10-14-1982

Washington University Record, October 14, 1982
Regular exercise may slow aging, researchers say

Working up a good sweat on a regular basis may be as close as people will ever come to finding the fountain of youth.

Researchers at the WU Medical Center's Division of Applied Physiology are finding that, as the years pass, masters athletes — cyclists and long-distance runners over age 50 — may deteriorate at a slower rate than their inactive peers.

Sixteen aging athletes have been studied there for three years, and although the study is incomplete, researchers have confirmed a relationship between a person's exercise habits and the rate of decline in cardiovascular function with age.

"We're looking at maximum oxygen uptake capacity — a measure of the cardiovascular system's ability to transport oxygen to the muscles," said John Holloszy, professor of preventive medicine and one of the project's three researchers. "It is considered a very good way of determining one's overall cardiovascular functional capacity."

The researchers hope to answer three key questions when the study is complete: What is the natural rate of decline in exercise capacity? How does the natural rate compare with the decline that results from inactivity? And, if one maintains a high level of physical activity, or works up to that level, can disease processes be prevented or reversed?

World-class runners such as Alberto Salazar and Craig Virgin have oxygen uptake capacities of 70 to 85 millimeters per kilogram. Inactive seniors usually have capacities of about 30.

Regardless of health, everyone experiences some decline in this capacity with age. Non-athletes experience an eight percent to 10 percent decline each decade. Most athletes show similar reductions, but this decline may be due to decreased training with age, Holloszy said. This rate is important because it may determine the decline in one's capacity for strenuous exercise.

For the masters athletes who have not decreased their training, oxygen uptake capacity often declines as little as four percent per decade, indicating a slower decline in cardiac function and perhaps in aging.

The athletes in the study make an annual pilgrimage to co-researcher James Hargen's Exercise Physiology Laboratory in the Division of Applied Physiology. There they are subjected to a battery of tests that would leave Hercules hankering for a rest.

They are prodded, probed, pinched and monitored. They run on treadmills, ride bicycles and breathe into meteorological balloons. The resulting data is compared to that of sedentary persons of the same age and to figures on the athletes themselves when they were younger.

Medical physicist Yalow to speak on radioactivity at Compton lecture

Rosalyn S. Yalow, a Nobel Prize-winning medical physicist, will deliver the Arthur Holly Compton Lecture at 11 a.m. Wednesday, Oct. 20, in Graham Chapel.

She will speak on "Radioactivity in the Service of Humanity."

The lecture is named in honor of the late Arthur Holly Compton, former WU chancellor and winner of the 1927 Nobel Prize in Physics for his work with X-rays.

Yalow, head of the Department of Clinical Sciences at Montefiore Hospital and Medical Center in New York City, won the 1977 Nobel Prize for Physiology or Medicine for her research in endocrinology. Yalow developed a process called radioimmunoassay for peptide hormones, which uses radioactivity to identify and measure infinitesimal traces and substances in blood or tissues.

According to a June 1982 article in Discover magazine, this process is today "as common as the use of a microscope in medical laboratories."

Yalow is a member of the National Academy of Sciences and the American Academy of Arts and Sciences.
Director O'Neill play fulfills lifelong ambition for Metz

To Herbert E. Metz, associate professor of drama, there have always been four plays which are the modern American classics. They are Long Day's Journey Into Night by Eugene O'Neill, A Streetcar Named Desire and The Glass Menagerie by Tennessee Williams and Edward Albee's Who's Afraid of Virginia Woolf?

Though there are many fine plays, Metz said, "these four make better statements. They have a universality and the perfectionism of dramaurgy.

At the same time Metz drew up these criteria for his playwrights: "Hall of fame," he made a pact with himself.

"I decided that I was not going to die before directing all four plays," he said.

With the opening of Long Day's Journey Into Night at 8 p.m. Friday, Oct. 15, the director will have fulfilled the last lap of this four-sided quest. The play, to be presented by the Performing Arts Area (PAA), concerns the haunted journey by the Tyrone family into the emotional unknown. It is largely a portrait of O'Neill's own family written, in the playwright's own words, "in tears and blood."

The cast includes alumnus Trip Bates (BA '76) and students Tracy Wise, Danny Maralon, Scott J. Scudder, and Kristie Berger.

The plays by Albee and Williams were also PAA productions presented over the last dozen years at Edison Theatre.

With The Glass Menagerie, the director enhanced his own goal by directing it twice, once in 1968 with actress and WU alumna Mary Wicketts, who performed with a student cast.

See the Calendar for ticket information.

Former TV reporter joins WU to head TV-radio service

Steve Kraushaar, former feature reporter and co-producer at KSDK-TV, St. Louis, has been appointed TV and radio news editor in the WU public relations department.

Kraushaar, a graduate of the University of Missouri School of Journalism, was acting news director of KYTV, Springfield, prior to his association with KSDK-TV, and before that, a field reporter for KODE-TV, Joplin, Mo.

In his new position, Kraushaar will produce TV and radio news features covering research and scientific endeavors. These productions will be distributed to TV and radio stations throughout the United States.

‘Hit the Switch’ campaign aimed at WU wattage wasters

Does this happen in your house? It does in mine — often.

One person goes down to the basement to find a tool. To aid in this two-minute task, he turns on every available light. On his exit, this otherwise conscientious, cooperative person extinguishes not one. The second person, discovering the basement hours later lit up like downtown Chicago, goes into a slow burn. I may be neurotic, this person matters, but why are the lights on? So the cats can find the litter box?

In this case, the value of the electrical waste is probably less than the psychic cost of an argument. But at an institution like WU such absences-mindedness costs hundreds of thousands of dollars. When the annual energy bill is over $2 million a year, people like Larry O'Neill, administrator of physical facilities, start looking for ways to short-circuit the habits of wasteful users by putting automatic timers on window air conditioners and on the lights in the Olin Library stacks. But electricity use in dormitory rooms and in offices can only be controlled by occupants.

Salvatore P. Sutera, professor of mechanical engineering and chairman of a faculty-staff energy conservation committee, has mounted a modest yet successful campaign to increase the campus' awareness of the wastage it is wasting. Last month his committee introduced a light-switch tag that gently but emphatically — "Leaving for 60 seconds? Hit the Switch!" — reminds people to turn off lights and appliances. In just a month, he has received requests for 3,000 tags, requiring the printing of a second batch. The initial flurry of requests has abated somewhat, and neat bundles of tags rest on the shelves in his office. There are still naked light switches out there.

One statistic often cited at WU to illustrate the cost of electricity waste is that a 10 percent reduction in usage would result in a $100,000 savings annually. Sutera says that experts he has consulted say it's easy to reduce usage by 20 percent simply by turning off unused lights and appliances. And contrary to what many people think, say the experts, turning a light on and off repeatedly, even for as short a duration as one second, does not substantially reduce the life of a fluorescent tube.

Sutera hardly expects people to turn off lights for only a few seconds. "I arbitrarily selected 60 seconds just to give a quantifiable flavor to the admonition," he said.
Fossil expert starts firm after 34 years at WU; cited by geologists

After completing 34 years as an instructor and teacher at WU, Dorothy Echols, professor emerita of earth and planetary sciences, has launched a brand new career.

Echols, who will receive the Neil Miner Award from the National Association of Geology Teachers on Oct. 19 in New Orleans, was the first St. Louisan to take part in the Deep Sea Drilling Project of the Joint Oceanographic Institution for Deep Earth Sampling. Now, nearly five years later, she again has taken on a new venture. Echols and her geologist partner Doris Curtis have begun a consulting firm that produces "broad-brush" reports and mapping of areas being considered for oil drilling operations.

Webster cited by lawyers; gives scholarship to WU

William H. Webster, director of the Federal Bureau of Investigation and a 1949 WU alumnus in law, has selected the WU School of Law to received a one-time $1,000 scholarship, part of an award Webster received recently from the Fellows of the Young Lawyers of the American Bar Association (ABA).

The Fellows of the Young Lawyers each year recognizes a lawyer for distinguished service to the profession and the public.

The scholarship recipient is Donna Aronoff, a third-year student who was chosen because of her academic excellence, financial need and outstanding work experience.

Exercise—continued from p. 1

According to Hagberg, assistant professor of preventive medicine, ""By monitoring patients on these same machines, we can measure how much of a training effect they are getting from their exercise program,"" Hagberg said. ""Adequate exercise training may play a role in controlling a wide range of diseases processes."

Hagberg and Hollosy agree that, although the study is incomplete, its results should also mean something to the typically inactive, slightly overweight, beer-drinking American male. Not to mention his female counterpart.

""A decline of eight to 10 percent per decade doesn't sound like much,"" Hagberg says, ""but monitoring their performance on these machines, we can measure how much of a training effect they are getting from their exercise program."

webmaster@wupac.wustl.edu

Gambist Kuijken leads master classes during WU residency

Wieland Kuijken, viola da gambist and professor at the Royal Conservatory of Music, Brussels, will give master classes Saturday, Oct. 30 at WU. During a week-long residency as a visiting artist with the Department of Music, Kuijken will also give private lessons to a very select number of advanced players, and coach University ensembles.

Gambists may enroll for the class, held in two sessions, either as active participants or as auditors.

The fees for the course are $60 to actively participate, $25 to audit. For further information, contact Wieland Kuijken at the University's Edison Theatre. Call the box office at 889-6543 for more information.

H. Richard Duhme, WU sculptor and professor emeritus of art, is shown completing a bust of Robert H. McRoberts, a prominent St. Louis attorney, commissioned by his colleagues. The bronze portrait is one of 50 pieces in a retrospective exhibition of Duhme's work in Brady Gallery, Brady Hall. Viewing hours at Brady are 10 a.m.-4 p.m. weekdays. 1-3 p.m. weekends. The show runs through Oct. 27.

Webmaster@wupac.wustl.edu

Concurrently, as a part of the regular film series on American history at the park, five films related to World War II will be shown at 2 p.m. on five Sunday afternoons. For information on this schedule call the St. Louis County Department of Parks and Recreation.

This complete program, billed as "Milton Caniff: Cartoonist At War," underscores Caniff's role as an interpreter of World War II.

His cartoon strips were recognized as a faithful mirror of the life of those on the battlefield and behind the lines. The speech that the character Terry gave on what it meant to be a pilot was felt to be so moving and reflective of the attitudes of a nation at war that it was read into the Congressional Record the day after it appeared. And Caniff's insistence on accuracy actually enabled him to predict, in another strip, the Allied invasion of Burma.

"Milton Caniff: Cartoonist at War," is supported by a grant from the Missouri Committee for the Humanities and is coordinated by the St. Louis County Department of Parks and Recreation; Metro St. Louis Forum; WU's School of Fine Arts; the St. Louis Post-Dispatch; and the Historic Buildings Commission.

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Oct. 14-23

Lectures

Thursday, Oct. 14
Noon. Department of Pharmacology Lecture, "Genetic Control of Cell Differentiation," David Kinos, prof., of pharmacology, Lab. 8, 5th fl., 453 McKinley.
4 p.m. Department of Chemistry Lecture, "Infrared Studies of Intramolecular Vibrational Relaxation," Douglas McDonald, prof. of chemistry, U. of Ill. 311 Milliken.
8 p.m. School of Fine Arts Panel Discussion, "The Nature of Scientific Explanation," J. Douglas McDonald, prof., of chemistry, and Ron Stears of Intramolecular Vibrational Relaxation, U. of Wa. Wash. 102
Thurs., Oct. 14
4 p.m. Department of Chemistry Lecture, "The Joys of Indium Chemistry," Richard Eisenberg, prof. of chemistry, U. of Rochester. 311 Milliken.
4 p.m. Department of Classics Colloquium, "Nineteenth Century Artistic Interpretations of the Classical World," Kevin Herbert, prof. of classics. Hunt Lounge, Duncker Hall.
6:30 p.m. Department of English Colloquium, "Joseph Smith and the Bible, or How to Amend the Bible in Style," David Hadis, WU prof. of English. Hunt Lounge, Duncker Hall.

Friday, Oct. 15
Saturday, Oct. 16
9 a.m. Neurosciences Seminar, "Diseases of Memory," Clifford Squire, WU assoc. prof. of neurosciences. 4565 McKinley.
7:30 p.m. Department of Germanic Languages and Literatures Lecture, "A New Worker in a Little Graduate College," Gertrude Scholz, prof. of German, U. of Mu. Hunt Lounge, Duncker Hall.
8 p.m. School of Architecture Lecture, "The Image and Idea of Le Corbusier's Parliament of Arts this fall. Print Gallery, WU Gallery of Art, U. of Missouri. 104 Lopata.

Music

Saturday, Oct. 16
11 a.m. to 5 p.m. Classical Guitar Society Master Class, with Edward Manuelli, guitarist. Hours by appt. Admission is $15 for participants, $5 for auditors. For information, call 388-1154-257 or 259-5775.
Sunday, Oct. 17
4 p.m. Department of Music Master Class, with Joan La Barbara, voice. Graham Chapel. Admission $2. Class will focus on vocal effects in contemporary music. For more information, call 889-5595.

Monday, Oct. 18
2:30 p.m. Technology and Human Affairs Lecture, "The Social-Economic Effects of Disenrollment," Charles Gureuther, staff person, St. Louis Economic Development Corp. 104 Lopata.
4 p.m. Department of Chemistry Lecture, "The Joys of Indium Chemistry," Richard Eisenberg, prof. of chemistry, U. of Rochester. 311 Milliken.
4 p.m. Department of Classics Colloquium, "Nineteenth Century Artistic Interpretations of the Classical World," Kevin Herbert, prof. of classics. Hunt Lounge, Duncker Hall.

Friday, Oct. 22
12:30 a.m. WU Filmboard Series, "Caddyshack." $1. Hunter Auditorium. (Also, Sat., Oct. 16, same time. Brown.)

Monday, Oct. 18

Tuesday, Oct. 19

Wednesday, Oct. 20
7 and 9:15 p.m. WU Filmboard Series, "Every Man for Himself and God Against All." $2. Brown Hall Aud. (Also Thu., Oct. 21, same times. Brown.)

Performing Arts

Friday, Oct. 15
8 p.m. Performing Arts Productions, "Long Day's Journey into Night." Presented by the Performing Arts Center under the direction of Herbert E. Metz, WU assoc. prof. of drama. Edison Theater. Tickets are $4 per admission, $3 to WU faculty and staff and all students. Tickets available at Edison Theater box office, 889-5045. (Also, Oct. 16, 17, 22, 23, 5 p.m. and 2 p.m. Oct. 24, Edison.)

Saturday, Oct. 16
4 and 9 p.m. Performing Arts Studio Series Production, "The Doctor in Spite of Himself." Milliken's attitude on pseudo-academic training. Directed by Hollis Hunter; music by Eugene O'Neill. Tickets $2. Amphitheater. (Also, 1 and 5 p.m. Oct. 17, 23 and 24.)

Exhibitions

Retrospective Exhibition of Sculpture by H. Richard Dulhine, Jr., WU prof. of art. Busby Hall Gallery. 10 a.m. to 6 p.m. weekdays; 2-5 p.m. weekends. Through Nov. 7.
"Irving Kronenberg: Recent Works." Recent paintings and drawings by this figurative expressionist. Kronenberg in WU Visiting Distinguished Louis D. Beaumont Professor of Art at the School of Fine Arts. Falls the Fall. Pine Hall. WU Gallery of Art. Steinberg Hall. 10 a.m. to 5 p.m. weekdays; 2-5 p.m. weekends. Through Nov. 7.

Calendri Calendar Deadline
The deadline to submit items for the Oct. 28-Nov. 6 calendar of the WU Record is Oct. 14. Items must consist of the name and address of the event, the name and address of the sponsoring organization, the time and date of the event, the location of the event, and the nature of the event. Call 454-2175.

Free glaucoma test
A free screening for glaucoma will be available from 10 to 1 p.m., on Thursday, Oct. 22, at the Barnes Hospital eye clinic, located on the first floor of the McMillan building.
Sponsored by Barnes Hospital and the WU School of Medicine, the test consists of measuring the pressure within the eye and examining the back of the eye for evidence of glaucoma damage. The screening is painless and takes just a few minutes to complete.
Glaucoma is one of the leading causes of visual loss and blindness in the United States and can progress without pain or other symptoms. Individuals who are over 45, have diabetes or a family history of glaucoma are at a higher risk of developing the disease. Early diagnosis and treatment can prevent blindness in many cases.
For details, call 454-2175.

Friday, Oct. 22
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