

vice administrative and financial support has been a fundamental condition for the conduct of such activities. In addition, study sections have been given considerable latitude of judgment in meeting problems. Finally, little could have been done without the ready acceptance of study section work by the scientists, or without the cooperation of universities, foundations, industries, professional societies, hospitals, and other public and private agencies.

Perhaps the success of the study sections has depended most of all upon the impressive dedication of their members to the advancement of science. Most scientists have enthusiastically accepted appointment to a study section and have willingly carried out their time-consuming duties.

As typical offspring of mid-20th-century civilization, study sections have leaned heavily on the means of rapid communication which World War II hastened into being. Consultants on these and other Public Health Service advisory panels have become, perhaps, latter-day counterparts of the peripatetic medical men of the 19th century—of physicians like Daniel Drake, Austin Flint, Sr., or Josiah Bartlett—who moved about helping to spread or generate medical ideas. Scientific conferences or workshops held in eastern hotels are now increasingly supplemented by conferences held in western and southern motels. In the process, the relative isolation of scientists west of the Mississippi is being diminished.

Activities of study sections (as well as of NIH institutes and other bodies) have provided the American scientist with a broadening and enlightening experience (14). A retiring study section

chairman a few years ago commented: "I think it has been interesting to see how democratic everything has been, and I have always felt that in calling in several hundred non-government professional and civilian experts in various categories and utilizing their advice, any mistakes which have been made are ones of democracy and not the organization itself." Some scientists have been exhilarated at the realization that their activities were helping to push what one called the "frontiers of life sciences" far beyond the modest stage which Vannevar Bush in 1945 projected for federal research (15). Intelligently applied study section activity at the level of the individual scientific disciplines, as part of the total Public Health Service effort, has played an important role in this expansion of research horizons.

#### References and Notes

1. There are at present nine research institutes at NIH: Allergy and Infectious Diseases, Arthritis and Metabolic Diseases, Cancer, Child Health and Human Development, Dental Research, General Medical Sciences, Heart, Mental Health, and Neurological Diseases and Blindness. For details on the administrative growth of NIH and on the setting of the study sections, see Donald C. Swain, "The rise of a research empire: NIH, 1930 to 1950," *Science* 138, 1233 (1962). For more information on the background and operation of the study sections, see "The Division of Research Grants of the National Institutes of Health: Its History, Organization and Functions, 1945-1962," *Public Health Serv. Publ.* 1032 (1963). The PHS research grants program also includes activity in the Divisions of the Bureau of State Services.
2. For details on the relation of some of this stimulative work, notably in the area of antibacterials and malaria research, to wartime programs of the Office of Scientific Research and Development, see "The Division of Research Grants of the National Institutes of Health," *Public Health Serv. Publ.* 1032 (1963); see also I. Stewart, *Organizing Scientific Research for War* (Little, Brown, Boston, 1948), and J. P. Baxter, *Scientists Against Time* (Little, Brown, Boston, 1950). Some of the study sections mentioned no

longer exist, or now exist under a different name. Examples cited are drawn, in large part, from unpublished minutes of meetings of the study sections, from the files of NIH's Division of Research Grants. Supplementary information was obtained through interviews with some of the participating scientists.

3. See the notice which appears monthly on the inside back cover of *Endocrinology*; the clearing house is handled by the executive secretary of the study section.
4. The registry and bank is operated at Johns Hopkins University as the National Pituitary Agency, under contract from the Public Health Service.
5. See Walter J. Burdette, Ed., *Methodology in Human Genetics* (Holden-Day, San Francisco, 1962); *Methodology in Mammalian Genetics* (Holden-Day, San Francisco, 1963); *Methodology in Basic Genetics*, (Holden-Day, San Francisco, 1963).
6. The Radiation Research Society, which had its first meeting in 1953, was another result of the same scientific ferment which had helped bring the study section itself into being.
7. T. C. Ruch, *Diseases of Laboratory Primates* (Saunders, Philadelphia, 1959).
8. The study section was first (1955) known as the National Advisory Committee on Rhesus Monkey Requirements, and later (1959-60) as the National Advisory Committee on Primates.
9. The original title of the pamphlet was "Care of the Dog Used in Medical Research," *Public Health Rept. U.S. Suppl.* 211 (1949).
10. See *Rev. Mod. Phys.* 31, Nos. 1 and 2 (1959); also *Biophysical Science: A Study Program* (Wiley, New York, 1959).
11. These societies included the American Society of Clinical Pathologists, the American Association of Pathologists and Bacteriologists, the International Association of Medical Museums, the college of American Pathologists, and the American Society for Experimental Biology.
12. *Manual of Experiments in Pathology*, Hans G. Schlumberger, Ed. (Hoeber, New York, 1959).
13. A partial account of the role of study section executive secretaries, who actively assist in such work, is found in D. H. Merritt, *Clin. Res.* 8, 154 (Apr. 1960).
14. This view was expressed by J. Walter Wilson (personal communication).
15. See V. Bush, *Science: The Endless Frontier* (National Science Foundation, Washington, D.C., new ed., 1960).
16. This article was prepared at the request of and with the collaboration of members of the Research Development Committee of the Research Grants Review Branch, Division of Research Grants, National Institutes of Health: Dr. J. Palmer Saunders, Mrs. Helen Tibbitts, Dr. Seymour Baron, Dr. Irvin Fuhr, Mr. Morris Graff, Dr. Thomas O'Brien, Dr. Falconer Smith, and Dr. Katherine S. Wilson.

## Odyssey of a Psychotherapist

Harry A. Wilmer

I have drawn a picture of a fantasied land through which hopeful psychotherapists journey. Only a few of the pitfalls, dangers, and allegorical tasks are shown. In a pilgrimage of mutual acculturation the therapist and the patient are fellow travelers. Both may fail, and both are beset by difficulties.

The particular tasks and labors of the therapist reflect his orientation. This is achieved in a variety of ways.

The therapist enters the gates to the Land of Psychotherapy through the Wall of Defence, past the Watchtower of Resistance. His first trial is to bypass the seductive music from the band-

stand on Cliché Heights, surrounded by Statistics Hedge. Here he can be perpetually entertained by the Hole Man Band when the orchestra of sychophancy plays. If he wanders far he risks a fall into the Selfish Sea.

Now he must not become lost in Echo Canyon, hidden by the Perseveration Pinnacles, where he will forever repeat the words and attitudes and techniques his teachers have taught him. At the end he might fall in Echolalia Lake (hidden at the far end of the valley).

His path leads him by the Compulsive Hills in which the caves of the

The author is associate clinical professor of psychiatry, Stanford University, Palo Alto, Calif.

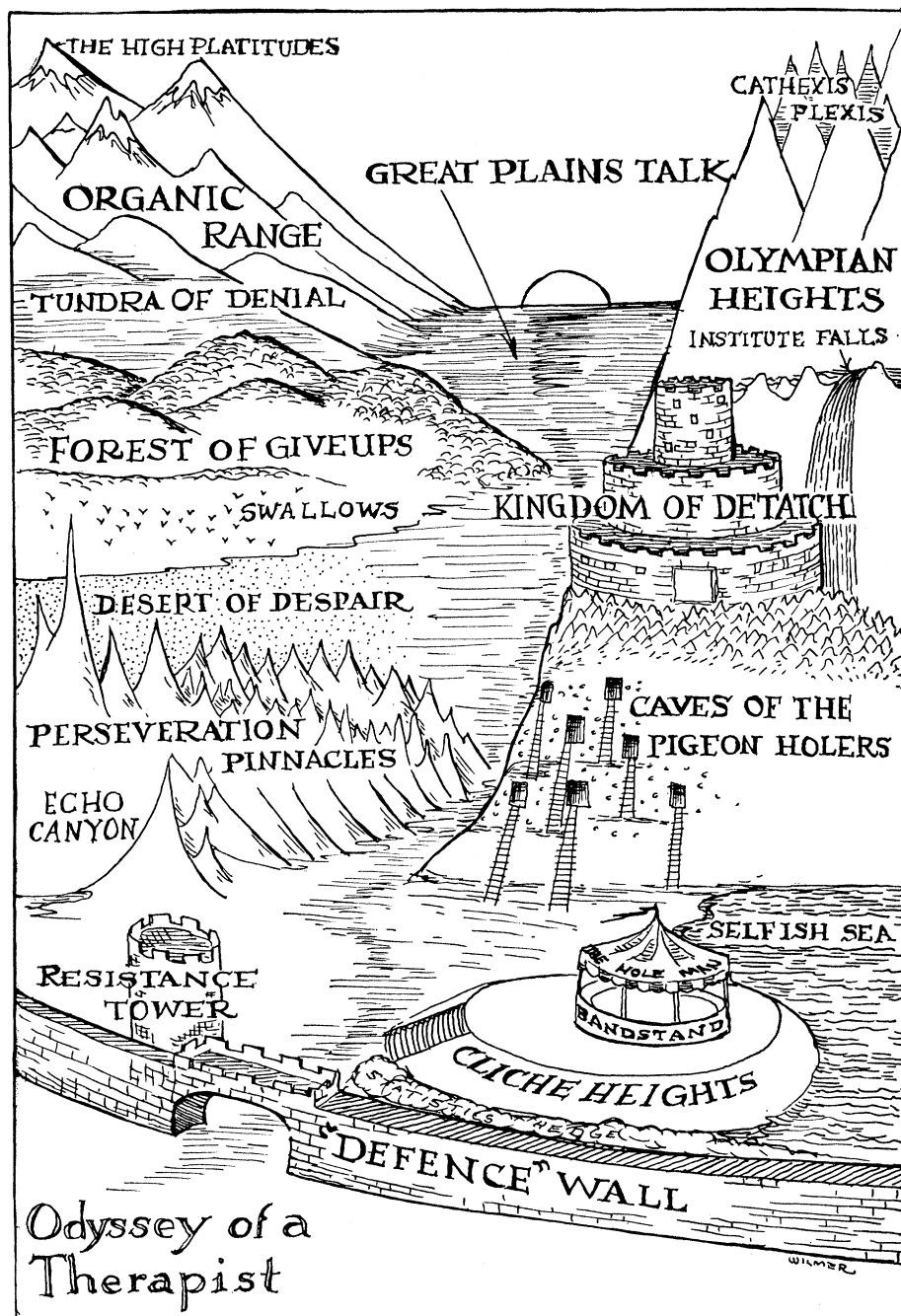
Pigeon Holers are burrowed. Here he can hide, and classify, and eat compulsive porridge, in return for his birthright of becoming a therapist.

High above the caves is the Kingdom of Detach. Here the traveler can with detachment enjoy his ivory tower. The kingdom lives by a rigid court. Rules are laid down by the Chief Monarch. The neophyte can become festooned and adorned with the regalia of the court. He may even become a knight slaying dragons, rescuing fair damsels in the surrounding forest, and pulling swords out of rocks. He may never see a patient, but in return for his Oath of Allegiance he will spend his days in splendid glory, a monument to entombed knowledge.

Upon towering mountains to the south are the Olympian Heights, whose upper peaks are known as Cathexis Plexis. Here the inhabitants speculate in solitary splendor among the gods of the mountains. The traveler may tumble down Institute Falls, in rites of initiation to this community, or he may never make the grade, spending his life condemned, like Sisyphus, to fruitless labor.

If he passes this trial, the traveler trudges down a great open valley and finds himself in the Desert of Despair. Without water, plodding through the shifting sands of uncertainty and bewilderment, he makes his way toward the setting sun. But alas, his vexed odyssey is not yet over. A flock of swallows wing by on their way to the Forest of the Giveups. The greenery and the lakes among the Elysian Fields beckon sweetly after the parched Desert of Despair. The temptation to hunt swallows must be resisted, for they are shot with loaded questions. No other weapon gets them so neatly as these particular buckshot. The natives of the Forest of the Giveups are easily recognized by their cult of the tentative. They never say anything definitely and qualify even the most simple statements. They live on words such as: could be, maybe, perhaps, I wonder if, it might be, and what do you think—the outrageous slings and arrows of fortune with which they wound all questioners.

The final allurement must be passed and even then the traveler must not



look back. He must go forward, not yielding to the temptation to climb the Organic Range, with its snow-capped peaks, known as the High Platitudes. The Tundra of Denial, that great glacier at the foot of the Organic Range, melts in the sun and nurtures the green and open meadows known to man as the Great Plains talk. On this solid ground the final journey can be begun. Yet, I would remind the weary traveler on his odyssey of the words

of the wise man: "To travel hopefully is better than to arrive, and true success is in labor." Only then can the therapist, with the patient, achieve the true Promethean gift. And all generalizations, including this one, are false.

#### Bibliography

- H. A. Wilmer, "A hitherto undescribed island: An approach to the problem of acculturation," *Am. Scientist* 41, 456 (1953).  
 —, "Transference to a medical center, a cultural dimension in healing," *Calif. Med.* 96, 173 (1962).