

The Newsletter of THE AMERICAN INSTITUTE OF STRESS

Number 2

1991

4th International Montreux Congress on Stress February 16-20, 1992

These are the dates for next year's meeting, and we are in the process of planning the program and selecting appropriate authorities to serve on the Faculty. Sessions will again be devoted to Stress and Cardiovascular Disease, (Stress and Sudden Death), Psychosocial Stress, (Effects of Rapid Socio-cultural Change), Stress and Immune System, Biobehavioral Effects of Low Emission and Subtle Energies, etc. Particular emphasis in the latter and other sessions will be devoted to reviewing Eastern approaches, in an attempt to scientifically explore and validate how meditation, acupuncture and other non-traditional therapies achieve their benefits. Non-invited presentations will be considered based on the appropriateness of the subject matter and its contribution to a specific session or workshop.

Dr. Yujiro Ikemi has been selected as the recipient of next year's Hans Selye Award. A distinguished researcher in various aspects of psychosomatic medicine for several decades, including the role of a strong faith in spontaneous remission from cancer. He is being honored for his contributions to integrating Oriental and Western approaches into the biopsychosocial model. Further details about the program and Faculty will follow in future issues of the Newsletter.

More on Stress In Japan

The Japanese have traditionally enjoyed the longest life expectancies in the world, with the average male living to slightly over 75. However, in recent years, there has been an epidemic of job stress-related sudden death, or "karoshi," in top executives in their late 50's and early 60's because of overwork. The widow of a manager at the huge Mitsui & Company trading house applied for workers compensation benefits because of her 47-year-old husband's fatal heart attack. "In the ten months preceding his death

he had made eight business trips to Moscow and had spent 103 days outside Japan." The company has already awarded her 30 million yen (\$240,000) and is reportedly willing to offer "further compensation."

Job stress problems are also surfacing in other areas, as more and more Japanese women are entering the work force and do not fit into the traditional mold of subservient wives and daughters. Many paradoxically now find that they have men working under them, and both parties may have difficulties in adapting to strange changes in traditional orthodox male-female relationships. Discrimination lawsuits are now becoming a problem for Japanese firms in the U.S. According to the *Wall Street Journal*, at least a dozen such suits have been filed by blacks, whites, women, Hispanics, and individuals over 40 who have been let go. This, despite a 1953 treaty between the U.S. and Japan that specifically allows Japanese corporations (continued on page 2)

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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**

Paul J. Rosch, M.D., F.A.C.P.
 Editor-in-Chief

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More on Stress in Japan

(continued from page 1)

to hire managers of their choice. A 1982 Supreme Court ruling has held that our civil rights laws take precedent. A Japanese government survey last year reported that 57% of Japanese companies operating in the U.S. were worried about discrimination suits.

For some Japanese youth, there is a growing cleanliness fad that almost borders on mania. In addition to their customary evening bath, many insist on also taking a morning shampoo, a practice known as *asa shan*. It is not uncommon for Japanese children to ostracize those who do not do this and are therefore considered "unclean." The most derogatory and pejorative terms now being heard in playgrounds are apt to be "smelly" and "germ." In a recent article entitled "Asa Shan Will Destroy the Country," a Tokyo Public Health Professor expressed concerns that this preoccupation with cleanliness could "weaken the moral fiber" of the nation, because of its tendency to detract from more practical and spiritual concerns. Ten- and twelve-hour school and homework days are not unusual for most Japanese students. An increasing number are now developing peptic ulcers and other gastrointestinal complaints at an early age because of parental and peer pressure to excel scholastically. In what was described as Japan's annual "examination hell," the huge Tokyo Dome was required to accommodate just the 17,915 local students, struggling to secure entry into a desirable Tokyo college.

*London Observer Service, 11/25/90, Associated Press, 2/10/91,
 American Medical News, February, 1991, Wall Street Journal, 10/15/90*

Stress and Insomnia

Sleep is a mysterious phenomenon that scientists still cannot fully explain. Its importance is still incompletely understood, but there is a great deal of evidence suggesting strong links between adequate and restful sleep and good immune system function. The immune system is responsible for protecting us from a variety of infections as well as cancer, supporting the wisdom of age-old advice proclaiming the health benefits of a good night's sleep. Nearly one out of four of all adults regularly suffer from some sort of sleep difficulty—either in falling asleep or being able to stay asleep. Insomnia itself is not considered a medical disorder, but rather a symptom of other problems which are often stress related. Chronic pain, shift work, jet lag, noise, stimulants like caffeine, and certain medications can also contribute to sleep difficulties.

There are some old-fashioned remedies, like a glass of warm milk, which provides tryptophan. Health food stores also promote tryptophan preparations for insomnia but there have been some recent adverse health effects and even deaths with certain brands. Others like to take a nightcap, but while alcohol may help you fall asleep, your rest may be light and interrupted. Getting drunk can certainly produce a stupor akin to anesthesia, but is obviously not a solution. Sleeping pills and similar hypnotic medications are effective, but can be addictive and have other disturbing side effects. A variety of relaxing audio and visual approaches utilizing soothing sounds and peaceful scenes have become increasingly popular, particularly in Japan. The novel MINDSOURCE videotape series features restful pristine nature scenes accompanied by specially composed music designed to induce a restful state similar to that achieved with deep meditation. The new Swiss Symtonic electronic device, which emits harmless low levels of electromagnetic energy, can also produce the soporific effects of tranquilizers, without their addictive potential and rebound effect. *M.D./Alert, January 1991*

"Sleep she as sound as careless infancy."

William Shakespeare

How Are Bush and Hussein Coping with Their Stress?

According to a recent newspaper analysis, "both leaders are strained under the weight of command." However, President Bush seems calm and comfortable in his role of a wartime Commander in Chief. Conversely, many believe that Saddam Hussein has lost touch with reality. Some reports describe the Iraqi leader as "serenely calm" while others claim that he has been "taking out his pistol

and shooting people." Some psychiatrists have described Hussein as a paranoid individual who is "most likely to turn inward than to seek outside help . . . there is no doubt that Hussein is under enormous stress, but he is planning to survive." They believe that the Iraqi leader is not "constrained by conscience" and is consumed by a "messianic ambition for unlimited power." President Bush recently described himself as "calm, sleeping well and perfectly prepared to follow the advice of military chiefs . . . I know what I've got to do. I've got good people helping me do it. I really don't lose sleep . . . although it works on my mind every day." According to General Schwarzkopf, one report about Hussein alleged that on occasion, he was "totally out of control. They had to call on doctors and give him tranquilizers."

Palm Beach Post - February 6, 1991

"It is the cause and not merely the death that makes the martyr."
Napoleon Bonaparte

Can Air Traffic Controllers Thrive On Stress?

Air traffic controllers are usually near the top of the lists of most stressful occupations. The much publicized study of over 400 New York and New England controllers around 15 years ago claimed that they were two to three times more likely to develop hypertension than other workers. However, the accuracy of this and some of the other conclusions of that report have been questioned or discredited by a reevaluation of the data. Many of their stress-related problems stem from a constantly increasing work load that has to be dealt with using equipment which is often out of date. Over the past decade, air traffic has jumped nearly 50 percent, but the number of controllers has increased from 16,400 to only 17,200. Less than one in ten of the striking controllers fired by President Reagan have been rehired, and most controllers are now men in their thirties, with comparatively little experience. However, one 32-year-old air traffic controller claims that being able to simultaneously watch, speak, listen, and write becomes more difficult when you get older, and that "as your age increases, so does your failure rate . . . it's a young man's game."

Air traffic controllers can make up to \$70,000 a

year by the time they are in their late twenties. They don't need a college degree, and have all the job security and benefits of being in the Federal Civil Service. The only drawback is that the skills that they have acquired do not prepare them for any other type of occupation. Despite recent accidents, the profession has a remarkably low error rate in dealing with the lives of nearly two million air travelers a day. In 1989, as many people were killed crossing railroad tracks as died in commercial airplane accidents.

As noted previously, stress at work more often stems from the person-environment fit, than the job itself. In one recent interview, a seasoned air traffic controller indicated that he "finds the air rush hours exhilarating, better than any video game." His opinion is that more mistakes happen during the down time when "the adrenalin has stopped pumping and the screen looks routine." It has been reported that air traffic controllers produce more adrenalin than other workers, even when they sleep. Some state that their work activities produce an enjoyable adrenalin "high" as well as promoting a greater sense of self-esteem. As one former controller explained, "I didn't find it stressful. Later I worked as a police dispatcher, *that's stressful*. After that, I opened a deli and had to deal with employees, *that's stressful*." Another compared it to being a bartender who is setting up eight glasses and "while he's pouring drinks, the waitress is yelling out a new order and at the same time he is adding up the bill. That's what you have to be able to do: hear, talk and write at the same time."

The majority of air traffic controllers believe that they are under stress because they work too long without breaks and handle more traffic than is appropriate. However, they indicate that they worry less about giving the right instructions, and more "about overbearing supervisors and faulty equipment." As one noted, "people think that we're all a bunch of chain smokers and heavy drinkers who walk around shaking." . . . Generally we are a lot calmer than people realize . . . and, during the heavy times, it is an invigorating, adrenalin pumping, kind of stress."

*New York Times News Service,
2-10-91, Los Angeles Times, 2-12-91*

"No bird soars too high if he soars with his own wings."

William Blake

S.A.D. Syndrome and Melatonin Rhythms

The important role of adequate sleep to prevent mental and physical illness has received increased attention in recent years. Considerable evidence is mounting that proper sleep is essential for good immune system function. Increased interest has also focused on the physiology of circadian rhythms and the role of the pineal gland and melatonin secretion, which regulates the light-dark cycle. Normally, individuals suppress melatonin when exposed to bright light, and blood levels are inversely proportional to the intensity of light, but not its duration, as long as the exposure is for at least one hour. However, many manic-depressive patients appear to suppress melatonin secretion at lower levels of light than normal individuals. This abnormality persists even when they recover from their depressive state.

Seasonal Affective Disorder (SAD) is a depressive illness which occurs during the same season each year, usually during the dark days of winter. Such individuals tend to exhibit more sleepiness, fatigue, increased appetite and weight, and craving for carbohydrates. In summer, they are either well, or even tend to become manic. Often, exposure to light or phototherapy can reduce the severity of SAD, and this may have benefits even in other depressed patients who do not show such seasonal changes. In one recent study, London psychiatrists investigated the effects of exposure to high and low levels of light in winter and summer, both in patients with SAD and normal controls. Only the SAD group showed a significant seasonal variation in sensitivity to light, being super sensitive in the winter and relatively unaffected in the summer. For individuals living in temperate zones, a walk in the sun may, during the winter, and conversely, wearing heavily tinted sunglasses during bright summer months, significantly improve mood and the quality of life. These studies also have important implications for those individuals who suffer from jet lag and shift work.

Lancet 336:703, 1990, Hospital Practice 1-15-91

"I have seen the future and it is very much like the present—only longer."

Kehlog Albran

Type A Behavior Social Support and Coronary Heart Disease

In a Swedish study of 150 middle-aged men, Type A behavior was measured using a structured personal interview. Other psychosocial factors including

work demand, social support, etc., were assessed through standardized questionnaires. Over the ten-year-study period, 37 men died, but mortality rates were similar for both Type A's and Type B's. Further analysis revealed that lack of social support/social isolation was an independent mortality predictor in Type A, but not Type B males. In addition, Type A's had a high frequency of cardiac irritability based on 24-hour monitoring. Disturbances in heart rhythm and poor self-rated general health were predictive for increased mortality in both groups. However, the death rate of socially isolated Type A men was 69%, compared to only 17% of those who were socially integrated.

These findings suggest that the importance of effective Type A modification programs may lie in their ability to increase the availability of social support, and that this could be a major mechanism through which Type A exerts its beneficial effects on cardiovascular health. They are also consistent with the growing notion that Type A behavior becomes a cardiovascular risk factor, when its associated hostility leads to social isolation. However, it is also conceivable that having fewer social interactions might be due to a reduced activity level associated with the early stages of an undetected medical illness. Future research may help to clarify this.

Psychosomatic Medicine, Vol. 52: 59-72, 1990

"You cannot do a kindness too soon, for you never know how soon it will be too late."

Ralph Waldo Emerson

Kids Getting "Battle Fatigue"

A *U.S.A. Today* "Kids and War" hot line attracted about 550 phone calls. The Gulf War may have affected children more than any other group because most of them have grown up "trusting T.V. and were not sure if the war was real or a mini-series." Many were terrified by scenes of birds dying because they were coated with oil. Others were confused by pictures of abused American prisoners of war. They are not able to understand why we don't treat captured Iraqi soldiers the same way. As one psychologist noted, "T.V. coverage has been so intense, that some are almost experiencing emotional battle fatigue . . . because of wanting to see everything and fearing what you may see."

U.S.A. Today, 1-31-91

"There was never a good war or a bad peace."

Benjamin Franklin

Explosive Boom in Stress-Reduction Devices

As noted in prior issues of the Newsletter, relieving stress has become big business. Much of this has been spurred on by intensive research in Japan into what is known as the "1/f fluctuation." This refers to a phenomenon observed in rhythmic movement. Soothing effects become more powerful as rhythmic frequency drops, and more "nerve-wracking" as oscillations rise. "Bird chirping, soft breezes, beautiful music, murmuring streams all exhibit '1/f' frequency," according to a prominent Tokyo physics professor. He believes that this frequency "also underlies heartbeats, alpha waves in the brain, and certain neuronal discharges. It is becoming increasingly clear that '1/f' fluctuation is also the fundamental characteristic of the human physiological control system."

Japanese music shops have special stands with "Alpha wave" and "1/f fluctuation" compact discs of nature sounds that are being snapped up by stressed-out office workers. Last year, CBS/SONY of Japan sold 300,000 copies of a CD of "music for the reduction of stress through the 'analysis of the alpha rhythm'." This year they will be offering the new MINDSOURCE videotape series, which produces an alpha/theta state of deep relaxation through the combined effects of spectacular photography of scenes of pristine natural beauty in the United States coupled with specially designed soothing music.

The Matsushita Group (National, Panasonic, Quasar and Technics labels) offers a series of electric fans which send out "natural winds" and a "kotatsu," which is a heated table based on "1/f" fluctuations designed to warm the feet by recreating a feeling similar to basking in the sun." The giant construction Kajima corporation offers a "1/f fluctuation" air conditioning system that "naturally controls air flow and emits fragrances that either relax or stimulate their employees." This is much like Muzak in the United States, which attempts to key its selections of music to appropriately either invigorate or soothe workers, depending on the time of day they are to be aired. Japanese Railways is also experimenting with "natural sounds" that are piped into its most crowded stations so that passengers will hear the "dawn chorus of chirping linnets" rather than stressful loudspeaker announcements, whistles, buzzers and shouting commuters.

Scripps Howard News Service, 11-25-90

"Nothing is so wretched or foolish as to anticipate misfortunes. What madness it is to be expecting evil before it comes."

Seneca

PTSD Defense Doesn't Always Work

A Florida jury recently recommended life imprisonment for a former sailor convicted of murdering two people who pleaded post traumatic stress disorder as a defense. Walter Taylor, 24, was convicted of two counts of first degree murder in the August 1987 slayings of Paula Smith, 21, and her three-year-old daughter. The prosecution contended that he killed the woman after raping her, and then killed her daughter because she had witnessed the crime. The defense attempted to avoid the death penalty by linking the murders to the May 1987 Iraqi Missile attack on the USS Stark, which had killed 37 of Taylor's shipmates, claiming that he was suffering from Post Traumatic Stress Disorder when he hammered them to death. Although he successfully avoided the death penalty, the conviction was appealed. The reviewers didn't buy the PTSD defense either, and he was sentenced to two terms of life imprisonment on charges of first degree murder.

Associated Press - 2-10-91, 3-12-91

"Every unpunished murder takes away something from the security of every man's life."

Daniel Webster

Stress-Related Anxiety Linked with Heart Attacks

A recent long-term follow-up study of male college students revealed that severe anxiety in response to mentally stressful laboratory tests was associated with an increased risk of coronary heart disease in later life. 116 male college students, who had undergone detailed psychological testing approximately 35 years previously, were investigated. During the original provocative laboratory tests, 52 subjects had demonstrated "non-neurotic anxiety" resulting from frustration and assault on self-esteem. Following these mental stress tests, they reported feelings of intense anxiety, apprehension, fright, panic and other severe anxiety symptoms. The investigators found that 61 of the 116 had been diagnosed as having coronary heart disease, hypertension, stroke, malignancy, ulcer, alcoholism, asthma, migraine or some other disorder. The percentage of men in this group were twice as likely to have come from the high anxiety score group than those with low anxiety stress responses decades previously. It was suggested that "different subjective feelings of emotion may have different physiological concomitants, and that anxiety provoked in this manner may activate pathophysiological pathways through which susceptible subjects may more readily become victims of disease."

Psychosomatic Medicine 52:271-85 1990

Anger, Speech and Blood Pressure

Prior research has shown that blood pressure consistently rises while talking, and that the magnitude of elevation is related to a variety of factors such as speed and loudness of speech. Anger and its ability to be expressed openly have also been found to influence blood pressure levels. A recent study was designed to compare cardiovascular responses when participants spoke about anger arousing and neutral events using either fast and loud, low and soft, or normal vocal styles. In describing the anger arousing events, both males and females reported feeling significantly more angry and had higher blood pressures and heart rates while talking fast and loud compared with normal speech. They also reported feeling much less angry and showed lower cardiovascular responses while in the slow-soft mode, compared with speaking normally. In some participants, the systolic blood pressure rose 30 and diastolic pressures increased as much as 25 mm. of Hg. while discussing real life, anger-arousing events. It would seem likely that these responses would have been even higher during a similar event personally being experienced by the individual. The observation that when participants spoke about anger-arousing and frustrating events with soft and slow speech, blood pressure and heart rate were reduced to those seen with normal talking, may have important therapeutic implications. It would also seem to support the wisdom of the popular advice to "Let's sit down and discuss this slowly and quietly."

Psychosomatic Medicine, Vol. 52, 1990

"It is perfectly monstrous the way people go about nowadays saying things against one, behind one's back, that are absolutely and entirely true."

Oscar Wilde

Stress "Kills Lottery Winner"

Two weeks after hitting a \$3.6 million jackpot, a 37-year-old cafeteria cook in Boston died of a heart attack on the first day back at his job. As soon as he won the prize, he was hounded by financial advisors, accountants, and all sorts of investment propositions. The only thing he bought with his first \$181 thousand installment was a Dalmatian puppy for his two young children. There had been no apparent history of heart trouble and, according to a family member, "It was the stress of it that killed him . . . we've had no peace." A variety of other health problems have also been associated with the stress of suddenly winning a lottery. According to an official of the National Lottery

Players' Association, "people are ill prepared for the wealth." As has been pointed out in past Newsletters, some pleasurable events can be just as stressful as unpleasant ones, and teen-age brides have died suddenly on their wedding day, and healthy men have also succumbed to sudden death after winning an important athletic event or election.

USA Today, 9/26/90

"Worry never robs tomorrow of its sorrow; it only saps today of its strength."

A.J. Cronin

More on Commuter Stress

An Italian study of over 1,000 workers revealed that commuters (travel more than 45 minutes in each direction) had much more stressful lifestyles than non commuters (less than 20 minutes each way). Stress associated with commuting has many sources. A major complaint is the restriction of free or leisure time and shorter sleeping hours. Many commuters are forced to use public transportation because it is less expensive, but this can cause problems due to possible changes in transfers, idle waiting times, unavoidable delays leading to late arrivals at work, discomfort due to overcrowding, noise, vibrations, lack of privacy, etc.

For many workers, commuting is a necessity because of the cost of housing, and job market factors. Commuters showed higher psychological stress scores, more health complaints (usually of a psychosomatic nature), and greater absenteeism. Commuting jobs which involve shift work posed even greater problems because of sleep difficulties, psychosomatic complaints, and interference with family and social life. Women commuters appeared to be more affected than men, reporting more family difficulties, traveling complaints, and a higher rate of absenteeism.

Internal Archives of Occupational and Environmental Health, Vol. 60, 1988

"Stress is an integral part of life. We set our whole pattern of life by our stress end-point. If we hit it exactly we live dynamic, purposeful, useful, happy lives. If we go over, we break. If we stay too far under, we vegetate."

Dr. Howard A. Rusk

Is There A Particular Subject You Would Like Us to Address?

Please send your suggestions and/or requests to our Editor-in-Chief.

Are Type A'S Born or Made?

Type A behavior is often viewed as a consequence of the fast-paced time urgent competitive nature of modern lifestyles. While Type A behavior was originally described as a male type of personality, such traits are increasingly being seen in women, especially as they enter the competitive, male-dominated workplace. Other studies have also demonstrated that such traits can be detected in early childhood, especially in those involved in competitive preschool activities.

A new study now reveals that some children may exhibit predictive signs of Type A behavior before their first birthday. This would suggest that they actually be born with tendencies towards such things as anger, hostility and marked competitiveness. In one Swedish study which followed 150 people from infancy, infants who were hyperactive or had eating problems, were significantly more likely to be more irritable and show Type A hyperresponsivity as adults. Those who were relatively shy between the ages of two and eight, were less likely to demonstrate such traits. Early Type A's often can be identified by their unusually quick activities and responses, and subsequently, tendencies to want to lead a group or assume some sort of control over social activities. Those who were hyperactive or had eating problems were significantly more likely to be more irritable as adults, and often evidenced other traits such as competitiveness and tendencies towards perfectionism. Children who were relatively shy between the ages of two and eight were less likely to exhibit such behaviors. Parents believe that children can be taught to change or modify such behavioral tendencies. Parents should try to be more alert in recognizing them and seeking assistance in addressing the problem.

USA Today, 12-21-90

"Most men pursue pleasure with such breathless haste that they hurry past it."

Kierkegaard

Stress As a Predictor Of Mortality

A 12-year follow-up study of more than 600 black and white individuals in Georgia revealed that psychological distress, as measured by the 20-item Health Opinion Survey, correlated with subsequent mortality. This persisted, even after controlling for age, race, and sex. Responses to the

question, "Do you have any sickness or illness problems at the present time?" had no predictive power. The pattern was not affected in any way by controlling for smoking, cholesterol, diastolic blood pressure, social support, etc. Nor was it influenced by excluding patients with coronary heart disease, diabetes, or malignancy. When 18 of the 20 items which were considered to be purer measures of psychological distress were separately evaluated, the predictive power of stress for subsequent mortality proved even greater.

The American Journal of Epidemiology, Vol. 130: 1013-1023, 1989

"Science is the great antidote to the poison of enthusiasm and superstition."

Adam Smith

Dealing with Gulf War Stress in the Workplace

The stress of the Gulf conflict was particularly felt in companies with a large number of employees on Reserve status. At American Airlines, 360 of the carrier's 8,500 pilots were activated, and as of this writing, another 340 "anxiously await the government's call." Many are experiencing stress-related symptoms such as sleep difficulties, indigestion, chest pain, depression, and fatigue. Concerns are compounded for those with relatives in the Gulf, or children that might be drafted.

Chase Manhattan bank set up support groups for employees with "significant others" in the military, along with a telephone hot line that provides information on various topics, including benefits for reservists who have been called up. In smaller companies, a consultant suggested that "executives need to sit down with stressed employees and talk about how people are dealing with their fears . . . just acknowledging feelings of stress can promote productivity." There were also family support groups organized by Operation Orange Ribbon, and the American Psychological Association, to establish a network of several thousand therapists throughout the country for counseling and community group support activities.

N.Y. Times, USA Today, 10-23-90

"Don't tell me that worry doesn't do any good. I know better. The things I worry about don't happen!"

The Watchman-Examiner

Book Reviews • Meetings and Items of Interest

"The Healer Within: The New Medicine of Mind and Biology," Stephen Locke, M.D., and Douglas Colligan, E.P. Dutton, New York, 1986, 272 pp., \$22.50

This is an excellent and very readable book by one of the pioneers in the emerging discipline of psychoneuroimmunology. It is interspersed with anecdotal case reports, historical reviews, and recent scientific evidence which supports folk wisdom and a variety of otherwise anecdotal reports. Dr. Locke proposes that the key to healing lies in a greater understanding of the interrelationships between the central nervous system, the immune system, and psychological stress. Western medicine has traditionally taught that heart rate, blood pressure, gastrointestinal motility, temperature and other autonomic nervous system activities were not under voluntary control. However, it has long been known that practiced Eastern meditators and some fakirs were able to learn how to influence these and other processes in a rather impressive fashion. Eastern medicine has also believed that "resistance" to illness, which is mediated to a considerable extent by the immune system, could also be influenced by thoughts, emotions, and moods. Many experienced physicians, including Sir William Osler, have commented on the important role of attitude, personality and faith as determinants of the future course of tuberculosis or cancer. New advances in psychoneuroimmunology are steadily confirming these and other important mind/body effects that may someday be under our control. This book provides the lay reader with very clear background information about stress, the central nervous system, endocrine and immune system function — and their complex interactions. It also contains a very useful glossary, and appendices which list publications, organizations and other helpful resources, and is highly recommended.

Meetings and Items of Interest

March 15-20, Assoc. for Applied Psychophysiology and Biofeedback, Dallas, TX (303) 422-8436.

March 17-23, American Holistic Medical Association, Breckenridge, CO, (919) 787-5181.

March 20-23, The Society of Behavioral Medicine Twelfth Annual Scientific Sessions, Washington, D.C., (800) 759-5800 or (615) 297-9200.

March 24, Harvard Medical School and Mind/Body Institute Mind Science: A Dialogue between East and West Cambridge, MA (617) 432-1525.

Apr. 1-5, North Carolina Society of Clinical Hypnosis, The California Edge: Psychological Interventions in the 90's. Hypnosis, Family Systems, Mind-Body Healing, Monterey, CA (415) 531-2000.

Apr. 4-5, Univ. of CA Work and Mental Health, San Francisco, CA (415) 476-5208.

Apr. 6-7, Postgraduate Course in Practical Hypnosis, American Academy of Hypnosis, Detroit, MI (216) 867-6677.

Apr. 12, Psychiatry Update, Dalhousie University, Halifax, N.S., Canada (902) 494-1560.

Apr. 12-14, Recognition and Treatment of Problem Behavior in Long-Term Care, St. Louis University, Osage Beach, MO (314) 577-8167.

Apr. 15-19, American Society of Clinical Hypnosis, St. Louis, MO, (708) 297-3317.

Apr. 18, Ruth Fox Course for Addiction for Physicians, American Society of Addiction Medicine, Boston, MA (212) 206-6770.

Apr. 19-21, 4th Annual Conference on Professional Well-Being, Durham, NC (919) 419-0011.

Apr. 24, Day in Occupational Health, McMaster University, Hamilton, Ontario, Canada (406) 525-9140, Ext. 2219.

Apr. 25-28, Psychiatry, Psychology and Psychotherapy Topics, International Transactional Analysis Assoc., Inc., Stamford, CT (203) 322-1400.

May 11-12, Alcoholism and Drug Addiction, American Academy of Psychiatry in Alcoholism and Addiction, New Orleans, LA (301) 220-0951.

May 11-16, American Psychiatric Association, New Orleans, LA, (202) 682-6100.

May 19-22, NECAD '91 Conference of Alcoholism and Drug Dependence Edgehill Newport, Newport, RI (401) 849-5700, Ext. 252.

May 23-27, Association for Behavior Analysis, Atlanta, GA (616) 387-4495.

May 30-31, Occupational and Environmental Medicine U. of California School of Medicine, Sacramento, CA (916) 734-5390.

June 7-8, Psychological Trauma, Harvard Medical School, Boston, MA (617) 432-1525.

June 19-21, 2nd International Workshop on New Trends in Cardiovascular Therapy and Technology: Risk Factors, U. of Genoa, Genoa, Italy Fax: (39 010) 818246 or phone (39 010) 873106.

Aug. 16-20, American Psychological Association, San Francisco, CA (202) 955-7706.

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