

The Newsletter of THE AMERICAN INSTITUTE OF STRESS

Number 6

1991

Prenatal Stress

A recent study suggests that babies may suffer when their "mothers to be" experience chronic anxiety and distress. Maternal stress can increase the likelihood of prematurity and lowered birth weights, according to one psychology professor. She and her colleagues measured weekly anxiety levels of 130 low income women in a prenatal clinic. They found that those who scored high for extended periods of time were much more likely to have premature or low birth weight babies than their less stressed counterparts. They emphasized that "these problems, which can pose serious health risks, can occur even if the mother is in apparently good physical shape."

It is postulated that elevated levels of epinephrine and norepinephrine released during times of stress, can interfere with oxygen and blood flow to the fetus. A prior report had also suggested a connection between high levels of these stress-related hormones and the induction of labor. This could explain the higher rate of premature deliveries in pregnant women under greater stress. Pregnant women are subjected to lots of stress. The important factor appears to be how the individual perceives and reacts to stress or anxiety on a daily basis.

American Health, April 1991

Broken Families: Greatest U.S. Mental Health Problem

A recent poll of some 1500 members of the American Psychological Association revealed that almost one out of three believe that disruption of family life is responsible for America's major mental health problems. It was pointed out that one of two new marriages today will end in divorce, and that only one out of four families currently fit the "traditional mold of parents and mutual children." As fewer children are reared in traditional family life, stress also increases for single parents. Even when there has been a happy second marriage, there are the added stresses associated with stepchildren. As one psychologist noted, "disruption in relationships is a universal risk factor for a variety of mental health problems, including anxiety and depression." Another emphasized that "we have been dealing with symptoms, not root causes of problems."

These findings support a growing trend to emphasize family therapy rather than divorce in an effort to alleviate such difficulties. Instead of focusing on hurdles such as substance abuse, there must be greater efforts to address "the central issue," which is strengthening the family.

USA Today, 3-19-91

ALSO INCLUDED IN THIS ISSUE

Are Equipment Manufacturers Liable for Emotional Stress?.....	2
Stress and Gastrointestinal Motility.....	2
Writing about Feelings Reduces Stress.....	3
Sense of Control and Productivity.....	3
Cushioning Job Stress.....	4
Work Stress and Circadian Rhythms.....	4
Psychosocial Stress and Breast Cancer.....	5
Daily Stress and Recurrence of Genital Herpes.....	5
Stress Reduction Plays a Major Role in Reversal of Coronary Artery Disease.....	5
More on Computer Stress.....	6
Type A Behavior and Hypertension at Work.....	6
Salt, Stress & Hypertension.....	7
A New Stress Reduction Toy: From the People That Brought You Meditation.....	7

"He that raises a large family does, indeed, while he lives to observe them, stand a broader mark for sorrow; but then he stands a broader mark for pleasure too."

Benjamin Franklin

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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Are Equipment Manufacturers Liable for Emotional Stress?

A suit was recently filed in Pennsylvania by a patient who had undergone a heart valve replacement in 1982 which functioned perfectly. However, in 1987, he watched a "20/20" television program which detailed various malfunction and failure problems with the exact kind of valve that he had received. Since then, he claimed that he had "suffered severe psychic and emotional injuries" and was seeking recovery for "mental suffering, now and in the future; inconvenience in carrying out daily activities and loss of life's pleasures; prospective medical costs, lost earnings and lost earning capacity; and pain and suffering." The manufacturer pointed out that the valve had not malfunctioned or failed to serve its purpose, and that these claims were not the result of any physical injury or identifiable valve defect. Their major argument was that there could be no recovery for emotional stress without some evidence of physical injury.

The court agreed, indicating that if someone, by extreme and outrageous conduct intentionally or recklessly causes severe emotional distress or bodily harm to another, liability exists. However, . . . "an action for intentional infliction of emotional distress requires four elements: 1) the conduct must be extreme, 2) the conduct must be intentional and reckless, 3) it must cause emotional distress, and 4) the distress must be severe . . . it is for the court to determine if the defendant's conduct is so extreme as to permit recovery." The court indicated that cases in which claims of infliction of emotional

distress had been upheld, it usually involved persons in special relationships, e.g., physician-patient, landlord-tenant, employer-employee, and family relationships. No such special relationship existed in this situation.

Medical Electronic Products, March, 1991

"Happiness is a result of discovering that you do not have to have what you want."

James Feibleman

Stress and Gastrointestinal Motility

The role of stress in certain gastrointestinal disorders remains controversial. Observations of patients with gastric fistulae confirm that emotions have a powerful effect on blood supply to the stomach, gastric secretion, and motility. Stressful emotions and specific personality characteristics have been associated with peptic ulcer, regional ileitis, ulcerative colitis, and irritable bowel syndrome, but it is often difficult to distinguish between cause and effect. One recent study suggests that psychological traits are unrelated to the development of gastrointestinal motility disorders but may influence whether or not patients consult a physician. Eighty-four percent of patients with non-specific esophageal motility disorders had psychiatric diagnoses such as depression, anxiety and phobias, in contrast to only 31% of normal controls or those with specific gastrointestinal motility disorders. In healthy patients, 50-80% demonstrated altered gastrointestinal motility as a consequence of psychological stress. In men, this was predominately related to concerns about career and finances, and in women, the major stresses involved family or interpersonal relationships. Several reports note that irritable bowel syndrome appears to be associated with loss of a parent through death or divorce during childhood. Studies of clinic patients with irritable bowel syndrome and lactose intolerance revealed a much higher incidence of psychopathology than patients in the community with these same disorders but who did not seek medical attention. This suggests that psychopathology is not related to these disorders per se, but rather influences whether or not a patient will seek medical attention. The researchers conclude that "stress management training may be useful in reducing the frequency and severity of GI symptoms in patients without psychopathology."

Digestive Disease Week, Symposium Highlights, 9-88

"I will say this about being an optimist — even when things don't turn out well, you're certain they will get better."

Frank Hughes

Writing about Feelings Reduces Stress

Confession is believed to be "good for the soul," and plays an important role in most religions. Confession also provides powerful stress-reducing properties, especially when such activities occur in the presence of others with similar problems. Much of the benefit of support groups like Alcoholics Anonymous and Gamblers Anonymous are due to communal confession. As noted previously, this can also play an important role in the early prevention of complications from post traumatic stress disorder. As G.K. Chesterton noted, "psychoanalysis is confession without absolution." Some patients even benefit by confiding to a computer, as in the Therapeutic Learning Program described in prior Newsletters and demonstrated at our last International Congress.

While we tend to think of confession in terms of verbal expression of our innermost feelings, some new studies suggest that just being able to write about them may also result in better mental and physical health. This appears to be especially true in people who have extreme guilt or have experienced trauma because of sexual abuse or attempted suicide. In one recent report, several studies were conducted in which participants wrote for about twenty minutes about their traumatic experiences each day for four consecutive days. Quite often these were events that they had never discussed with anybody else. A control group wrote for a similar period of time about some non-personal subject, such as describing a room or scene. A follow-up study confirmed that those who had "confessed" by writing about their traumatic experiences, "visited doctors much less often than they did before and significantly less than people who wrote about trivial topics." In a separate report, other researchers confirmed that such individuals also showed evidence of a subsequent strengthening of immune system defenses. One previously skeptical investigator was surprised to find that "writing seemed to produce as much therapeutic benefits as sessions with a psychotherapist."

It's believed that the writing "reduces the physical and mental stress involved in hidden thoughts." Often we may tend to torment ourselves by trying to suppress unwanted thoughts or unresolved issues. By formally transposing poorly expressed emotions into more organized feelings, the problem may become easier to resolve. While writing confessions to yourself does not provide the support that comes from group activities, it does have the advantage of furnishing a permanent

record. Periodically reviewed, this can be utilized to serve as a form of "psychological preventative maintenance."

The New York Times, 3-7-91

"It is not the criminal things which are hardest to confess but the ridiculous and shameful."

Jean-Jacques Rousseau *Confessions*

Sense of Control And Productivity

When stress becomes excessive, performance declines. Part of the problem in evaluating this is that stress is different for each of us, and we all have different limits of tolerance. In one study of externally paced and self-paced arithmetic performance, it was found that when the rate of activities was externally controlled, blood pressure, and stress level ratings increased. Conversely, performance was better and stress and irritability scores were lower when the pace of activities was self controlled, even at the same work rates. In one study, blood pressure also increased less when subjects controlled the pace, and their adrenalin secretion was also diminished. These findings have interesting implications. It has been reported anecdotally that when patients undergo stress testing for cardiac evaluation, they may show electrocardiographic changes or experience chest pain when the externally controlled treadmill rate reaches a certain point. However, when the patients are able to control the speed of treadmill activity, they can often exceed these levels without any discomfort or electrocardiographic changes.

Biol Psychol, 12-86

"Tact is rubbing out another's mistake instead of rubbing it in."

Anonymous

Cornell researchers found that stress counseling provides considerable benefits for people who suddenly find they are infected with the AIDS virus. Both standard counseling and educational sessions using a video program significantly reduced resultant stress and anxiety, by promoting hope, confidence and a sense of control.

Cushioning Job Stress

A Montana designer has assembled a three piece set consisting of two specially designed foam cushions and a small wooden slab, which he hopes will replace chairs and large desks to relieve the physical and mental stress experienced by many computer operators. Using his "wedge system," it is possible to sit or lie on the floor in various positions while using a lap top computer and performing other tedious tasks. One advantage of this system is that it would allow many of the nation's five million lap top users to "keep their backs in mild to moderate extension," thus, avoiding some of the harmful effects of conventional seating postures. The "wedge system" also encourages changing positions frequently, thus avoiding postural strains.

A variety of ergonomic enhancements have been developed for VDT operators who work steadily for long periods, because they are often subjected to the stress of bodily restraints, uncomfortable positions, social isolation, and a monotonous routine for hours at a time. This new development is particularly aimed at home lap top users, in keeping with the "leisure oriented, high excitement environment that people have come to expect when not on the job."

The Wall Street Journal, 12-31-90

"Our minds are like old horses, you must exercise them if you wish to keep them in working order."

John Quincy Adams

Work Stress and Circadian Rhythms

Ambulatory monitoring studies show that peak heart rates are usually seen during the morning waking hours, when most heart attacks and strokes also are more likely to occur. This is thought to be due to an increased surge in stress-related hormones like adrenalin, which increase heart rate, and blood pressure, and also activate platelet and other clotting mechanisms. However, it is not clear how environmental stressors such as work patterns influence normal circadian rhythms. To investigate this, forty members of a symphony orchestra who were active during the day and then gave a live performance at night, were monitored. The researchers wanted to determine whether or not work stress affected their heart rate patterns, and also if there were individual responses to different types of music. The study group included thirty-six men and twelve women with an average age of forty. None of them had a history of cardiac disease, and their daily lifestyle patterns included rising in

the morning, being active during the day, and then performing at night. They were monitored during the day of final rehearsals and live performances, during performances of Strauss and Mozart, and also more rigorous compositions by Rachmaninoff and Tchaikovsky. Five in the study group were management/ technical staff members as opposed to performing artists.

It was found that overall, both groups had similar circadian rhythm patterns of heart rate. Although the usual early morning rise was seen, the primary peak was now during evening hours. Of interest was the notation that the management/technical staff members demonstrated higher mean heart rates than the musicians, suggesting perhaps that they were under greater stress since obviously this was not due to increased physical activity. (This observation is reminiscent of a study done years ago on Boston rowers, when it was found that the coxswain secreted more stress-related hormones than those who were actually performing the strenuous physical feat of rowing in a competitive situation). Mean heart rates were found to be significantly greater during live performances as compared to final rehearsals. Mean heart rates were also higher for Strauss and Mozart compositions, despite the fact that the Rachmaninoff and Tchaikovsky selections were thought to be more demanding.

The researchers correctly emphasized that environmental and occupational factors should be considered when considering circadian patterns of heart rate. The clinical implications of this are that physicians who are treating patients with coronary heart disease should be aware of their routine daily behavioral patterns when selecting the type of optimum timing of drug therapy. Those who work in the evening or encounter more stress during late hours may have increased risk of cardiovascular disease at those times, rather than in the early morning hours.

British Heart Journal 64:388-392, 1990
Internal Medicine World Report, March 1-14, 1991

An 88-year-old man who had eaten 25 eggs a day, for the past 15 years, has a normal cholesterol and no heart disease according to a *New England Journal of Medicine* report. This again confirms that for many individuals, dietary fat intake has little to do with cholesterol levels or heart attacks. Genetics and stress may be more important influences.

Psychosocial Stress and Breast Cancer

A variety of anecdotal reports in the older literature suggests a significant relationship between psychosocial stress and the subsequent development of breast cancer. A recent prospective study in over a thousand women here and in the United Kingdom, with and without breast cancer, was designed to examine this. Researchers evaluated multiple measures of stress, including life change events, coping skills, Type A behavior traits, availability of social support, etc. After controlling for a history of breast cancer and age, very few significant relationships between psychosocial stress variables and breast cancer could be demonstrated. A variety of methodologic problems might have contributed to this disparity with prior reports, including the need to control for other known breast cancer risk factors such as obesity, history of breast feeding, birth control pills, estrogen therapy, etc. However, the study did reveal a definite association between the stress of a significant loss and breast cancer. In the United States, this was manifested more often by the loss or threat of loss of a job. In the United Kingdom cohort, it was more apt to be related to the death of a husband or close family member. As noted previously, the continuing rise of breast cancer remains unexplained, although we have suggested previously in the Newsletter that job stress may be an important factor, and this otherwise negative study would seem to support that contention.

Behavioral Medicine, Vol. 16, pp. 5-14, 1990

"No person who is enthusiastic about his work has anything to fear from life."

Samuel Goldwyn

Daily Stress and Recurrence Of Genital Herpes

It is widely believed that emotional stress can trigger a recurrence of both oral and genital herpes simplex. Most reports are anecdotal and retrospective in nature. To examine this further, 64 subjects were studied from one to three months. All had at least one culture proved recurrence of genital herpes simplex virus, type II, either before or during the study. The participants filled out a questionnaire which measured psychological and emotional stress with respect to physical health, relations with friends, relations with family, relations with sex partner(s), financial, and vocation/education. Questionnaires were filled out

daily and were then scrutinized for the six-day period before the outbreak of herpes. No significant increase in psychological/emotional stress on any day in any stress-related area prior to recurrence of herpes could be demonstrated. There was a very definite rise in indicators for total psychological-emotional stress on the day of recurrence of herpes, as well as over the next 24 hours. Other studies have shown a significant correlation between frequency of herpes recurrence and negative life events in the preceding six to twelve months. The negative results obtained in this study may possibly be due to the fact that the investigators were examining stress levels for only six days before clinical recurrence.

Archives of Internal Medicine, Vol. 150, pp. 1889-1893, 1990

"No one ever listened himself out of a job."

Calvin Coolidge

Stress Reduction Plays a Major Role In Reversal of Coronary Artery Disease

Some reports have suggested an ability to retard and even reverse the atherosclerotic process using a combination of rigid diet, cholesterol lowering drugs, together with a physical exercise program. Most of these have met with a certain degree of skepticism from the medical community. However, one recently published study in a respected publication, did appear to demonstrate a significant increase in blood flow to the heart and a regression of blockages after one year of a program of diet, exercise, and stress management training. The major reason for the success in this study, according to the senior investigator, was the strong emphasis on stress reduction approaches. These included yoga, a daily hour of meditation, visualization of arteries becoming unclogged, and relaxation and breathing drills. The superior results achieved were attributed to the effects of reducing stress as well as diminishing a sense of isolation because of the vigorous promotion of group activities. A variety of other research attests to the adverse influence that both stress and social isolation can have on coronary heart disease.

Time, 10-29-90

Many recent research reports suggest that short people tend to live longer. The average person living 1.2 years less for each inch over 5'3". Major League baseball players, 6'3" and taller have an average life span of 66, compared to 74 for those who are 5'7" and shorter. Some authorities believe that a large frame puts a greater strain on the body's system."

Handling Stress At Work



More on Computer Stress

Technostress refers to a variety of stress-related emotional and physical complaints resulting from the rapid introduction of new technologies in the workplace. Much of this has led to an information overload. The accelerated pace of communication provided by cellular telephones, sophisticated fax devices, modem transmission, remotely accessible answering machines and services, call waiting and forwarding, courier and overnight mail delivery, teleconferencing, etc., now make it possible to contact anyone, anywhere, and at any time.

The computer is a major culprit. Some workers tend to identify with it as they struggle to reproduce its speed and perfection in other activities, or expect its infallible, instant response from family and friends. Frustrated by failure to achieve such unrealistic goals, they become progressively depressed, withdrawn, and starved for human closeness and communication. Other symptoms of technostress include anxiety, paranoia, fatigue, headache, poor self image and burnout. The lack of normal office chatter and physical contact further contributes to an increasing sense of social isolation and loss of control over work activities. In one recent study, office clerks whose jobs had recently been computerized, were asked to draw pictures of themselves at work. What resulted were figures variously portrayed as chained to desks, clothed in prison stripes, trapped by walls, deprived of sunlight and food, wearing blinders, or bleary-eyed with fatigue and surrounded by bottles of aspirin.

Prolonged computer and VDT activities are also responsible for a variety of physical complaints including neckache, backache, and eye strain. Carpal tunnel and repetitive strain injuries, which result from making the same muscle movements hundreds or thousands of times a day, are another major concern. An Occupational Medicine specialist who heads an Institute devoted solely to this problem, describes it as "much worse than the asbestos nightmare, because there is no obvious solution." Monitored computer workers have a much higher incidence of these and

other complaints. In 1984, less than two-thirds of the work force used computers, but by 1989, the ratio had risen to more than three out of four. In addition to the estimated 50 million current computer operators, countless others work under systems that are computer-regulated or paced. Often they are programmed for high performance goals, and employees are pushed to work faster and faster to meet them, much like manufacturers speed up assembly lines. Unfortunately, all of these trends are on the increase, and in a few years we may be faced with an epidemic of computer and other technostress-related disabilities, by employees who feel that they are laboring in an electronic sweatshop.

Westchester Gannett, 6-9-90

"The right to do something does not mean that doing it is right."
 William Safire

Type A Behavior and Hypertension at Work

In a recent study of 50 hypertensive patients, 20 had systolic blood pressures at work which were at least ten millimeters higher than readings obtained in a clinical setting. There were also significant discrepancies between blood pressure readings at home and at work. An analysis of these 20 work hyperresponders "indicated a preponderance of Type A traits such as a high need for control and an angry or hostile disposition." The other hypertensive patients exhibited comparatively few of these characteristics, and blood pressures at work, in the clinic, and at home showed little variation. It has been well established that while Type A individuals do not have an increased incidence of fixed hypertension, they do demonstrate exaggerated blood pressure rises when challenged. The researchers suggested that such patients might benefit from relaxation or stress management training, although it is not clear that the hyperresponsiveness reported has any adverse prognostic significance.

American Journal of Hypertension, Vol. 3, pp. 544-548, 1990

Lawyers are 3.6 times more likely to suffer depression than those in 104 other occupations, based on a study of twelve thousand people. School counselors and secretaries were the second and third highest on the list. Physicians surprisingly had the lowest rates, but that may be due to the fact that they might be the least likely to admit being depressed.

Salt, Stress and Hypertension

Avoid sodium is one of the first things hypertensive patients are told by their doctors. Federal and other health agencies have also emphasized this in large publicity campaigns in the belief that this will reduce the prevalence of hypertension which now affects almost one out of four adult Americans. While a low sodium diet can lower blood pressure in some patients, the strategy may backfire. In many it has no effect, although calcium supplementation does provide significant improvement. A low salt diet sharply restricts the intake of dairy products. Since these are a rich and major source of calcium, this could result in a worsening of their condition. Low calcium intake also makes many individuals sensitive to the blood pressure elevating effects of sodium.

When the concentration of salt in the blood drops, the kidneys increase their output of renin, a hormone that keeps the blood pressure from falling too low. A recent report appears to confirm earlier evidence indicating that hypertensive patients with high levels of renin are more likely to have heart attacks than those with low values. Thus, in an effort to lower blood pressure by reducing sodium intake, some hypertensive patients may actually be placing themselves at greater risk for a heart attack. Stress is another factor that has important influences on salt metabolism, but its role in renin production is less clear. Studies show that "anger in" behavior is more common in hypertensives than individuals with normal blood pressures. It has been suggested that this may actually elevate blood pressure because of associated increased sympathetic-adrenal medullary responsivity and norepinephrine secretion. It is of interest to note that this type of suppressed hostility has also been found to be associated with high renin levels.

The Wall Street Journal, 6-3-91

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

Mark Twain

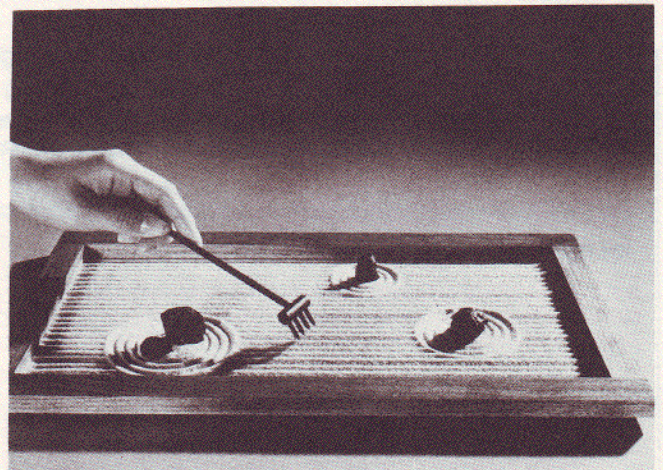
A New Stress-Reduction Toy: From the People That Brought You Meditation

The origin of the term "Zen" is believed to have originated from the Sanskrit Dhyana, meaning thinking, or meditation. A somewhat similar Chinese word is Dh'an. Zen refers to a Buddhist sect which originally developed in India. It is oriented towards obtaining

enlightenment through introspection and intuition, rather than by reading Pali, the sacred language which is found only in religious texts and is not spoken. Zen Buddhism is widespread in Japan, having gained its popularity in the 11th and 12th centuries with the Zen form of meditation called "Zazen." Transcendental meditation is a "westernized" version of Zen meditation which has a large following all over the world and was introduced to the United States by Maharishi Mahesh Yogi a few decades ago.

Although the word Zen is most closely linked to meditational activities, it also includes Oriental practices that focus on attaining enlightenment and tranquility through nature. One example of this is the exquisitely designed Ryoan-ji Zen rock garden in Kyoto, Japan, which has inspired the following product. "The Miniature Zen Rock Garden is an adult toy in the 'executive tranquilizer' or 'stress reliever' category." It consists of an 8½ x 15½" cherry wood frame base, white sand and gravel, 6 river rocks, and a small ceremonial rake made of birch. The idea is for stressed-out executives to unwind by carefully raking the sand and gravel and rearranging groups of rocks into patterns that might resemble "a seascape of islands or mountain peaks rising above the clouds," or some other serene vista. As its ad notes, "Fans of *Thirty Something* might remember that Miles Drentel, the controlled and controlling ad agency head, gave one of these babies to Michael." This unit sells for \$44.95, but for only \$23.00, you can get a 6 x 11" mini version in black pine, which is easier to take with you on stressful trips. "Show me your garden and I shall show you who you are," wrote A. Austin, and here's your chance to show off without worrying about backbreaking work, watering, or fertilizing.

Westchester Gannett Newspapers, 6-3-91



Miniature Zen Rock Garden

Book Reviews • Meetings and Items of Interest

"Beyond Biofeedback," Elmer and Alyce Green, Knoll Publishing Co., Inc., Fort Wayne, 1989, \$14.99.

The authors of this book are well known for their pioneering research in psychophysiological self-regulation at the Menninger Clinic. *Beyond Biofeedback* was first published in 1977, providing an overview and examples of biofeedback research oriented to clinical applications demonstrating physiologic self-regulation. Most of that original material is still relevant, although some very exciting additional new information is presented on theta brain wave training. This update is particularly intriguing because of the authors' investigation into the nature of human consciousness, and the apparently limitless potential for self healing. This involves subtle energies that are widely acknowledged, but poorly understood, in terms of Newtonian physics and conventional laws of thermodynamics. As I suggested at our last Congress, we must now view cellular communication at a physical/atomic level, rather than the current chemical/molecular paradigm, to comprehend such activities. Particularly valuable is their scientific approach to extrasensory and psychokinetic experiences, and transcendental and other parapsychological phenomena. These are illustrated by a variety of fascinating experiments performed with the assistance of Indian mystics and highly accomplished yogis.

The ability to apply sophisticated modern technology to confirm the validity of practices that have stood the test of time but not scientific scrutiny is vividly illustrated in this book. It is reminiscent of similar efforts by Benson with Tibetan monks and our own current interest in Oriental stress-reduction approaches. Research in this area will be a major focus of our forthcoming International Congress on Stress. This book is

highly recommended. As noted in the introductory quotation from St. Augustine, "Miracles do not happen in contradiction to nature, but only in contradiction to that which is known to us about nature."

Meetings and Items of Interest

July 1-5, Behavioral Medicine, Albert Einstein College of Medicine, Cape Cod, MA (212) 430-2307.

July 8-12, Psychotherapy and Spirituality, Albert Einstein College of Medicine, Cape Cod, MA (212) 430-2307.

July 22-26, Developmental Psychotherapy, Albert Einstein College of Medicine, Cape Cod, MA (212) 430-2307.

July 25, Panic Disorders Workshop, Univ. of Alabama School of Primary Medical Care, Huntsville, AL (205) 551-4482.

July 27-Aug. 3, Creativity and Madness: Psychological Studies of Art and Artists, Self Psychology and Psychotherapy, American Inst. of Medical Education, Santa Fe, NM (818) 789-1029.

July 29-Aug 2, Clinical Approaches to Intimacy in Couples Therapy, Psychological Trauma Research and Treatment through the Life Cycle, Massachusetts Mental Health Center, Harvard Medical School, North Falmouth, MA (617) 734-1300 ext. 469.

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

Oct. 24-26, State of the Art in Addictive Medicine, American Society of Addiction Medicine, Orlando, FL (212) 206-6770.

Nov. 8-10, Psychiatric Update for Physicians: Depression, Anxiety Disorders, Psychomatics, Brief Counseling Techniques, University Hospital: Mood Disorders Program; Sehon Buchanan Medical Media, Vancouver, BC, Canada (614) 922-3570.

ISSN # 1047-2517

The Newsletter of
**THE AMERICAN INSTITUTE OF
STRESS**

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