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More on CEO Stress

According to some psychiatrists, many CEOs suffer from severe stress because they are perfectionistic about their work. Some are stressed out because they feel they must constantly set a shining example for those under them. Others are so intent on maintaining an outward appearance of authority and control, that they have trouble seeking professional assistance. Significant depression and suicide is not uncommon. The author of "The Success Syndrome: Hitting Bottom When You Reach the Top," believes that some top executives actually unwittingly develop medical problems, like becoming seriously overweight, so that they can "blame subsequent failure on something other than their own incompetence." This gives them a way of "quitting without appearing to quit."

Another major problem is "encore anxiety." This refers to the fear that earlier achievements cannot be repeated, or that it will not be possible to sustain a high level of success. Others are equally afraid that they have attained their high status without really deserving it and will eventually be exposed. A recent article described a handsome, happily married executive, well liked by employees and colleagues, who suddenly committed suicide. According to his wife, others had put him on such a pedestal that he constantly feared letting them down and progressively "swung from feeling totally powerful to totally helpless." The psychiatrist who had treated him for depression estimates that 20 to 30 percent of the CEOs that he treats as a consultant on organizational stress, suffer from fears that their inadequacies will be discovered. As a consequence, they try to compensate by driving themselves more and more and are "on a treadmill where they can never savor their success, because they have to keep working harder."

Dealing with such problems can be difficult for health professionals because top executives don't want it known that they are being treated for depression or some other psychiatric problem. It is also frequently difficult to convince them that they are severely depressed. If hospitalization is indicated, few are willing to go because of the associated stigma and implications of emotional weakness and instability.

To address this need, a VIP Treatment Program at a Dallas hospital was especially designed several years ago to encourage executives to undergo brief, but intensive in-patient treatment. Interspersed between the five to six group therapy sessions a day, they are allowed to use telephones to pursue essential work activities as well as healthier, more social aspects of their lives. One CEO who profited from the program admitted that he hadn't taken a vacation in 14 years because he felt that his employees would think he was shirking his duties.

Newsweek, 6-3-91

ALSO INCLUDED IN THIS ISSUE

For further information on the original source of abstracts and other reprints available on similar subjects, please send a self-addressed stamped envelope to: Reprint Division, American Institute of Stress, 124 Park Avenue, Yonkers, NY 10703.

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The Newsletter of
THE AMERICAN INSTITUTE OF
STRESS

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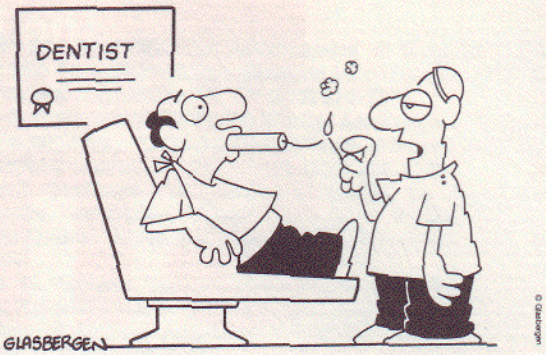
Editor-in-Chief

Subliminal Messages and Stress Reduction

According to a recent report, approximately 15 million dollars a year are spent in the United States on subliminal tapes. Allegedly, "Billions more are spent for training in non-traditional ways of enhancing performance." Subliminal self-help tapes are available for improving self image, creativity, reducing stress, stopping smoking, drinking and substance abuse, and increasing skills in gambling, athletic and even sexual performance. Manufacturers make extravagant claims that are supported by equally enthusiastic testimonials.

Since some of these techniques could provide benefits for the military the Army requested the National Research Council to investigate and evaluate a variety of these unorthodox approaches. After two years and 300 thousand dollars, they found no evidence that listening to ocean sounds or inaudible messages masked by music provided any benefits. Many of the tapes had no detectable hidden messages, just like "The Emperor's New Clothes." They concluded that "There is no evidence that these messages can change complex human behaviors, such as smoking or building self esteem. As far as improving athletic performance, imagining yourself swinging a club like Jack Nicklaus is less helpful than hitting a bucket of balls." The Council also found that meditation was no more effective for reducing stress or high blood pressure, than simple quiet relaxation. However, some stress-reduction and relaxation techniques, such as visual imagery, did appear to be helpful with respect to pain management.

USA Today, 9-25-91, U.S. News and World Report 10-7-91



"There are better ways to do a root canal, but they cost more."

The Stress Reduction Effects of Crying

Crying is one of the few physiological responses that appears to be uniquely human. Some authorities believe that it was developed over the course of evolution as a protective stress-reduction measure to reduce tension. The chemical composition of tears due to grief is quite different from those resulting from exposure to onions. The protein content is higher, and it is believed that they may be helpful in ridding the body of harmful stress-related chemicals. Having a "good cry" appears to relieve stress in many individuals. In describing a wife who had just lost her husband, the English poet, Tennyson, wrote, "She must weep or she will die." Crying is much more common than generally believed. 94 percent of women cry at least once a month, and so do 55 percent of men. People cry for different reasons. Usually it is due to sadness, but happiness, anger, sympathy, anxiety, and fear also can give rise to tears. Those who are able to express their feelings by crying appear to enjoy better physical and emotional health than others who hold back their tears and suppress their emotions. In one study of patients with ulcers and colitis, two stress-related disorders thought to be associated with keeping feelings bottled up, an inability to cry was an unusually common finding. Women may cry more than men because they secrete larger amounts of prolactin, a hormone which causes the production of tears as well as breast milk. There is no remarkable difference in crying patterns between boys and girls until puberty, when prolactin levels start to rise in females. Men may also cry less because of social conditioning, such as being told that "big boys don't cry." However, that taboo doesn't appear to apply to sports or entertainment stars. Babe Ruth sobbed freely before 60 thousand fans when it was announced that he had cancer, and many of those wept with him, as they did when a crying Lou Gehrig made his farewell speech at Yankee Stadium. Leonard Bernstein broke down in tears at the thunderous applause which followed the first performance of his "Mass." So did Jimmy Stewart on

national television, when he read a poem written shortly after the death of his beloved golden retriever.

Tears, like laughter, appear to be a natural therapeutic stress-reducing response that should not be discouraged. Norman Cousins described graphically the powerful stress and pain-reducing effects of a good belly laugh in *Anatomy of An Illness.* Others have referred to this as "internal jogging." Similarly, Charles Dickens wrote in *Oliver Twist* that "crying opens the lungs, washes the countenance, exercises the eyes, and softens down the temper." Crying allows one to be in touch with inner feelings, and being able to express emotions freely provides powerful stress-reducing benefits.

Arthritis Today, Sept./Oct. 1991; AFP, April, 1990

"It is sweet to mingle tears with fears; griefs, where they wound in solitude, would more deeply." — Seneca

More on Postponing Death

As noted in previous Newsletters, stress-reduction intervention has proven effective in prolonging life expectancy both in patients with cancer and heart attacks. The reason for this is not clear, although having a strong sense of control, a firm faith,, and good social support seem to be important influences and powerful stress buffers. Some researchers believe that if bad stresses like divorce, bereavement or getting fired contribute to higher rates of death and illness, then "good stress" should have an opposite effect. In addition to the examples listed above, the anticipation of some joyful or meaningful experience might also fall into this category of good stress that has positive health effects.

Prior reports of death patterns surrounding Passover, demonstrated that the anticipation of participating in this Jewish holiday with family and friends seemed to decrease anticipated death rates prior to the event. These findings appear to have been replicated by another study of death in the 24-week period around the Chinese Harvest Moon Festival between 1960 and 1984 in California. This holiday was selected because it is highly meaningful for elderly Chinese women who play an important ceremonial role in its festivities and rituals. It has relatively little significance for Chinese men, or for daughters and daughters-in-law, whose duties involve rather menial chores. In addition, the holiday date fluctuates with respect to the Gregorian calendar, so that seasonal variations in mortality are not an important compounding factor.

The researchers found that deaths declined by 35% in the week before the Harvest Moon Festival, but peaked the same amount during the following week. This variation was not seen in a variety of non-Chinese control groups, as in the Passover study. In addition, no such trend was observed either for Chinese men or women not significantly involved in the traditional ceremonial aspects of the festival. The correlation with respect to cause of death was greatest for cerebrovascular disease, followed by heart disease and malignancy.

JAMA 263:1947-51, 1990, Science 250:634-640, 1990, NOETIC Sciences Review, Winter 1990-91

"Some people are so afraid to die that they never begin to live." — Henry Van Dyke

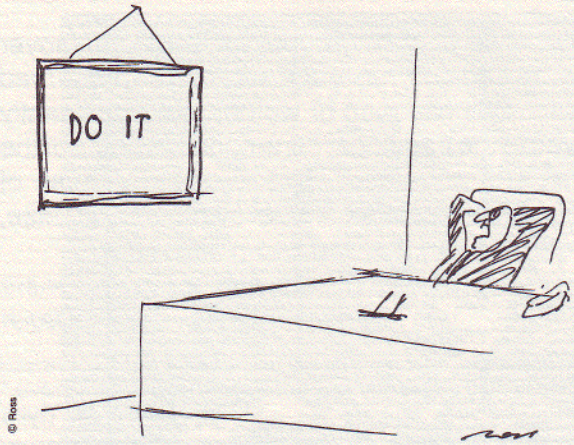
Stress, Hypnosis, and TMJ

Bruxism,or teeth grinding, often leads to facial joint disease and pain. It can be a major cause of temporomandibular joint or TMJ syndrome. Stress is believed to play a major role in most cases. Significant night grinding of the teeth occurs in an estimated five percent of the population. A plastic night guard, reminiscent of teen-age restrainers, helps some patients, although others may actually require surgery.

A new approach has been suggested by an Oregon dentist, based on considerable experience in using hypnosis to effectively relax anxious and stressed-out patients. Eight moderately severe teeth grinders were evaluated with respect to nightly jaw muscle activity and degree of pain. They were hypnotized weekly for two months, receiving post hypnotic suggestions such as, "lips together, teeth apart," or were instructed to imagine some relaxing sensation, such as a pleasant warm towel on the face. A tape of the session was played nightly, just before going to sleep. Follow-up after 4 to 9 sessions revealed a decrease of almost 40 percent in measurements of nightly jaw muscle activity, and a corresponding decrease in reports of facial pain. These benefits continued to be sustained or increased on reevaluation conducted after four months. A variety of research reports indicate that hypnosis and imagery approaches may be helpful in other stress-related disorders. As the hypnotist-dentist noted, "essentially we are working on stress management."

Hippocrates, 9-91

"Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." — Benjamin Franklin



"Do it yourself!"

Job Stress Problems Mounting

As a recent *Fortune* article noted, "Stress stands implicated in practically every complaint of modern life, from equipment down-time to premature ejaculation, from absenteeism to sudden death." The opinion that job stress is the major problem appears to be unanimous. A recent poll revealed that almost half of workers surveyed described their jobs as "highly stressful," and more than a third indicated that they "felt so much stress, they were thinking of quitting." One supplier of corporate employee assistance programs was quoted as saying "It used to be three percent to five percent of our calls for counseling were stress related. Now, it's more like eight percent to fourteen percent."

One employee relations manager noted that when she took over her new job, and analyzed the stress claims, she found no correlation with being laid off or an unsatisfactory performance review. Surprisingly, exposure to asbestos turned out to be a major problem. There were no cases of asbestos-related disease per se, but rather "we get stress claims from people who *fear* they may have been exposed. You don't have to prove you were exposed to get workers compensation; the fear is enough." In another case, employees very lightly taped a co-worker's arm to a chair, as a prank during lunch in the company cafeteria. Although it really didn't actually restrain her, she started screaming. As a child, she had been forcibly restrained and raped, and the light taping of her arm had caused her to reexperience this traumatic event. The court ruled that her subsequent disability was one hundred percent the employer's responsibility.

Fortune 10-7-91

"I hold every man a debtor to his profession."

Francis Bacon

Stress, Bartenders and Heart Attacks

According to one economics professor, bartenders run a higher risk of heart attacks than workers in some 243 other occupations. He reached this conclusion after ten years of research which involved ranking occupations by blood pressure measurements, reasoning that "workers with the highest average blood pressures are most at risk for potential heart attacks." The study suggests that bookkeepers, elevator operators, dental assistants, and kindergarten teachers have the safest jobs. White collar executives also seem to have less on-the-job stress than blue collar laborers, as judged by blood pressure levels.

Not everyone agrees with his conclusions. For example, it is not known whether the job causes high blood pressure, or hypertensive individuals tend to seek particular occupations. Bartenders may be at the top of the list because a disproportionate number are alcoholics, and don't get enough exercise. Although they frequently claim they never drink, he notes that "they're the highest occupation for cirrhosis of the liver." Exposure to toxic spot-cleaning solvents might explain why dry cleaners are ranked number two, and conversely, healthier lifestyles might account for why athletes are so low on the list at 209. The ten jobs that have the greatest association with higher average blood pressures, are ranked as follows:

1) Bartenders
2) Laundry and dry cleaning operators
3) Administrators
4) Food workers
5) Private childcare workers
6) Bus drivers
7) Manufacturing inspectors
8) Freight and material handlers
9) Structural metalworkers
10) Telephone operators

Gannett Westchester Newspapers, 9-1-91

Staff artist/Ray Mellen

Stress, Colds And Adelaide

In other words, just from waiting around
for that plain little band of gold,
A person can develop a cold.
You can feed her all day with the Vitamin A
and the Bromo Fiz,
But the medicine never gets anywhere near
where the trouble is.
If she's getting a kind of a name for herself
and the name ain't his,
A person can develop a cold.

More than forty years ago, that was Adelaide's lament in the popular Broadway musical *Guys and Dolls*. The accuracy of Adelaide's observations was recently confirmed by a very carefully conducted study reported in the prestigious *New England Journal of Medicine,* in which almost 400 volunteers were exposed to five different cold viruses. Their stress levels were also measured using several methods. The researchers found that for all of the viruses tested, there was an increase in the number of colds that *was directly related* with the amount of stress reported. Normally, in this type of study, about a third of the participants come down with the sniffles. For the high stress group, however, there was a 100 percent increase in some instances. In addition to supporting a wealth of prior anecdotal observations and old wives' tales, this report confirms growing verification of the important role of stress in other viral-linked disorders, including cancer.

Stress has long been known to affect the course of tuberculosis and, 100 years ago, Sir William Osler told his students "Show me what goes on in a man's head, and I will tell you what will become of his tuberculosis." The death of a spouse is at the top of most stress-rating scales, and in one study, mortality rates in young widowed males with tuberculosis were almost 13 times higher than married controls. In another, stressful life events regularly preceded the onset of tuberculosis in employees at a tuberculosis sanatorium. The bug that causes "strep throat" is frequently found in routine throat cultures of apparently healthy school children. In one study, mothers kept detailed diaries of stressful life events and illness within the family for one year. Throat cultures were obtained at periodic intervals, and all sick children were examined by a physician. These researchers also found that as stress levels progressed from low to medium to high, there was a consistent corresponding increase in the number of positive cultures, and strep throats.

You can spray her wherever you figure
the streptococci lurk,
You can give her a shot for whatever she's got,
but it just won't work.
If she is tired of getting the fish eye
from the hotel clerk,
A person can develop a cold.

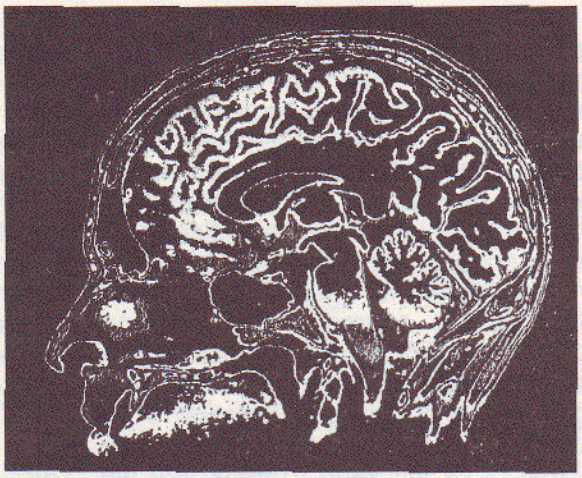
Infectious mononucleosis in West Point cadets showed a strong correlation with the stress of having a strong motivation for a military career but poor academic standing. Stress has also been implicated in chronic fatigue syndrome which is caused by the same Epstein-Barr virus. Recurrent attacks of herpes are often precipitated by stress because of its ability to lower previously effective immune defenses. Stress significantly hastens the appearance of clinical illness in healthy patients who test positive for the AIDS virus, and its downhill effect on the course of the disease is being increasingly acknowledged. More significantly, stress-reduction strategies have proven effective in improving both the quality and duration of life in AIDS patients.

Most of us still tend to think that we "catch a cold," or tuberculosis, or hepatitis, because some bug attacks us from without. However, whether we get sick or not probably depends more on our resistance to such potential invaders. Stress can have a powerful influence on this, as can be seen in tuberculosis, strep throat and herpes, where the organism is always present, but presents no problem until some emotional disturbance occurs as a result of stress. Fortunately, that's often something we can learn to control and change.

There's really nothing new about any of this. A 1763 article referring to the plague emphasized that "those whose minds are depressed by fear are most frequently attacked when epidemic or contagious disorders prevail." The scientific study of stress probably began with the research of the 19th century French physiologist, Claude Bernard. Bernard was responsible for developing the concept and importance of what he described as the "milieu interieur" or internal environment. He engaged in frequent debates with his famous contemporary, Louis Pasteur, whose research had apparently convincingly demonstrated that microbes were the real cause of infectious diseases. However, on his deathbed, Pasteur was quoted as admitting "Bernard avait raison. Le germe n'est rien, c'est le terrain qui est tout." (Bernard was right. The microbe is nothing. The soil is everything.)

Or, as Adelaide believed:

In other words, just from worrying whether
the wedding is on or off,
A person can develop a cough, la grippe,
la post-nasal drip,
With the wheezes and the sneezes
and a sinus that's really a pip.
From a lack of community property,
and a feeling she's getting too old,
A person can develop a bad, bad cold.



Measuring Thoughts And Feelings

A whole new emerging discipline of energy medicine is based on the observation that infinitesimally small amounts of energy can have profound effects on behavior and mood. This may apply not only to the application or exposure to subtle external electromagnetic, photic or auditory signals, but also to weak energies generated within the body. It is suggested that EEG signals are not merely a reflection of the "noise of the machinery of the brain," but rather energy signals directed to specific receptor sites on cell walls that affect growth and other processes. This could explain a variety of well acknowledged but poorly understood phenomena such as spontaneous remission in cancer and the placebo effect.

Over the past decade, sophisticated computerized EEG enhancements have been developed which are capable of analyzing and transforming EEG waves into colors of various hues and intensity, depending upon their amplitude and frequency. Furthermore, the precise location of these activities can be tracked each millisecond by viewing sagittal, coronal and frontal views of the brain on a computer model. This technology has been extremely useful in delineating the degree, duration, and sites of action of a variety of neuroleptic drugs. Real time computerized analysis can instantly distingush between different types of tranquilizers, antidepressants and sedatives, all of which have characteristic profile patterns corresponding to their chemical classifications.

Now researchers believe they can also differentiate energy patterns associated with different mental events such as thoughts, decisions, or intentions, while they are occurring. One new approach to identifying and analyzing cognitive processes consists of a combination of high-tech devices called Manscan. It utilizes a helmet-like cap which records EEG activity in the brain at 124 different locations. All of the data is relayed to a computer which maps the shifting loci of activity, and displays it on a three dimensional image of the brain using a magnetic resonance imager. The resultant movie displays the constantly changing pattern of brain activity area each millisecond, as the individual either thinks, calculates, or tries to make a decision.

Obviously, the device cannot indicate what you are thinking. However, it might be utilized to examine whether individuals are particularly proficient in performing memory tasks, and to trace the processes which occur in the brain as letters are combined into sounds, sounds into words, and words into sentences. One practical application has already been its ability to "detect signs of fatigue and lowered performance in high performance airforce pilots."

Science News, p. 297, 1990:
NOETIC Sciences Review, Winter 1990-91

"Nothing vivifies, and nothing kills, like the emotions."
Joseph Roux

Kids and the Stress Of Remodeling

Remodeling a home or apartment is often viewed by adults as a chance to improve their quality of life by providing more attractive surroundings or perhaps newer, more efficient appliances. For two-to-six-year-olds, however, the process may cause considerable stress as familiar surroundings vanish, a parade of strangers occupy their home, and previously safe or play areas are now strictly off limits. Particular problems can occur with toddlers who are full of energy and curiosity that can be hazardous when the house is turned into a danger zone. Other difficulties arise when stressful problems associated with remodeling cause fights among the parents and disruption of previously well-established routines. Children are frequently scolded when normal play activities and toys interfere with workers doing their job.

Parents can minimize some of these problems by maintaining the child's sense of security and introducing them to the various workers to reduce their fear of strangers. They should try to set aside a special room or area that is totally unaffected by the construction which they can view as their own safe haven. For older children, getting them involved in the process, such as assisting in choosing wallpaper, helping to hammer some small nails, or painting part of the wall may encourage a positive interest in the project. It is particularly important, however, to stress that when problems arise, especially when they lead to loud arguments between the parents or with contractors, that children not be present.

Gannett Westchester, 5-18-90.

"The best way to make children good is to make them happy."
Oscar Wilde

More on Stress Addiction

The opponent process theory of acquired motivation postulates that mammals are by nature addictive creatures. When deprived of the thing they crave, their feelings and emotions tend to be the opposite from those sensations which the missing substance provides. Thus, cigarette smokers have nicotine fits, alcoholics get DT's, and elated lovers become depressed when they are separated from the object of their affection for any prolonged period of time. Similarly, it has been suggsted that Type A individuals may be addicted to their own adrenalin highs, and unconsciously seek ways to stimulate further secretion, by creating competitive situations when none need exist.

Addiction to drugs such as morphine, crack, or heroin and their withdrawal symptoms are other obvious examples. Now it has been suggested that some individuals may actually become addicted to their own endorphins, brain opiates which act like morphine. Post traumatic stress disorder (PTSD) results from overwhelming terrifying experiences such as those seen in wartime combat, rape, kidnapping, and natural disasters. Symptoms may include a sense of estrangement, startle responses, irritability, bizarre behavior and social isolation. Some researchers speculate that PTSD patients may have experienced a sharp increase in endorphins during their original crisis and a subsequent corresponding fall. Symptoms during this depletion phase are quite similar to those seen during withdrawal from narcotics. Many PTSD patients do seem to gravitate towards or seek out traumatic lifestyles that might encourage endorphin stimulation. Conventional therapy, which attempts to uncover the original causes of distress may not be very effective in such instances. However, giving patients insight into possible behaviors and mechanisms that might precipitate recurrent attacks, and teaching them how to overcome learned helplessness, may facilitate learning how to develop control over potentially troublesome situations.

Brain/Mind Bulletin, 1-19-87

"Each year, one vicious habit rooted out, in time ought to make the worst man good."

— Benjamin Franklin

Type A Behavior Modification And Hypertension

An English study was designed to compare the effects of stress-management training and Type A behavior reduction in middle-aged men with hypertension. One group was taught stress-management techniques only and a second also received training in reducing Type A traits such as the expression of anger, competitiveness, time urgency, and hostility. A control group received minimal intervention followed by Type A behavior reduction information. Both of the first two active interventions lowered blood pressures, but only the Type A management intervention was successful in simultaneously reducing Type A behavior. Although the incidence of hypertension is not significantly higher in Type A individuals, blood pressure elevations during stress tend to be higher than those seen in Type B's. Hypertension and Type A behavior are usually treated separately. While stress reduction alone did improve blood pressures in hypertensive patients, only the combined Type A behavior modification program was successful in reducing both hypertension and Type A behavior when the two coexisted.

Internal Medicine News, 10-14-91

"Behavior is a mirror in which everyone displays his image."

— Johann Wolfgang von Goethe

Job Stress and Pregnant Women

The adverse health effects of job stress in certain classes of working women are well known. Prior issues of the Newsletter have reported on links to hypertension, heart attacks and cancer of the breast and ovary. Consequently, there has been considerable concern about the effects of job stress on pregnant women and their offspring. However, a recent survey found that pregnant women working long hours in stressful jobs have healthy babies. The recent National Institute of Child Health and Human Development study revealed that such individuals actually had fewer low birthweight babies than others. One possible explanation is that their relatively higher economic status and educational level may have promoted healthier nutritional and other lifestyle habits that more than offset any harmful effects of stress.

The Wall Street Journal, 4-30-91

Book Reviews • Meetings and Items of Interest

Anxiety Disorders: A Rational-Emotive Perspective. Warren, R. and Zgourides, G.D., Pergamon Press, New York, 1991, 244 pp., $35 ($17.95 softcover).
This is an up-to-date discussion of anxiety disorders, attractively presented and well referenced. It is oriented to the rational-emotive therapy approach developed by Albert Ellis, who reviews his own four decades of research in this area in a brief foreword. Specific chapters are devoted to social and simple phobias, obsessive compulsive disorder, Post Traumatic Stress Disorder as well as generalized anxiety disorders. These are considered in depth, and include practical examples of patient-therapist interviews and other case studies that help to illustrate each specific area. The appendices reproduce various useful forms for self-help biographical information and personal data that are used at Dr. Ellis' Institute. While designed for a professional audience, this book will have great appeal to interested lay individuals and should prove particularly valuable for practicing therapists.

Meetings and Items of Interest

Nov. 16-19, Southern Medical Association, 85th Annual Scientific Assembly, Atlanta, GA (800) 423-4992.

Nov. 20-21, Seminar on ELF and VLF Magnetic and Electrostatic/Electric Fields, Ergonomics, Inc., Orlando, FL (215) 357-5124.

Nov. 22-24, The Psychiatric Interview, Univ. of Chicago School of Medicine, Chicago, IL, 312-702-1056.

Nov. 21-24, Association for Advancement of Behavior Therapy (AABT) 25th Annual convention: Sessions will cover a broad range of the behavioral perspective, NY, NY (212) 279-7970.

Dec. 4-7, National Institute for the Clinical Application of Behavioral Medicine (NICABM): The Psychology of Health, Immunity and Disease Third National Conference Orlando, FL (203) 429-2238.

Dec. 4-7, Gastrointestinal Endoscopy: Update on Diagnostic & Therapeutic Techniques, University of South Florida College of Medicine Division of Digestive Diseases & Nutrition, Orlando, FL (813) 974-2034.

Dec. 11-13, Acoustic Neurome, NIH Consensus Development Conference, National Institute of Neurological Disorders and Stroke and NIH Office of Medical Application of Research. Open to Public. Bethesda, MD (301) 468-MEET.

1992

Jan. 17-18, Imagery and Visualization Techniques and Applications AAPD, Houston, TX (303) 422-8436.

Feb. 2-5, Clinical Problems in Gastroenterology IX. Stowe, University of Vermont. Stowe, VT (802) 656-2292.

March 19-24, Association for Applied Psychophysiology and Biofeedback Annual Meeting Colorado Springs, CO (303) 422-8436.

June 14-19, First World Congress for Electricity and Magnetism in Biology & Medicine, Orlando, FL.

Aug. 17-21, Hans Selye Symposia on Neuroimmunology and Stress Advances in Psychoneuroimmunology, Satellite Meeting of the 8th International Congress, Budapest, Hungary. In North America (204) 788-6320, In Europe 36-1-185-2255.

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