



THE FIRST YEAR—Staff members, volunteers and patients in the year-old cancer recreation therapy program shared fondue and birthday cake with guests at a party on Rankin Ward last week. The party was a salute to all those who have made the program possible, said Bev Rosen, director of rehabilitation for the Cancer Center, and Louise Bost, recreation therapy director. (Photo by Ina Fried)

First U.S. Welfare Commissioner To Speak on Health Aide Services

Dr. Ellen Winston, a North Carolina native who served as the first United States commissioner of welfare from 1963-67 and is currently vice president of the International Council for Homemaker Service, will speak on "Meeting Community Needs: Homemaker-Home Health Aide Services" on Tuesday, Feb. 8.

Her talk, which is scheduled to begin at 4 p.m. in Room 1504 of the Gerontology Building, is sponsored by the university's Council on Aging and Human Development.

Nationally recognized for her work with child welfare, migrant labor, programs to improve slum housing and the problems of the elderly, Dr. Winston is expected to discuss the role of homemakers and home health aides in keeping handicapped and

elderly persons out of institutions by performing routine housework and simple nursing care.

Born in Bryson City, N.C., in 1903, the University of Chicago Ph.D. served as commissioner of public welfare in North Carolina from 1944-63 and has won numerous state and national awards.

Immune Reaction Studied in Simulated MS

A researcher here who is studying the basic mechanisms of multiple sclerosis, the chronic and often crippling disease of a half million Americans, has received a three-year, \$163,955 grant from the National Multiple Sclerosis Society.

Weather Brings Freezing Coal

If you've ever tried to chip apart a solidly frozen bagful of ice, you may be able to imagine trying to break up a solidly frozen railroad carload of coal.

That's what the physical plant is doing these days.

"Our coal comes from the Kentucky mountains," explained Ronald L. Wilson, associate director of the physical plant. "The coal is moist when loaded into the cars or picks up moisture along the route to Duke. The lower the temperatures, the harder and more thoroughly it freezes.

Can't Unload Fast Enough

"Consequently it is more difficult to unload, and the additional unloading time costs money," he said. "At this point, we are burning more coal to produce heat than we are able to unload."

The university burns about 115 tons (about 105 metric tons) of coal per day, Wilson said. "Reducing the amount of heat required by lowering the temperatures in buildings will conserve coal and save money."

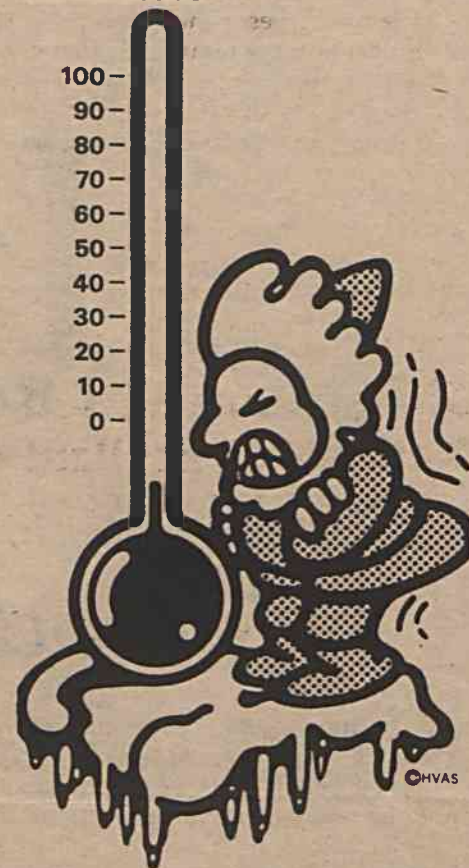
Cold weather also is causing an unusually high demand for electricity, Wilson noted. The university purchases about 500,000 kilowatt hours of electricity a day, compared with about 100 kilowatt hours a day for an average home.

How You Can Help

Wilson suggested several ways everyone can help in conserving energy at home and at work.

1. Set your thermostat at as low a temperature as will allow you to work. In no case should this be over 68 degrees (20 degrees Celsius) in occupied space and 60 degrees (16 degrees Celsius) in unoccupied space.

2. Shorter shower use. It takes purchased energy to heat water.
3. Wear additional clothing for warmth where needed. If you have a desk job, a blanket, afghan or beach towel wrapped around your legs and feet will add to your comfort. Be aware that some areas may be warmer than usual because of needing (but not getting) mechanical cooling.
4. Reduce use of electric appliances in the dorms and offices. Rely on the central preparation of food for hot foods and drinks. It's more efficient.
5. Turn off lights in areas not in use. This includes offices, dorm rooms, commons areas, bathrooms and classrooms.



Trading Post

You may send ads to "Trading Post," Box 3354, Hospital, no later than one week prior to publication. Ads are printed free, but we do not advertise real estate, personal services or commercial enterprises. Please give your home telephone number. Duke extensions will not be listed.

FOR SALE—Speed Queen portable washing machine, excellent condition, very reasonable price. Call 489-2666.

NEEDED—Used autoharp for handicapped patient. Call 286-0751, ask for activities department.

FOR SALE—70 brilliant cut diamond in unusual 14K yellow gold man's setting; \$650. Call 544-1856.

FOR SALE—Moving to California! Must sell all my plants, dehumidifier, authentic Indian turquoise jewelry; reasonable. Call 477-2201, after 6 p.m.

FOR SALE—'72 Honda 500, 10" ext. front end, 10" handlebar, Harley tire and wheel, sissy bar and luggage rack; must see to appreciate; helmets incl.; \$900. Call 364-2183, evenings and weekends.

FOUND—Young Siamese cat looking for a permanent home; seal point female, very domesticated, loving and affectionate; original owner cannot be located; free to a good home. Call 477-1965, after 5 p.m.

FOR SALE—1972 Vega hatchback, 67,000 miles, four-speed, A/C; \$1,000. Call Joe Long, 383-6806.

FOR SALE—Wedding gown, designed of lace and pearl appliqued organza with lace yoke, long sleeves and attached chapel train, size 10; headpiece, designed of same lace encrusted with pearls with silk illusion elbow length veil; \$50. Call Hillsborough, 732-4004, after 5 p.m.

FOR SALE—Wood, \$18 per level pickup load, you haul; \$5 per level pickup load, you cut and haul. One mile down South Lowell Rd. on left off Guess Rd. Saturday and Sunday 8:30 a.m.-5 p.m.

Intercom

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measles. The way the body's immune system — normally a powerful defense against illness — reacts with products of myelin breakdown seems to sustain the severe symptoms of MS and related diseases.

Collaborating with Day in the studies are Vincent Varitek, a Ph.D. candidate, and immunology research technicians Vicki Ashley and Lewis Rigsbee.

Health Colloquium

Clark Havighurst, professor of law, will speak on "Competition, Anti-Trust and Health Policy," Tuesday, Feb. 8 at 3:30 p.m. in Room 224, Social Sciences Building.

His talk is part of the Duke Colloquia on Health Policy sponsored by the Institute of Policy Sciences and Public Affairs.

Daily Mass Begins

Mass will be celebrated every afternoon at 2 p.m. in the Hospital Chapel beginning this week.

The celebrant will be Father Roland Murphy, professor in the Divinity School.

The mass is principally for patients and family members but is open to medical center personnel as their work schedules permit.