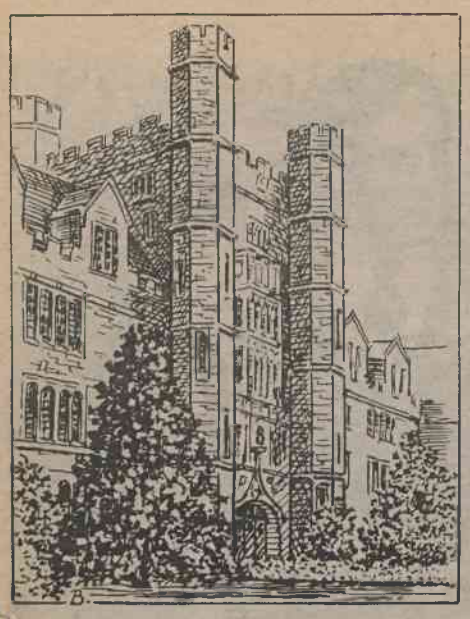

Duke University Medical Center Intercom

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Award honors renowned neuroscientists

Two internationally recognized research scientists have received the 1978 Wakeman Award for Research in the Neurosciences.

They are Dr. Viktor Hamburger of Washington University in St. Louis and Dr. Paul A. Weiss of Rockefeller University in New York, who also served on the faculty at the University of Chicago for more than 20 years.

They share equally a $10,000 honorarium.

Hamburger received his award and a bronze plaque at a black-tie awards dinner Wednesday night in the Searle Center for Continuing Education in the Health Sciences at the Seeley G. Mudd Building. Because of illness, Weiss was unable to attend.

Duke administers the Wakeman Award which also sponsored a scientific session, "Frontiers in Neurobiology," yesterday in the Searle Center.

Focus attention on research

The purpose of the Wakeman Award is to focus attention on research worldwide that is contributing to a better understanding of nerve function, injury and regeneration, particularly as it applies to paraplegia and quadraplegia, paralysis of the limbs.

Awarded every other year since 1972, the Wakeman Award was established in memory of and is financed by the estate of the late William T. Wakeman, a West Palm Beach, Fla., paraplegic.

Hamburger is the second Washington University researcher to receive a Wakeman. The other was Dr. Rita Levi-Montalcini, with whom Hamburger collaborated on studies of the development of the sensory ganglia, masses of nerve cell bodies that contribute to the function of sensation.

Levi-Montalcini shared the award in 1974 with Dr. Stanley Cohen of Vanderbilt University.

Spinal cord and genetics

Hamburger is perhaps best known for his long series of contributions to the development of the spinal cord, but over the years he also has contributed significantly to developmental genetics, to the initial discovery of nerve growth factor and to studies of nervous system interaction.

In the late 1960s, he turned his attention to developmental behavior. His work established that in both bird and mammal the earliest behavioral responses are not induced by an outside stimulus but, instead, are internally programmed, and that the nerve mechanisms which control these responses are formed at a very early stage of development.

(Continued on page 4)

DR. HAMBURGER

DR. WEISS

Here's something worth reading now . . . or later

By David Williamson

Now that the new school year is under way, millions of college and high school students across the nation dutifully settle down each evening to hours of productive study.

Millions of others don't.

Instead, this latter group will turn on "Charlie's Angels," talk on the telephone, stare out the window, drink beer with friends or perform any of the countless other little activities that constitute the fine art of procrastination.

Great common denominator

And when final grades come out, most of them will be sorry.

The putting off until tomorrow of what should have been done today "is one of the great common denominators of students everywhere," says Dr. Harold Ziesat, a clinical psychologist at Duke.

Ziesat, who has treated several hundred young people for the problem, is the author of one of the first studies of how behavioral self-control techniques can be used to control procrastination of studying.

Lack of stimulus control

In an interview, he described some of the conditions that foster procrastination and offered some suggestions for parents and students on how to prevent it.

"One factor that contributes to procrastination is what psychologists call a lack of stimulus control," he said. "This refers to the phenomenon whereby a lot of our behavior is determined by objects or events in the environment that cue us to do certain things.

"For example, if I walk past a favorite Italian restaurant, I might become interested in eating even though I have a full stomach. In that case, the stimulus of smelling the Italian food would cue me to think about eating again."

Likewise, Ziesat said, some students' rooms are so filled with distractions — television sets, guitars, comic books, etc. — that the student faces a constant bombardment of stimuli that call away his attention.

Don't get up

Time and place also can serve as cues, the psychologist said. For example, if a person is used to eating lunch at his desk at noon each day, it eventually becomes very difficult to concentrate on mental tasks there during that time.

"What we recommend is that students set aside the same block of time each day to study in a distraction-free location," he said. "The important thing is that the student get into the habit of doing nothing but working at that particular desk which can be in his room or the library or somewhere else.

"If he's a real procrastinator, he may just sit there for the first few sessions and

(Continued on page 3)

LOOKING SOUTH—A construction worker atop the southwest corner of what will be the ancillary section of Duke Hospital North, has a "top level" view of the medical center. A corner of the Bell Building is visible just over his shoulder and the Seeley G. Mudd Building is to the right. In the left background is the Edwin A. Morris Clinical Cancer Research Building, with the Personal Rapid Transit (PRT) tracks running underneath. One of the PRT cars was delivered this week, and photos will be carried in next week's *Intercom*. *(Photo by Parker Herring)*