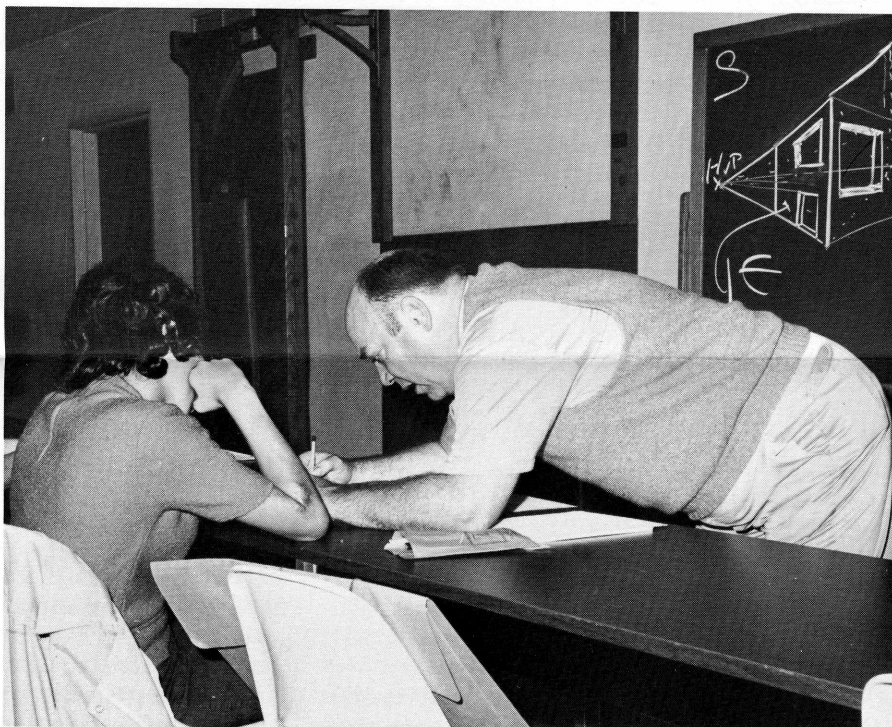
Dr. Dole was cited for "his pioneer contributions" to the understanding of the metabolism of free fatty acid and adipose tissue and "for the significant

work" he has done more recently "in establishing a valuable method of treating narcotics addiction with methadone."

Dr. Merrifield received his award "in recognition of his work on the solid phase method for synthesis of polypeptides and of his application of this method in the first synthesis of an enzyme." The citation added that his "work has made possible the systematic exploration of the structural basis of activity of enzymes, hormones, and antibodies."

Another recipient, Dr. Robert A. Good of the University of Minnesota, who has been studying immunological deficiency syndromes in infants and children, was on the scientific staff of Rockefeller University in 1949-50. He was cited for "many contributions to our understanding of host defense mechanisms."

The Gairdner Foundation was established in 1957 with funds contributed by J. A. Gairdner, a prominent Canadian businessman, and his family.



J. Forest Vey talks about perspective at his weekly art class in the recreation room of the Graduate Students Residence Hall. Mr. Vey, who also teaches at the Brooklyn Museum and Hunter College, was brought to Rockefeller in 1966 by Walther F. Goebel, professor emeritus of biochemistry, who has been one of Mr. Vey's most enthusiastic students and a moving force in the promotion of art programs at the University. Now in its fifth year, the art class is open to all University personnel, for a nominal fee, on a first-come, first-served basis. There are two sessions yearly, beginning in October and again in February.

PERSONAL MENTION

Miss **Concetta Vella**, an assistant for research in the laboratory of Professor Rollin D. Hotchkiss, was married October 24 to James T. Russell.

Miss **Mattie Lewis**, a cafeteria worker who underwent extensive surgery at The New York Hospital, would like to express her thanks to the University staff members who donated blood in her behalf. She is presently recuperating at home.

Louis Nagy, a helper in the laboratory of Professors H. Keffer Hartline and Floyd Ratliff, was married October 24 to Miss Maria Domjan of Budapest, Hungary.

DEATHS

July 10, Miss **Helen R. Crouse**, 80, in Baltimore, Maryland. Miss Crouse was a nurse at the University Hospital for 18 years before her retirement in 1949.

Christmas Lectures

Hundreds of high school students from the New York area will gather in Caspary Auditorium on December 28 and 29 for the 11th annual series of Christmas lectures presented by the University. Professors James G. Hirsch and Zanvil A. Cohn will give four lectures on White Cells.

The students, mostly juniors and seniors, are nominated by the teachers in the schools which they attend. They are chosen because they have shown a keen interest in science. The purpose of the lectures is to deepen and strengthen that interest. Each lecture is followed by a discussion period. In the past, these sessions have generated lively exchanges and helped the students to understand scientific theories and research problems and techniques.

Professor Alfred E. Mirsky inaugurated the lectures in 1959 and has made the arrangements since then, including the obtaining of a gift from Mrs. Anita Oser to provide funds for the series.

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PHOTOGRAPHS

Pages 1, 2, 3 by Henrik Boudakian

Biological Congress Held in Detroit

At a time of growing threats to our environment, scientists are especially concerned about the gap in communication between themselves and those agencies, both governmental and private, that support the research upon which the understanding and solution of ecological problems depend. In an effort to help bridge that gap, scientists from varied fields of biology, including a number from Rockefeller University, assembled for the First National Biological Congress, held November 8–10 in Detroit, Michigan, under the sponsorship of the American Institute of Biological Sciences and the Federation of American Societies for Experimental Biology. As stated in the conference prospectus, invited speakers were selected for their “unquestioned scientific standing” and their ability to “communicate effectively” with an audience that included

government officials, teachers, students, and science writers, as well as scientists.

Five Rockefeller scientists participated in symposia on current research in various biological fields. Dr. Fritz Lipmann, professor emeritus in biochemistry, chaired a section on the Machinery of Protein Synthesis. In another symposium, Dr. Saimon Gordon, graduate fellow in cellular immunology, spoke on Genetic Expression in Somatic Cell Hybrids, and Dr. Eric H. Davidson, assistant professor of cell biology, discussed Gene Regulation in Differentiated Cells. Dr. Theodosius Dobzhansky, professor emeritus in biology and genetics, served as chairman of a section on Human Evolution. Dr. Francisco J. Ayala, assistant professor of population genetics and evolution, spoke on Genetic Variability and Evolution.

IN PRINT

Symbiosis is the title of a new book by Professor **William Trager**, Parasitology, designed to acquaint beginning students of biology with the prevalence of mutually beneficial associations between different kinds of organisms. The paperback, published by Van Nostrand Reinhold, shows how symbiosis may be studied and how such studies lead to better understanding of fundamental problems in biology. Dr. Trager writes in his preface that the conflict in nature between organisms has been popularly expressed in phrases like “survival of the fittest.” But, he points out, “few people realize that mutual cooperation between different kinds of organisms—symbiosis—is just as important, and that the ‘fittest’ may be the one that most helps another to survive.”

The results of a three year study of research on mental development in relation to theories of learning are reported by Professor **William K. Estes** in his book *Learning Theory and Mental Development*, published by Academic Press, Inc. The volume discusses recent research on the development of learning abilities and learning processes in the mentally retarded, and reviews factors affecting individual differences in speed of learning and forgetting in laboratory and educa-

tional settings. Dr. Estes, a mathematical and experimental psychologist, also analyzes problems of experimental design and theory construction—including the research application of mathematical models—and develops recommendations regarding research strategies. The preparation of the book was supported in part by a grant from the Joseph P. Kennedy, Jr. Foundation. Dr. Nicholas Hobbs and Sargent Shriver, then director of the foundation, asked Dr. Estes to undertake the study in 1966. The book is intended to make his findings available to investigators of mental development, to students preparing for research in this field, and to readers with a general interest in theories of learning and their application.

In a new book, *Science and Technology in the World of the Future*, **President Seitz** joins 18 other contributors—leaders in science, engineering, government, and planning—in some philosophical projections about rapidly evolving fields that will affect our lives and knowledge in the next quarter century.

The volume, published by John Wiley and Sons, Inc., was edited by Dr. Arthur B. Bronwell, dean of engineering at the University of Connecticut. Other contributors include urban planner, Constantinos Doxiadis, inventor-architect, R. Buckminster Fuller, and Robert Jastrow, director of the NASA Institute for Space Studies.

Dr. Opie Moves to Pennsylvania

Dr. Eugene L. Opie, a member of the original staff of the University and an affiliate since 1941, moved September 21 to the Radwyn Apartments in Bryn Mawr, Pennsylvania. Although officially retired since 1941, he had continued his research in pathology through June of this year in a laboratory made available to him on campus. Dr. Opie came to Rockefeller as an associate in 1904 and became a member in 1906. From 1928 to 1932, he was on the board of scientific directors. Between 1910 and 1941, he served successively on the faculties of Washington University in St. Louis, the University of Pennsylvania, and Cornell University Medical College. Dr. Opie was the first to observe that injury to the cells of the islands of Langerhans causes diabetes. He also has done pioneering research on tuberculosis, inflammation of liver cells, pneumonia, influenza, and liver cancers.

Archives Program

The University has inaugurated an archives program to organize present holdings and to accept additional materials. Assistant Librarian Ruth Sternfeld is working with Associate Librarian Sonia Mirsky on the organization and inventory of materials which have been stored at the American Cystoscope Building and in the vault in Welch Hall. At present the full extent and nature of the collection is not known. Mrs. Sternfeld is currently cataloging and indexing the correspondence of Alfred E. Cohn, who for many years was in charge of research on heart disease. Dr. Cohn, who retired in 1944, was a scientist with strong literary and philosophical interests and with a wide acquaintance with leaders in many fields. These interests and associations are reflected in the eight filing cases of correspondence he left to the University. The papers are being transferred from the Cystoscope Building to a room in the library and are being placed in acid-free folders for filing in dustproof cases. A code will be set up for the University archives which is compatible with codes used for the archives of the Rockefeller family and the Rockefeller Foundation. The University will be glad to receive any materials of archival interest from faculty, students, and other personnel.