



GETTING READY TO GIVE — Prospective donors are checked to be sure they are healthy before giving blood. The next blood drive in the medical center will be Thursday, March 10, from 11:30 a.m.-5 p.m. in the Third Floor Dining Room. (Photo by John Becton)

New Center Teaches Relaxing

Exercise and physical activity may be gaining in popularity lately, but another activity which is also conducive to good health is being overlooked for the most part, according to the founder and president of Duke's new Center for Tension Control.

"People don't take the opportunity to relax," said James Okun, a Trinity College junior, who set up the center to coordinate activities relating to tension and anxiety control at Duke.

He got the idea from a physical education course dealing with tension control.

"This is a living skill that is basically overlooked," he said. "And yet tension is so destructive."

Workshops and Media Center

The center sponsored several stress control workshops and clinics in the fall, which "went really well," Okun said.

More are being planned for March and April and will be open to all

employees, students and faculty.

In addition, a media center currently is being set up in the undergraduate library reserve room of Perkins Library. It will include books, articles and self-instructional cassette tapes for anyone interested in learning more about tension control.

Participants Sought

The Center for Tension Control has been funded and chartered by Associated Students of Duke University and is working closely with the physical education department.

Okun said he hoped this spring's activities would include a conference co-sponsored by a national tension control organization.

He urged anyone interested in participation in a relaxation workshop to contact him at 684-0276, or to call the Department of Health, Physical Education and Recreation, 684-2202.

Trading Post

FOR SALE—IBM electric typewriter, \$35; sofa, \$5; lazy chair, \$5; table, \$6. Call 967-3104 (Chapel Hill).

WANTED—Interested in very small mixed breed puppy (mixture of poodle, terrier, etc.) Call 471-1380.

FOR SALE—9 1/2 ft. truck camper (Coachman); three-burner range with oven, bathroom with vanity, gas/electric refrigerator, ladder and rack, lots of storage; excellent condition; \$1,895. Call 682-8483, after 5 p.m.

FOR SALE—Seven-foot Mediterranean style sofa, pecan wood trim; formal Mediterranean style dining room table, six chairs, pecan; tan leather recliner chair; six-drawer maple chest; double drain metal kitchen sink, with fixtures; knotty pine lazy susan table, four captain's chairs; child's cabinet stereo; all like new. Call 477-3456, after 4 p.m.

FOR SALE—Baby buggy which converts to stroller, excellent condition; car seat, good condition; Bobby-Mac high chair/car seat/infant seat combination, nearly new; back carrier for

child, training chair, infant seat, all in very good condition. Also, assorted infant and toddler used clothing and small toys in good condition; reasonable. Call 383-6054.

FOR SALE—Carpet remnants, brand new: 9' x 6' gold scroll pattern \$25; 9' x 6' red and blue all over pattern, \$25; 2 1/2' x 5 1/2' red and blue, \$6. Call 383-6054.

FOR SALE—1967 Ford 289, AT, PS, PB, new tires, good running condition, \$425; early American maple baby bed, complete, \$35; Remington electric typewriter, \$75; single mattress, \$15. Call 471-1023.

FOR SALE—1967 Chevy station wagon. Runs well, new battery, good tires, \$325. Call 489-9401, 6:30-9:30 p.m.

FOR SALE—100 per cent human hair wig, hand made, dark brown, shoulder length. Reasonably priced. Call 544-1802 after 5 p.m.

FOR SALE—1968 Mustang convertible, new white vinyl top, automatic transmission, air condition, good running condition, best offer. One-half carat yellow gold diamond ring, certified appraisal at \$600, make offer. Call 471-2787.

Blood: 'It Has To Be There'

"You all work with patients every day who need blood. It's just got to be there when it's needed," said Gretchen Durham, director of Durham's Red Cross Blood Program.

Having 35,000 units of blood available each year at Duke Hospital when patients need them is a good reason for donating to the Red Cross Blood Drive, she said. About 55,000 units are used each year in Durham County.

Everyone in the medical center is invited to donate blood Thursday, March 10, from 11:30 a.m.-5 p.m. in the Third Floor Dining Room.

Special emphasis is being placed on donors from all general and special medical units, physical therapy, chaplains' service, pediatrics, obstetrics and gynecology, psychiatry and all nursing units.

More May Give

New techniques are allowing more people to give blood, Durham pointed out. Fewer medications now make a person ineligible. Since the amount of iron in the blood varies from day to day, a person turned down because of low hemoglobin may try again.

At one time, antibodies in the blood made a person ineligible as a donor because it was difficult to match the blood with a patient

within the 21-day time limit for using fresh blood. Now, Durham said, blood can be frozen and used at any time.

Special programs are available at the Durham Sub-Center, 1000 E. Forest Hills Blvd.

VIP Donors

In the Very Important Platelets (VIP) Donor Club a person pledges to schedule blood donations five times a year.

VIPs from the medical center are John Adams, Physiology and Pharmacology, who has given 21 units of blood; Roger Barr, Biomedical Engineering, 3 units; John Bittikofer, Clinical Chemistry, 13; Robin Coggin, Hyperbaric Chamber, 9; Brenda Morgan, School of Nursing, 21; Velma Rohla, Nursing Services, 10; Ruth Sherry, Intensive Care Nursery, 8; and Robert Wilderman, Clinical Chemistry, 10.

In another program called plateletpheresis, platelets are separated from the blood and the rest returned to the donor. Since the donor's red blood cells are returned, the person may contribute more units and more often than usual. Platelets are needed to prevent hemorrhage in patients with leukemia, cancer and bone marrow failures. In some cases, a platelet donor is matched with a specific patient.

More information on these special programs can be obtained at the blood drive or by calling 489-6541.

Lifestyle

(Continued from page 1)

to relieve some of the chest pain that follows coronary heart disease."

Williams said he hopes the study will generate enough useful information that psychological and social assessment will become part of Duke's computerized textbook of medicine. The "textbook" is a computer record of clinical information on thousands of patients aimed at giving doctors a rapid, easily accessible means of comparing possible treatments.

In the past, long-term studies of heart patients have mainly focussed on disease-related statistics such as how long patients live after a heart attack, how the illness changes the heart's structure and function, the number of subsequent attacks and medical care, the scientist said.

Quality of Life

"While such facts are essential for heart specialists, they provide little insight into the quality of life the patients have," he added.

Williams said "quality of life" relates to the kinds of activities that make a person feel happy. These activities would include outings with the family, visits with friends, hobbies, job, continued sexual fulfillment and so forth, he said.

"Our ultimate goal is to improve the quality of life for patients with coronary heart disease, not just the length of life," he said.



DR. ROBERT N. BUTLER

Pulitzer Winner To Speak Here

Dr. Robert N. Butler, named in May last year as the first director of the National Institute on Aging, will speak at the medical center on Monday, March 7.

His talk, "Early Directions of the National Institute on Aging," will begin at 4 p.m. in Room 1504 of the Gerontology Building. It is open to the public.

Butler won the 1976 Pulitzer Prize for non-fiction for his book *Why Survive? Being Old in America*. He is also co-author of *Aging and Mental Health* and *Human Aging*.

The Columbia University Medical College graduate is a psychiatrist who has specialized in aging for more than 20 years. He is credited with helping to bring about basic revisions in attitudes toward older persons in the United States, a movement which culminated in the establishment of the National Institute on Aging in October, 1974.

Butler's appearance is being sponsored by the Council on Aging and Human Development.

Intercom

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Editor

Mrs. Ina Fried

Public Relations Assistant

John Becton

The Week on Campus

March 4-11, 1977

Event and Time

MUSIC (684-4059):

Fri. (3/11), 8:15 p.m. Durham Arts Council

HAI Benefit Concert: Clarion Wind Quintet (Admission Charge)

RELIGIOUS (684-2572):

Sun., 11 a.m. Worship service:

Rev. Robert T. Young, minister to the university

FILM: Fri. (3/4), 7, 9:30 and midnight "The Go-Between," Bio. Sci. Aud. (Admission Charge)

Place

E. Duke Music Rm.

Chapel