



AN APPROPRIATE RIBBON FOR CUTTING—When the new Obstetrics-Gynecology Clinic quarters opened recently, some imagination went into designing the proper ribbon for Dr. Roy Parker, chairman of Ob-Gyn, to cut (top picture). Onzelle Riley, head nurse of Ob-Gyn clinics (holding one side of the ribbon here) fashioned it from gauze bandage, and the bow was decorated with two boxes of birth control pills. Bruce Gebhardt, administrative assistant in the department, holds the other side of the ribbon. In the picture below, trying out some of the furniture in the clinic waiting area, are, left to right: Max Isley, Durham architect who designed the clinic; Gebhardt; Parker; and Paul Stark, assistant administrator for the Ob-Gyn unit. (Photos by David Williamson)



Four Assistant Profs Appointed

Four academic appointments were announced recently by University Provost Frederic N. Cleaveland.

All the appointments are for assistant professors. Filling these positions are Dr. Robert H. Harris, medicine; Dr. Patrick E. Logue, medical psychology; Dr. Thomas T. Long, medicine; and Dr. Donald Serafin, plastic and maxillofacial surgery.

Harris received his B.S. degree from Georgia Institute of Technology in 1962 and M.D. degree from the Medical College of Georgia in 1966. He served his internship and residency at the University of Virginia Hospital and came to Duke in 1972 as a research fellow in the Department of Medicine, Division of Nephrology.

Logue received his undergraduate training, M.S. degree in experimental psychology and Ph.D. in counseling from the University of North Dakota. Prior to his recent appointment at Duke, Logue was the assistant director of the Human Development Clinic at Florida State University in Tallahassee.

Long joined the Duke staff in 1972 as a research fellow in gastroenterology. He received his B.S. degree from Wake Forest University in 1962 and M.D. degree from the Bowman Gray School of Medicine in Winston-Salem.

Serafin received his undergraduate

training and M.D. degree from Duke. He served a straight surgery internship at Grady Memorial Hospital in Georgia and general surgery residency at Grady and Emory University. He came to Duke in 1971 as an assistant resident in plastic surgery.

Brody To Speak

The editor-in-chief of the Journal of Gerontology, Dr. Harold Brody, will discuss "Aging in the Central Nervous System" Tuesday at 4 p.m. in Room 1504 in the Blue Zone.

Brody is also chairman of the Department of Anatomical Sciences at the State University of New York in Buffalo. His visit to Duke is being sponsored by the university's Council on Aging and Human Development.

The talk is open to the public.

TRENT SOCIETY MEETING

The Josiah C. Trent Society for the History of Medicine will sponsor a lecture by Professor Charles Rosenberg, chairman of the department of history at the University of Pennsylvania, entitled "Hospital and Patient in the Nineteenth Century."

The lecture will be held on Thursday, Nov. 14 at 8 p.m. at 1132 Woodburn Road, Durham. Interested persons are asked to call the Medical Center Library secretary at 684-3505.

Can't Sleep? Try Hot Milk

A cup of warm milk sipped just before bedtime actually will help you get to sleep, according to a Duke doctor.

So will a shot of liquor or a round of exercise, Research Assistant Professor Pat Prinz advised those attending Davison Club-Washington Duke Weekend.

Buttressing some folk remedies for insomnia while shooting down the sleeping pill approach, Dr. Prinz said "milk has a constituent in it that promotes sleep."

That substance, she went on to say, is "tryptophane." It's found in every type of protein. The body converts it easily into another compound called "serotonin," which brings on sleep when it reaches the brainstem.

"So a cup of warm milk—that old wives' tale—will in fact induce more sleep," she said.

Exercise helps, too, Dr. Prinz added. But the insomniac shouldn't wait until bedtime to start his jogging and sit-ups, nor should he overdo it.

"If he overexerts—over and above his normal pattern—he will get a sleep impairment," she warned.

Exercise during the day can lead to restful sleep later, said the specialist, because it seems to promote the deeper stages of slumber.

These stages are marked by brain waves that are larger and slower than those recorded during wakefulness or during lighter stages of sleep.

"A moderate amount of exercise is known to facilitate that slow wave pattern," she explained.

Sleeping pills, on the other hand, alter the slow waves or destroy them, Dr. Prinz continued. This makes the deepest stage of sleep disappear and may cause people to complain that they've slept poorly.

"Moreover, the sleep-inducing effect of these drugs tends to decrease with prolonged use," she noted. "So the person is tempted to increase his drug intake in order to regain restful sleep, further impairing the quality of his sleep."

Of all the sleeping potions, barbiturates are the worst offenders, the researcher said. "They wipe out those big slow waves. People who use

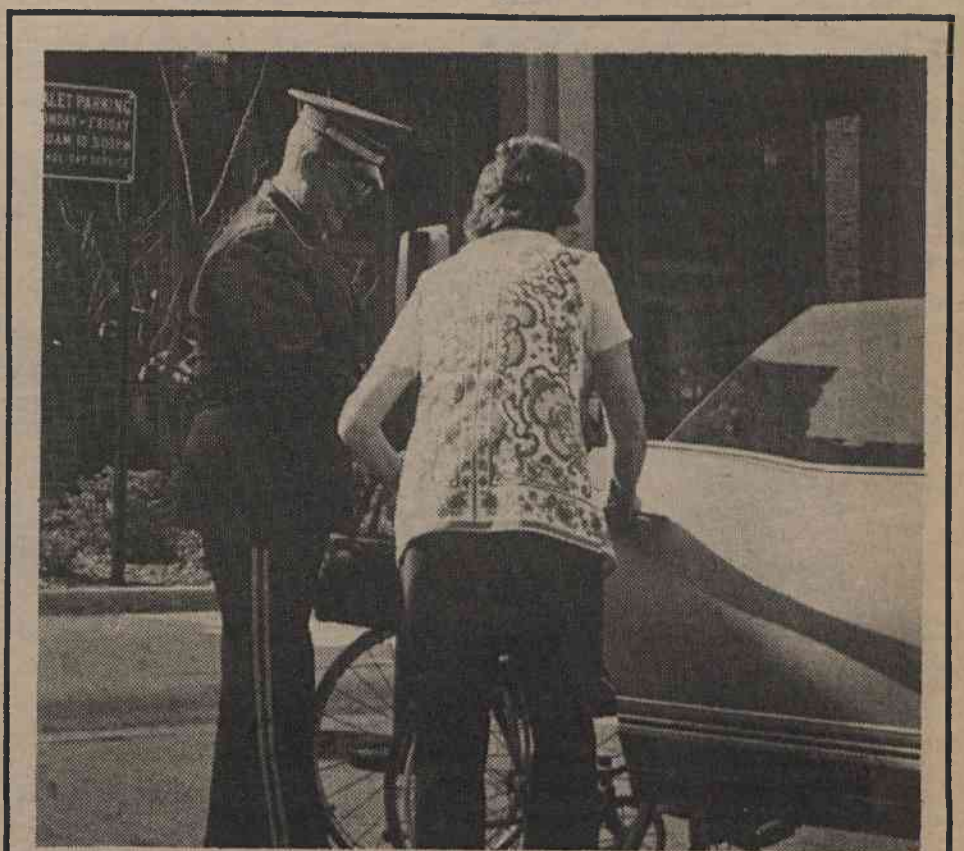
sedatives constantly are depriving themselves of some aspects of normal sleep."

Alcoholic beverages alter the normal sleep pattern, too, Dr. Prinz said, but "a lot less than most drugs."

Cracking a smile, she confirmed that "a good hot toddy at night will do wonders for sleep."



WARM MILK ADVOCATE—What some people think is an old wife's tale—that drinking warm milk before bedtime will put you to sleep—really is true, says Dr. Pat Prinz. Dr. Prinz, one of the speakers for Davison Club-Washington Duke Weekend activities here in September, advised that exercise or a hot toddy also have sleep-inducing benefits. (Photo by William Erwin)



TWO YEARS OF HELPING—Medical Center Parking Valet Charles ("Charlie") Grinstead celebrates his two-year anniversary next Wednesday doing what he does best: helping patients and visitors. And somehow, he seems to know just about every employee here—if he doesn't, it never takes him long to get to know them. "Happy Anniversary," Charlie... it's nice having you around.