Letter from the President

Terry L. Powley
Purdue University

IDIOMS OF APPETITE

In the last SSIBlings, I discussed the fact that the study of ingestive behavior has become increasingly multidisciplinary. But it can also be argued that even now the field is not sufficiently inclusive. Let me suggest, for example, an analysis which has been generally ignored and might productively be added to our interdisciplinary science. The approach I have in mind is a linguistics of appetite and a philology of feeding.

I should explain: Languages are obviously replete with idioms and expressions describing hunger, thirst and satiety. ("I am so hungry, I could eat a horse." or "If I eat one more bite, I'll burst." or "Sulten som en rau.") Also, literature often eloquently expresses the experience of hunger and satiety (e.g. Hamsun's Hunger). For some time, I have speculated that systematic analyses of this material might provide us with more information about the sensory events comprising hunger and satiety—or at least part of what we call hunger and satiety. Do different languages independently use similar expressions to discuss appetite? Do the same referents keep occurring for hunger? Is it instructive that "mouth watering" is often used to describe palatable foods?

I keep waiting for a compendium and a formal analysis of such observations to appear. At one time, discouraged by finding none, I even started such a survey myself. I collected idioms of appetite in English, French and German. As the examples accumulated, I began to conclude that hunger is most often described in terms of behavioral dispositions (“I'm hungry enough to eat shoe leather.”), while satiety is very frequently discussed in terms of epigastric referents (“stuffed” or “have a bellyful”) or changes in hedonic value (“sweet becomes cloying”). Then I decided that these are pretty deep waters for an amateur. Nonetheless, I am persuaded that our understanding of ingestive behavior would be significantly enriched by this additional perspective.

Sure, such observations are difficult to interpret. Not all—perhaps not many—of the sensory events associated with hunger and satiety reach awareness. Those that do may be "referred" sensations. Furthermore, characterizations of those that do reach awareness may be distorted by cultural constraints on expression. They may also be molded by conditioning and experience. Not all expressions are rooted in common experiences—though many are. And it is, of course, necessary to avoid overinterpretation (you were about to remind me of the story of Cannon's and Washburn's observations on "hunger contractions")?

These complications notwithstanding, though, it is interesting to ask whether we are really better off when the science of ingestion categorically ignores the references to hunger and satiety embedded in language and literature. What are our presuppositions when we discount these sources? It seems to me that to dismiss this information is to assert tacitly that all reported experiences of hunger and satiety are variously meaningless, uninterpretable, or nonexistent. Perhaps. But I would think the information should be collated and considered before it is so summarily ignored. Besides, it would be great fun!

Before getting any further out on this limb, I should acknowledge that, yes, I am writing this column over the holidays. I would submit, though, that these questions are not just expressions of my personal seasonal overindulgences. They seem to me to be an enduring set of issues, and I would be delighted if someone can suggest an existing survey on the philology or the linguistics of feeding which I have overlooked. I could give the citation(s) in the next issue of SSIBlings. And failing these possibilities, I would be delighted if you would e-mail me your favorite idioms, expressions, or descriptions of hunger and satiety. If I can collect enough of them, and if I cannot find an expert who either already has done or will do the job right, perhaps I can someday submit a listing to SSIBlings.
Highlights of the Board of Directors Meeting
Carol A. Maggio, Secretary

The Board of Directors met on November 8, 1993 in conjunction with the Neuroscience meeting in Washington, D.C. Past-President Tony Sclafani officially passed the gavel to new President Terry Powley, who chaired the meeting. All officers and Board members were present, except Treasurer Suzanne Sunday. Also present were SSIBlings Editor Karen Ackroff, Animal Committee representative Tom Scott, and Finance and Long-Range Planning Committee representative Joe Vasselli.

On behalf of Suzanne Sunday, Joe Vasselli reported that the current Society balance is $32,233.32, with $15,121,30 in checking and $17,112.02 in savings. A lively discussion ensued over the merits of investing the Society's assets in instruments such as bonds or CDs. Because six Board members voted for and six against Mark Friedman's motion that the Society not pursue investments that risk capital, the issue was tabled. Postmeeting note: President Terry Powley appointed a subcommittee, consisting of Ralph Norgren, Bob Ritter and Joe Vasselli, to investigate investment strategies and submit a proposal for the Board's consideration at its next meeting.

According to Secretary Carol Maggio, membership totaled 621 (487 regular, 110 student, 19 associate, and 5 emeritus members), as of November 5. Harry Kissileff added that about 50 members have been dropped for nonpayment of dues. The Society will continue the policy of waiving the dues of members in economically unstable countries until they are able to pay.

Tom Scott summarized a position statement on mechanisms the Society could implement to defend members under attack by animal rights activists. This statement was drafted on the recommendation of Past-President Alan Epstein and is based, with permission, on guidelines published by ARVO and the Society for Neuroscience. The text of this statement, as modified by the Board, should be appearing in a future membership directory. The Board approved Sue Ritter's motion that the Committee on Animals in Research develop a resource base that offended individuals could rely on to pursue possible legal action of other avenues of recourse.

At the Board's direction, Harry Kissileff will continue to pursue publication of "Classic Papers on the Physiology of Ingestive Behavior". He would like to implement David Booth's suggestion to include a commentary by each author on how the paper has fared.

Henry Koopmans will continue as chair of the Nominating Committee. Sue Ritter has stepped down as chair of the Long-Range Planning Committee, which is being reorganized with Tony Sclafani as new chair.

Meeting updates: The Board approved Joe Vasselli's plans for a dinner meeting at EPA in Providence. At Bart Hoebel's suggestion, SSIB will sponsor an EPA symposium, which Meena Jhanwar-Uniyal later volunteered to organize. Harvey Weingarten reported that the program for the SSIB Independent Meeting at McMaster University will be kept flexible for as long as possible. Data will be presented at poster sessions while integrated oral presentations will focus on larger, more conceptual issues. Poster abstracts will be due April 15. Harvey emphasized commitment to the '92 SSIB/Princeton model; this will allow the meeting to pay for itself, with excess funds used, at the Board's discretion, for student fellowships. Mark Friedman announced that the Planning Committee for the 1995 Joint SSIB/NAASO Meeting had met at Oxford. A tentative timetable was established but a firm date for the meeting (late October or early November) has not been set.

Karen Ackroff conveyed Micah Leshem's suggestion that the Society distribute meeting abstracts to the membership. To determine membership response, the Board approved Sue Ritter's motion that the registration form for the McMaster meeting provide nonattendees with the option of ordering the abstracts for a fee.

President Terry Powley asked the Board for clarification of committee appointment policies. In response, the Board voted that committee members should be appointed by the President and that the term for membership on all committees should be three years, with one-third of the membership replaced each year.
SSIB '94: The McMaster Meeting

On August 16-20, 1994, the Society for the Study of Ingestive Behavior will conduct its second independent meeting at McMaster University in Hamilton, Ontario. Conference Co-Chairs Harvey Weingarten and Don Cosicina have laid the groundwork for a meeting that promises to provide much food for thought.

The Meeting Announcement is being sent concurrently with this issue of SSIBlings; it includes detailed information about travel, registration, and accommodations. Highlights are included here.

As previously announced, the Organizing Committee has minimized the number of parallel sessions by arranging a limited number of oral sessions, as listed below. The format calls for one speaker to review major issues, concepts, or challenges in the area and three others to present a specific perspective or approach.

Oral presentation sessions
Human eating. Art Campfield, John de Castro, Marion Hetherington, and Peter Herman.
Gut-brain communication in the control of ingestive behavior. Joe Davison, Rick Rogers, Gary Schwartz, and Gerry Smith.
Salt appetite. Steve Fluharty, Bob Thunhorst, Mike Tordoff, and Joe Verbalis.
Immune system, cytokines and feeding behavior. Ilene Bernstein, Stephen Kent, Yvette Taché, and Harvey Weingarten.

Besides the organized oral sessions, there are three ways to present information at the McMaster meeting. The first is to submit an abstract for presentation in one of the thematically-organized poster sessions. The second is to organize a workshop focusing on new ideas. Finally, abstracts may be submitted to the Third Food Choice Conference, using the form enclosed with the SSIB meeting materials.

Like the first independent meeting in Princeton two years ago, the McMaster meeting will be inexpensive to attend. Registration, which covers the abstract, several meals, and coffee breaks, is only $110 CN/$92 US. University housing is quite reasonable, providing four nights' accommodation and the remaining meals for $210.61 CN/$162.01 US (single) or $187.32 CN/$144.09 US (double). These low prices should make the meeting especially attractive for students (and for everyone else, in these times of tight budgets).

Registration and abstracts for the SSIB '94 meeting and the FCC-3 meeting must be postmarked by April 15, 1994 and should be returned to the SSIB '94 Conference Office. The Housing form should be returned to the McMaster Housing Service by August 3, 1994. Remember to make photocopies for your files! Members who cannot attend the meeting may order the abstract book for a fee.

Two short courses may be offered at the second independent SSIB meeting at McMaster this year.

Gary Schwartz contemplates offering “Recent Advances in the Study of Gastrointestinal Physiology”. Tim Moran, Kenny Simansky and Steve Fluharty are willing to teach “Principles of Receptor Identification and Pharmacology”.

However, the instructors would like a commitment from a sufficiently large portion of the membership before continuing to plan their courses. If you would be interested in attending either of these short courses if they were offered at the McMaster meeting, please return the enclosed form (mailed with this issue) to Gary Schwartz or e-mail your reply to Gary at gsp@welchlink.welch.jhu.edu by Mar. 15.
Things are busy with the SSIB student organization! We are planning a student social, as well as a meeting to discuss pertinent issues and hold elections, and a workshop on job opportunities and search strategies. Travel awards for the McMaster meeting will also be available to graduate students and first year postdocs. To apply, remember to check the appropriate box on the abstract form, and submit one letter of recommendation and a curriculum vitae in addition to your abstract.

We are still working toward increasing student membership and more effectively representing the needs of the current SSIB student members. Any ideas of suggestions you have that would help us reach these goals are welcome. Please contact Paige Israel (tel 206-543-9515; fax 206-685-3157; paisrael@u.washington.edu), Michelle Lee (tel +44-273-678058; michelle@epunix.sussex.ac.uk) or Nancy Rawson (tel 215-898-0943; rawson@udcemail.udc.upenn.edu).

Ingestive Behavior Continues at EPA
Joseph Vasselli

Devotees of ingestive behavior take note—this year’s meeting of the Eastern Psychological Association promises to be a good one! The meeting will be held Friday, April 15 through Sunday, April 17, at the brand new Rhode Island Convention Center in Providence.

Events of special interest to SSIB members commence at 1:15 PM on Friday, April 15, when Kelly Brownell of Yale University delivers an EPA Distinguished Lecture titled “Social, Psychological and Medical Effects of Dieting: Is It Possible or Advisable to Lose Weight?” Later Friday afternoon, Meena Jhanwar-Uniyal of Rockefeller University moderates a symposium on “Recent Advances in Ingestive Behavior Research”. Speakers include Kenneth Carr, Ed Hirsch, Bart Hoebel, Meena Jhanwar-Uniyal, and Barry Levin, with Robin Kanarek acting as discussant. Friday evening is highlighted by the SSIB Spring Meeting hosted by Joe Vasselli, and consisting of cocktail party, dinner, and those famous 5-min talks (see enclosed registration form).

Saturday dawns with an 8–10 AM oral session devoted to feeding behavior, followed by a 10 AM–12 N session on eating disorders. The SSIB Long-Range Planning Committee meets between 11 AM and 1 PM. At 1:15 PM, SSIB member Sarah Leibowitz moderates a 2-hr symposium with the intriguing title, “The Neural Basis of Gluttony, Love and Pleasure”. Thomas Insel and Bart Hoebel will also participate. On Saturday evening, an ingestion poster session will be held between 6 and 8 PM.

SSIB members, please consider coming to EPA! Experience the new Rhode Island Convention Center, meet your colleagues and, most importantly, enjoy the “ingestive” events. For registration information, contact Marianne Hochswinder, Eastern Psychological Association, Rowan College of New Jersey, Glassboro, NJ 08028-1830, Tel 609-863-6366.

SSIB members are appointed to high places!

M.R.C. Greenwood, a SSIB member whose career has already been punctuated with many honors and positions, has been appointed Associate Director for Science in the Office of Science and Technology Policy, which advises the U.S. Executive Office on matters of science and technology. Her appointment was confirmed November 10, and that evening she spoke at the SSIB Social at the Society for Neuroscience meeting, outlining the process of her appointment and the nature of her work at OSTP. Her message to fellow SSIB members: as participants in a scientific society, our opinions are valued. We can and should advise the office, providing input directly to the policy-makers.

Contact Marcy by e-mail: MRCGREEN@OSTP.EOP.GOV or by fax: 202-395-5164. You can also write to her at the Office of Science and Technology Policy, Old Executive Office Building 432.5, Washington, D.C. 20500.

Judith Rodin, who is presently the Provost of Yale University, has been appointed the next President of the University of Pennsylvania. Her appointment was announced in December; she will take office on July 1, 1994. Congratulations and good luck in what promises to be a demanding but rewarding position.
Staying in Touch

The new 1993-1994 SSIB Membership Directory is being mailed concurrently with this issue of SSIBlings. In an attempt to provide the most current information, the Directory was delayed so that changes of information on the dues notices could be incorporated. Changes on dues forms received by December 21 were included; corrections on later returns and addresses of new members will be published in an update. A reminder: the dues notice includes an option allowing members to delete their names from the Directory-based mailing list when it is provided to commercial users. Please respect their wishes by obtaining an authorized set of mailing labels from Harry Kissileff if you wish to send mail to SSIB members.

Subscribers to the INGEST mailing list recently received a list of all subscribers’ names and e-mail addresses. When I compared the list to the new Directory, I was surprised at the large number of people who now list e-mail addresses but do not take advantage of INGEST. Why haven’t these new users subscribed to the list? Unlike many lists, which can flood a mailbox with too many uninteresting messages that belong on a separately-accessed electronic bulletin board, INGEST has been used primarily as a scholar’s tool. While it hasn’t received the level of use it deserves, the mailing list is appreciated, especially by people who have sought answers to specific questions. I encourage people who have access to e-mail to subscribe and to use the mailing list as a quick-communications device as well as a place to have longer discussions.

It’s easy to subscribe to the list. There is an automated subscription address on the host computer, which requires a specific one-line message from a new subscriber. Just send the message

SUB INGEST firstname lastname
(substituting your name exactly as you would like it to appear in messages) to

LISTSERV@CUVMA.BITNET

You should receive a return message welcoming you to the list. From then on, when anyone sends a message to INGEST@CUVMB.BITNET, you will get a copy. You can post your own messages, including replies to mailing list items. One caution is in order, though. Telecommunications software often provides the option of automated addressing for a reply message (for example, on my system, I press F5 to reply to the currently-displayed message). Using this option on a message from INGEST will broadcast your reply to the entire mailing list. This is fine if you want everyone to read it, but if you wish to send a personalized reply to someone, please take the time to note that person’s address and send the message to that address only.

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Eliot Stellar, 1919-1993
An Appreciation by G.P. Smith

Eliot Stellar, the first Honorary President of our Society, died on 12 October 1993. In the sad days that followed, I spoke to many people who knew Eliot. All of the conversations began with loss, but ended with gratitude for what Eliot had done for each of them: a letter of recommendation for a position or a promotion, a suggestion about a source of funding, helpful criticism of an experiment, advice about an academic program or department, hope during a dry spell in research. These experiences with Eliot were always felt as personal; encouragement, inspiration, and support were the recurring themes.

The obituaries in The New York Times and The Philadelphia Inquirer sketched his career and listed some of his public achievements, such as membership in The National Academy of Sciences and Presidency of the American Philosophical Society. Our Society circulated a letter written by Bob Barchi, Director of The Institute of Neurological Sciences at Penn, that was more informative, particularly about Eliot’s many contributions to that university. My purpose is to describe how Eliot’s science, scholarship, and service shaped our field.

Eliot’s science was world-class. He knew an interesting phenomenon when he saw one and he knew how to pursue it rigorously and systematically. The problems he worked on remain central to our field. They include the ventromedial and the lateral hypothalamic syndromes, salt appetite after bilateral adrenalectomy, oral and postigestive controls of drinking and eating, and hedonics and satiation in the control of human eating. All of this work was characterized by methodological innovation and an unusual capacity for synthetic thought.

Concern with methods began early and persisted. Eliot designed a stereotaxic instrument for ease of making brain lesions in rats, developed a drinkometer to record the pattern of licking in rats, devised procedures for measuring the intake of test meals in humans, and, most recently, developed a technique for the measurement of chews and swallows in humans.

The capacity for synthetic thought was apparent in every scientific conversation you had with Eliot. The major public evidence includes his classic article “The Physiology of Motivation” that appeared in Psychological Review in 1954 (recently chosen by the editors as one of the eight best articles they published in the past 100 years), the second edition of Morgan and Stellar’s Physiological Psychology, Animal Behavior with Vince Dethier (translated into 10 languages), The Neurobiology of Motivation and Reward with Jim Stellar, and his 1974 paper in the Proceedings of the American Philosophical Society putting forth his hypothesis that the brain mechanisms of the hedonics of eating and drinking evolved from and overlapped with the mechanisms that controlled ingestive behavior.

Eliot was not only a superb scientist, he was also a distinguished scholar who wore his learning lightly. He thought that the archival aspect of science was central to the process of conjecture and refutation, and that the record of how a problem developed needed to be consulted and mastered in order for new approaches to be made and fundamental answers to be obtained. Because, like all great scholars, he assumed that everyone knew what he knew, he could startle you with an insight from literature that you had never considered to be relevant. Talk usually got around to Lashley, in whose laboratory Eliot worked as an undergraduate at Harvard and whose 1938 paper, “Experimental Analysis of Instinctive Behavior,” he never tired of referring to.

Eliot was as welcoming to new facts as he was to old ideas and observations. He knew that new phenomena and the ideas they sparked are the driving force of science. Because the scientific method was good at detecting errors and shrinking exaggerated claims, the new observation or interpretation would be scrutinized and made to defend itself. The new needed nurturing more than criticism. This is why Eliot found it easy to befriend and support the young. It was what made him such an influential teacher.

His scholarship went far beyond the science he practiced. The reshaping of the University of Pennsylvania that occurred during the time he was Provost was carried out under his vision of “One University.” He saw more clearly and urged more effectively than anyone I have known that learning is the defining process of scholarship. Scholars are at their best, Eliot thought, when they are most alive to the uncertainties of their field and are courageous enough to confront those uncertainties in the laboratory and classroom. The best teachers lead their students to the borders of what is known and point them towards the vast areas of ignorance that lie beyond. For Eliot there was no tension between research and teaching because both were the inevitable consequences of leading a life of learning, of being a scholar.
Eliot had a very high ideal of service. Massachusetts and Harvard can do that to you, but I suspect his ideals came from home. His mother sent him off to school each morning with, “Do a good job today.” And he did. Many of us knew his tireless service to his students and colleagues, to Penn as Professor and Provost, to the Neurological Institute at Penn, to the development of Behavioral Neuroscience as an interdisciplinary subject at Penn and around the country, to the NIH and other governmental funding agencies, to the National Academy of Sciences, and to Psychology (he was President of the Eastern Psychological Association, Editor of the Journal of Comparative and Physiological Psychology, recipient of the Warren Medal of the Society of Experimental Psychologists, and the Gold Medal for Life Achievement in Psychological Science). But even veteran Stellar watchers were astonished to hear at the celebration of his 70th birthday how successful he had been as Chairman of the Committee on Human Rights of the National Academy of Sciences in getting tyrants and torturers to ease conditions of captive scientists around the world. For a man with no language except English, he had an amazing knack for communicating with the other person in the room. Eliot’s shrewd judgment of people and power worked for him in these situations, but he succeeded where others failed because he believed that anyone could learn to be better and that human values counted more—far more—than politics, nationality, or ideology. He admired Benjamin Franklin, who also attended Boston Latin School and became President of the American Philosophical Society. Eliot’s pragmatic and democratic approach to the service of women, men, and institutions resembled Franklin’s in many ways.

Through his commitment to excellence and to service, Eliot shaped our field and our Society. He left a legacy of high scientific standards, deep scholarship, and the willingness to serve colleagues, particularly the young, in whatever is required to further learning. But the most precious thing he gave us was his enthusiastic celebration of research as a life of learning with others. He tried to teach us that science is like geographical exploration—one person’s discovery enlarges, rather than shrinks, the scientific world for the rest of us.

Carol Corillon, executive director of the Committee on Human Rights that Eliot chaired, remarked at his memorial service that when she tried to explain Eliot to people who did not know him, her description sounded like a combination of Sir Lancelot and Mother Theresa in a blue blazer. And so he was. We were lucky to have him. We shall never see his like again.

A Stellar Sampler

On doing an undergraduate project in Lashley’s laboratory, “He was brilliant and encouraging, but he was a loner. When I gave him my results, he found them interesting enough to repeat the measurements himself.”

On hearing an investigator dismiss a new finding that challenged the current explanation, “But you can learn something from that.”

On discussing a grant that did not get funded, “That’s all right. We’ll just make it better and try again.”

On publishing your work, “It is not science unless it is in archival form, available to colleagues and the future. Far too much junk is published; the emphasis must be on enduring quality.”

On receiving a call for an appointment from an Assistant Professor about an idea for a new course, “Come right now. The time to discuss an idea is when you have it.”

On teaching, “Great teachers don’t teach—they show you the joys of learning.”

On hedonic processes and experiences in animals, “Some of the precursors of hedonic experience may occur in infrahumans, as judged primarily by approach and withdrawal behavior, affective expression, and the potent effects of reinforcement. These can only be inferred, but should not be ignored.”

On the molecular aspects of Behavioral Neuroscience, “...we need to understand the cellular mechanisms at work, the receptors, the ion channels, the second messengers, and so on. We also need to avail ourselves of molecular probes to manipulate the cellular processes identified.”

On the concept of One university, “The key to the philosophy underlying the concept is the thought that the University of Pennsylvania would be an institution which sees life whole. To see life whole means to be concerned with the past, the present and the future, to see root causes of the condition of the earth and man, and to see the condition itself both in its obvious and in its more subtle and immanent characteristics.”

On Alan Epstein’s death, “I have lost a son I loved and an inspiring friend and colleague.”

On Vince Dethier’s death, “It’s awful, but we must go on.”

On his own cancer, “I’ve got a bad disease and I’m going to get it fixed.”

On making plans while being treated for cancer, “I’m planning as if I’ll live forever.”

G.P. Smith

January 1994
Stellar Thoughts on Vince Dethier

Not long before his own death, Eliot Stellar wrote to many of his colleagues about the life of his friend Vince Dethier. His letter is reprinted here.

September 15, 1993

I have sad news that some of you may have already heard. We lost our good friend, Vince Dethier. He died on September 8 of a massive heart attack as he was giving his first lecture to his class at the University of Massachusetts. How typical of Vince to die at the age of 78 with his boots on. Not only was he a great teacher, but he was also a superb scientist and gifted writer of children's and adult literature as well as science (e.g. "Fairweather Duck" and "To Know a Fly"). More than that, he was a gifted musician. Throughout his life he was an exciting colleague, always stimulating and always generous and helpful in his interactions. All of this with a great sense of humor and a keen wit.

As you know, Vince was Boston-born and New England bred, attached as nowhere else to his summer home in East Blue Hill, Maine, which he enjoyed so much with Lois and their two boys, Jehan and Paul. He attended Harvard as an undergraduate and as a Ph.D. Student in Biology. After his World War II Army Air Corps experience overseas (mainly Africa) in insect and parasite control, he joined the faculty at Ohio State and then moved to Johns Hopkins where we first met in 1947.

Vince's primary interest was in the chemical senses of invertebrates, particularly the blowfly, Phormia regina. He wanted to know how sensory transduction took place at the receptor level and how the information generated in neural circuits served the organism and guided its behavior. He sought to relate chemical structure to acceptance or rejection of food, but found that it was the intensity of nerve impulses generated that determined the rate of ingestion, and feedback from pressure in the crop over the pharyngeal nerve that produced satiety and the cessation of eating. While Vince never accepted the concept of motivation, especially as applied to invertebrates, his work made tremendous contributions to our understanding of what starts and stops species-specific behavior. Most important of all, his thinking was parsimonious and he provided us all with a clear and simple model of how nervous systems regulate behavior.

One of the greatest joys of our life was teaching a course in animal behavior together at Hopkins and at Penn. That led to our writing a brief textbook, called Animal Behavior that went through three editions and was translated into nine foreign languages. We covered both vertebrate and invertebrate behavior, simple and complex behavior in an evolutionary context, and the physiological and neurobiological basis of behavior. It was a great joy and drew us together.

Vince left Penn to take a Chair at Princeton and then was attracted by a Distinguished Professorship at the University of Massachusetts. At Penn, he was a member of the Biology Department, an exciting colleague to the Psychology Department, and a key member of the Institute of Neurological Science. He was the multidisciplinary scientist par excellence.

Vince was well-recognized for his many contributions. He was highly regarded by the European ethologists and the American neurobiologists as well. He was a member of the National Academy of Science, the American Academy of Arts and Sciences, and the American Philosophical Society as well as the Royal Entomological Society, London, and the Royal Academy of Arts, London. He won numerous prizes for his scientific and his literary work, most recently, the John Burroughs Medal for Distinguished Nature Writing. Most important of all, he was pleased with his own work, intellectually excited by the challenge of it and happy, in his wonderfully modest way, with his own creations.

His death is a loss to us all. His life is a great gift to us all.

Yours,

[Signature]
1994 Meetings

The C.B. Pennington Molecular and Genetic Aspects of Obesity Symposium will be held at the Pennington Biomedical Research Center in Baton Rouge, LA February 20-22, 1994. CME credit has been requested. Contact Ben Phillips, Pennington Center, 6400 Perkins Road, Baton Rouge, LA 70808.

The 65th annual meeting of the Eastern Psychological Association will be held April 15-17 in Providence, Rhode Island. Joe Vasselli is organizing a SSIB function. For more information, contact Marni Hochswinder, Rowan College of New Jersey, Glassboro, NJ 08028-1830 USA.

The annual meeting of the Association for Chemoreception Sciences (AChemS) will be held in Sarasota, Florida on April 13-17. For further information, contact Dr. Judith Van Houten, Dept. of Zoology, University of Vermont, Burlington, VT 05405-0086. Tel 802-656-2922, Fax 802-656-8584.

The 3rd International Behavioral Neuroscience Society Conference will be held in Clearwater, Florida on May 19-22. For further information, contact Dr. Paula Geiselman, Pennington Center, Louisiana State University, 6400 Perkins Road, Baton Rouge, LA 70808 USA. Tel 504-765-2695.

The International Symposium on Liver Innervation will take place July 2-5, 1994 in Matsuyama (Ehime), Japan. Major topics include hepatic neuroanatomy, intercommunication of liver cells and nerves, hemodynamic effects of liver nerves, physiological roles of hepatic afferents, neuropharmacology, clinical implications. Contact Conference Secretariat, International Symposium on Liver Innervation, c/o Department of Medical Biochemistry, Ehime University School of Medicine, Shigenobu, Ehime 791-02, Japan. Tel 0899-64-5111, ext. 2079; Fax 0899-64-5236.

SSIB's second independent meeting will be held at McMaster University in Hamilton, Ontario, August 17-20. See the Meeting Announcement for more information, or contact Harvey Weingarten (Dept. of Psychology, McMaster University, Hamilton, Ontario, L8S 4K1 Canada; Tel 905-525-9140, Fax 905-529-6225) or Don Coscina (Biopsychology, Clarke Institute of Psychiatry, 250 College St., Toronto, Ontario, M5T 1R8 Canada; Tel 416-979-6821, Fax 416-979-7871).

The Third Food Choice Conference will parallel the main SSIB meeting in Hamilton, Ontario, Canada on August 18-19, 1994. For more information, see the information included in the McMaster registration materials or contact Jeffery Sobal, Nutritional Sciences, Cornell University via e-mail: JEFFS@SMAIL.HUMAN.CORNELL.EDU or Adam Drewnowski, Fax 313-764-5233.

The 7th International Congress on Obesity will meet August 20-25 at the Westin Harbour Castle Hotel, Toronto, Ontario, Canada. This meeting carries AMA Category I study credits. For further information, contact: Continuing Medical Education, University of Toronto, 150 College Street, Room 121, Toronto, Ontario M5S 1A8 Canada. Tel 416-978-2719, Fax 416-971-2200.

THE COLUMBIA UNIVERSITY SEMINAR ON APPETITIVE BEHAVIOR Scheduled Speakers for 1994 All meetings are on Thursdays

Jan 20 Paul Aravich Exercise Induced Weight Loss in the Rat and Anorexia Nervosa

Feb 17 Paul Rozin Food Selection and Food Intake: Role of Memory and Culture

Mar 17 Paul Breslin Control Theory Model of Sodium Ingestion

Apr 28 France Bellisle Control of Human Feeding

May 19 Eric Corp NPY - Pharmacology and Feeding

Jun 16 Marion Hetherington Aging and the Pursuit of Slimness: Dieting and Body Dissatisfaction Across the Life Span

For further information contact: Dr. Harry R. Kissileff, St. Luke's/Roosevelt Hospital, 1111 Amsterdam Ave., New York, NY 10025.


If you know of meetings that might interest SSIB members, send announcements to the Editor for inclusion here.

The newsletter is published in January, May, and September, with deadlines of December 15, April 15, and August 15.
Lab Techniques

Computerizing Food And Fluid Intake Measures
Anthony Sclafani, Brooklyn College of CUNY

My laboratory, like those of many other SSIB members, spends many hours a week weighing food cups and fluid bottles. The accuracy and efficiency of this tedious process can be greatly enhanced by using a personal computer (PC) to collect the cup and bottle weights directly from an electronic balance. Inexpensive PCs and electronic balances are readily available for this purpose. Less available, however, is information on how one interconnects the electronic balance to the PC and computer software to read the weight data from the balance. SSIB members, therefore, may be interested in the system used in my lab.

In our simplest system, an Ohaus CT600 electronic balance fitted with the Ohaus RS-232 option is connected to the serial port (COM1) of an IBM-compatible PC. This balance has a 600 g capacity and 0.1 g sensitivity, which is suitable for most of our needs; comparable balances are available from other companies. An interface cable to connect the balance to the PC is available from Ohaus. We made our own cable which includes a convenient foot/hand switch that tells the balance when to send weight data to the computer (cable specifications are available upon request.)

For the PC to read the weight data being sent by the electronic balance it must be running an appropriate software program. We have written our own custom programs (in QuickBasic) to collect the weight data and calculate individual and group intake values in grams and calories. We also now use a spreadsheet program (Quattro Pro, although Lotus 123 or Excel can be used) combined with a program called SoftwareWedge/DOS to collect intake data. The SoftwareWedge/DOS, which is run first, allows the spreadsheet program to read the weight data from the scale. (For this to work, the communication parameters used in the SoftwareWedge program and the electronic balance must be set the same.) This is a very convenient way of collecting data because the information is placed directly in the spreadsheet where it can be readily manipulated, stored, printed, graphed, and does not require custom programming.

We also have systems in which two electronic balances are connected to one PC using its COM1 and COM2 ports. This speeds data collection because two food cups or fluid bottles can be weighed at the same time. Also, the second balance in our system (Sartorius U3600) has a greater weight range (3600 g) and includes an averaging feature which is ideal for weighing rats. When a rat is placed in the balance pan, the balance rapidly calculates the average of 10 weight measures and sends this value to the computer; this corrects for the weight fluctuations produced by the rat's movement.

SoftwareWedge/DOS is available from Personal Computing Tools (Tel 800-767-6728; Catalog # AHM 10000, $129).

Have you found a good solution to a common lab problem? Share it with the membership in this column!

Make History!..............Ellen Ladenheim, SSIB Historian

Dr. Harry Kissileff is currently trying to procure a permanent site at Columbia for the SSIB Archives. As an integral part of the archives, we would like to document the makeup of the SSIB membership by compiling a family tree. The information we would like to obtain from you is: your name, your mentor's name and if possible the name of your mentor's mentor. Along with this information please include research interests and university or industry affiliation.

I urge you to take a moment to fill out the enclosed questionnaire. I think it will prove to be both interesting and informative and an important addition to the archives. While this information will become a permanent part of the archives, if there is sufficient interest I will try to provide a summary of our findings in a future edition of SSIBlings. We will periodically include a request for this information to target new members and for those of you who may not have crossed “procrastination” off your list of vices to correct for the New Year.

I am beginning to collect a number of photographs from past SSIB gatherings and hope to have an informal “showing” at the McMaster meeting. If you have any photographs that you would like to see included please send them to me and supply information as to the meeting, subjects etc. My present collection runs the gamut of photographic styles, from the Sears Portrait Studio variety to the Dianne Arbus wanna-be's. So if you have anything to contribute don't feel intimidated if the composition is less than perfect. Please send the completed questionnaire and/or photographs to:
Dr. Ellen E. Ladenheim
Dept. of Psychiatry
Johns Hopkins University School of Medicine
720 Rutland Ave.
Baltimore, MD 21205
Or e-mail the information to me at:
laden@welchlink.welch.jhu.edu

Thanks for your time.
Job Openings

Postdoctoral Research Fellowship for the Study of Eating and Its Disorders
Two full-time postdoctoral research training fellowships in the normal and abnormal controls of eating are available beginning 1 July 1994 at the New York Hospital-Cornell Medical Center, Westchester Division. Individual research projects can be done in molecular, developmental, neurochemical, behavioral or clinical research. Fellowships are usually awarded for two years and the stipends are competitive. Women and minority members are encouraged to apply. Send letters of interest and C.V.s to:
Gerard P. Smith, M.D.
E.W. Bourne Behavioral Research Laboratory
New York Hospital-Cornell Medical Center
Westchester Division
21 Bloomingdale Road
White Plains, New York 10605

Postdoctoral Position Available

Use novel surgical and/or infusion techniques to study changes in meal intake, daily food intake, energy expenditure and body weight. Learn intestinal and/or transplant surgery, chronic infusion into various vascular sites in freely moving rats, measurement of 24 hour oxygen consumption, radioactive tracer techniques for analysis of stomach emptying and intestinal transit and/or measurements of plasma hormones and metabolites.

The post-doctoral position begins in the Fall of 1994 and lasts for at least 2 years. If interested, send vita, three letters of reference and statement of research interests to Henry Koopmans, Dept. of Medical Physiology, Health Science Centre, Univ. of Calgary, Alberta, Canada, T2N 4N1. In accordance with Canadian immigration requirements, priority will be given to Canadian citizens and landed immigrants, but all eligible candidates are encouraged to apply.

Appetite and body weight regulation: Sugar, fat, and macronutrient substitutes.
J.D. Fernstrom and G.D. Miller, eds. (1993)

From the back cover: "The book emphasizes behavioral aspects of appetite regulation, as well as underlying biochemical, metabolic, and neurobiological mechanisms. Current research regarding the use of dietary fat and sugar substitutes in the management of appetite and body weight in humans is covered extensively, including their potential value in the management of obesity."

Topics include appetite control in children and in adults, cephalic phase insulin release in humans, dietary macronutrients and brain serotonin, fuel metabolism and appetite control, neural substrates for metabolic controls of feeding, sweetness and appetite in normal, overweight, and elderly persons, intense sweeteners and the control of appetite and of food intake and selection, human preferences for sugar and fat, fat substitutes and regulation of food intake in rats, dietary fat and the control of fat intake, imprecise control of food intake on low fat diets, and the question of dietary fiber's effect on food intake and body weight. All chapters were written by SSIB members.


Diet selection: An interdisciplinary approach to foraging behavior. R.N. Hughes, ed. (1993)

The selectivity of feeding is presented from the viewpoints of physiologists, psychologists and ecologists, considering such variables as digestive constraints, hunger, learning, decision rules, prey detection, and competition and predation risk. They examine a range of organisms from tiny zooplankton to large mammalian herbivores, with "gourmets of mud" (marine deposit feeders) somewhere in between. An animal's diet selection takes many factors into account, and many of them are reviewed here to begin a scientific integration of the subject.

221 pages. $54.95. ISBN 0 632 03559 5. Blackwell Scientific Publications: UK, Marston Book Services Ltd., PO Box 87, Oxford OX2 0DT. Tel 0865 791155, Fax 0865 791927. USA: 238 Main St., Cambridge, MA 02142. Tel 800-759-6102, Fax 617-876-7022.

Laboratory Equipment For Sale

Our lab has 200-300 brand new 100 ml graduated glass Richter drinking tubes for sale. Call 410-614-0015 for information. Gary Schwartz, Johns Hopkins University.

Buried Treasure:
Calendar

These are the scientific meetings recorded on SSIB's calendar to date. For more details on this year's meetings, see page 9. Contact the editor to add items to this list, which appears in every issue.

- EPA: Eastern Psychological Association, Providence, RI, April 15-17.
- AChemS: Association for Chemoreception Sciences, Sarasota, FL, April 13-17.
- International Symposium on Liver Innervation, Matsuyama (Ehime), Japan, July 2-5
- SSIB's second independent meeting, Hamilton, Ontario, August 17-20
- FCC: Third Food Choice Conference, Hamilton, Ontario, August 18-19
- ICO: 7th International Congress on Obesity, Toronto, Ontario, August 20-25
- Society for Neuroscience, Miami, FL, November 13-18.
- 1995
- FCC: Fourth Food Choice Conference, Birmingham, April 24-26
- SSIB/NAASO, Baton Rouge, LA, October
- Society for Neuroscience, San Diego, CA November 11-16

Volunteers are needed to host SSIB meetings in '98 and '99.
The Society for the Study of Ingestive Behavior has been planning ahead in its schedule of meetings. The locations and approximate dates have been chosen for the '95 and '96 meetings (Baton Rouge in October '95, Banff in August '96). ICPFII meets in 1997, so SSIB will not have an independent meeting that year. For 1998, SSIB is seeking an East Coast US site, and it's not too early to begin consideration of the 1999 meeting.
If you are interested in hosting an SSIB meeting in 1998 or 1999, please contact Terry Powley.

Results: Meeting Attendance Survey

Earlier this year, Harry Kissileff surveyed the membership to determine the expected attendance at major scientific meetings in 1994. He received 175 replies to his request. Many of the respondents (105) expected to attend the Society for Neuroscience meeting, and almost as many (99) expect to be at the SSIB meeting at McMaster University this August. Expected attendance at other meetings was considerably lower: 43 for NAASO, 36 for the Experimental Biology meetings, 32 for Behavioral Neuroscience, 29 for EPA, and 26 for AChemS.

This information aids the Board and various committees in planning SSIB's involvement (e.g., symposia, socials) at other meetings. Because the Society now has over 600 members (621 at last count), hints about members' plans permit better allocation of organizers' time and effort, and surveys will probably be conducted more frequently in the future. Thanks for your assistance!