



**A FIRST FOR DURHAM**—Clarence Dupre Jones IV, at right, yawning, wanted to get an early start on things with the new year so he decided to be the first child born in Durham in 1975. He chose Duke Hospital as the first sight he would see on his itinerary through life and 8:51 a.m. as the right time to begin work. Present for his arrival was his mother, Mrs. Charlotte Jones, a doctoral student in English education here at the university, who met Clarence's father, now a consultant for a computer service, while serving with the Peace Corps in Thailand. (Photo by David Williamson)

## Researchers Hunt for New Tension Headache Treatment

By David Williamson

How does America handle a headache?

In most instances, the answer to that question is "with aspirin." Citizens of this pill-popping nation of ours gulp down a total of more than 17 billion tablets of crystallized acetylsalicylic acid annually.

That means an average of 529 aspirin get swallowed every second of the year, and each American, again on the average, consumes 77 aspirin in 12 months.

Two researchers at the medical center are beginning a study of alternative forms of treatment for headaches brought on by tension, and they are seeking volunteers who suffer from tension headaches to help them in their efforts.

Guillermo Bernal, a clinical fellow in the Department of Psychology, and Dr. Redford Williams, assistant professor of medicine and psychiatry, plan to examine the symptom-relieving effects of hypnosis, relaxation and biofeedback techniques.

They are currently seeking subjects who experience frequent tension headaches and who are free from other medical and psychological problems. The study will require an hour a day for five days.

The biofeedback techniques to be used involve electromyographic monitoring of muscle activity, as Bernal said, "to see what the body's doing at any given moment." By providing second to second information

regarding muscle activity, the two researchers hope the volunteers will be able to learn to relieve muscle tension when it occurs.

Bernal, who will be using the results of the investigation in his doctoral dissertation in clinical psychology at the University of South Carolina, explained that tension headaches are caused by involuntary tightening of surface muscles on the forehead, across the scalp and along the neck. The "tightening" is typically worse toward the end of the day and results from job pressures, anxiety, difficulties in the home or from any of a number of different factors.

All of the subjects will be tested for hypnotic susceptibility. Those who will be a part of the hypnosis group will be taught to place themselves into a deeply relaxed state by means of suggestion. Volunteers in the biofeedback group will be able to watch their own muscles contract or relax by following the lateral movement of a spot of light on a television screen. Participants in the relaxation group will be instructed to relax their muscles in a quiet room.

"Our goal is to find out what kinds of motor and psychological skills are involved in reducing tension in these three approaches and also to compare them in terms of how well headaches are relieved or prevented," Bernal said.

Williams, who recently was awarded a \$170,000 Research Scientist Development Award from the National Institute of Mental Health, will oversee the study.



# Intercom

duke university medical center

VOLUME 22, NUMBER 3

JANUARY 17, 1975

DURHAM, NORTH CAROLINA

## Medical Giants Lend Names to Duke Wards

For the benefit of employees, staff and students who have come to the medical center within the last 10 years, INTERCOM will periodically offer brief biographies of the medical men after whom the hospital's wards were named. The following article, the first in the new series, is being reprinted from the February, 1966 issue of INTERCOM.

The wards of Duke Hospital were named for eminent physicians and surgeons in order to remind the staff and students of what has been accomplished in medicine, as well as to follow Mr. James B. Duke's Indenture: "I advise courses in history, especially the lives of the great of the earth."

Suggestions and nominations for names were obtained from all over the country. The recommendation was made and adopted that those individuals for whom the Duke wards were named should be predominately of the South, so that the ones chosen should constitute a Southern Medical Hall of Fame.

SIR WILLIAM OSLER  
(Osler is a medical ward on second floor)

A native Canadian, William Osler was born July 12, 1849 in Bond Head,

Ontario. He attended Trinity College in Toronto and McGill University Medical School in Montreal.

Following graduation from McGill Medical School, Dr. Osler travelled abroad for further study. He returned to Montreal in 1874 as an instructor in the Institutes of Medicine at McGill.

In 1884 Dr. Osler was offered a professorship in Philadelphia. A man noted for his good sense of humor, it is told that he said: "I finally decided to leave the matter to chance and flipped a four mark silver piece into the air. 'Heads, I go to Philadelphia, tails, I remain in Montreal.' It fell heads."

After five years in Philadelphia, Dr. Osler accepted an invitation to head the new medical service at Johns Hopkins Hospital. It was during this time that he published his *Principles and Practice of Medicine*, which became a popular text for students and practitioners.

During his Johns Hopkins period he was an active investigator of typhoid fever, malaria, pneumonia, amoebiasis, tuberculosis, and cardiovascular disease.

In 1905, after fifteen years at Johns Hopkins, Dr. Osler accepted the Regius Professorship in Medicine of Oxford, a position which he held until his death in 1919.

(Continued on page 4)



SIR WILLIAM OSLER