micrograms a minute, with careful watch on the
blood pressure.

The absolute eosinophil count may be a helpful
guide to treatment but probably only after the
first emergency is over. It is reasonable to aim at
a count below 50 per cu. mm. in the presence of
stress.

5. The patient may be killed by an excess of
salt, fluid or DCA; the venous pressure does not
give warning of this. Autopsy may reveal pleural
and pericardial effusions when there was no rise of
venous pressure in life.

Chronic adrenal insufficiency is usually due to
destruction or atrophy of the adrenal glands but
it may complicate hypopituitarism and it may
accompany adreno-genital virilism. In all these
diseases cortisone has a rational place in main-
tenance treatment as well as in the treatment of
crisis. Patients with Addison's disease need much
less cortisone than patients with rheumatoid arthri-
tis; tuberculosis is probably not aggravated when
cortisone is given in these physiological doses.
Appetite improves, strength returns and mental
powers increase. Hypoglycaemia is controlled. The
risk of sudden crisis and death is diminished.

Acute adrenal insufficiency can be forestalled
if one recognizes that any stress such as hard
physical work, infection or operation leads to an
increased demand for hormone. In a patient who
cannot respond to this demand because he lacks
adrenal glands large amounts of adrenal extract or
cortisone should be given. Patients with adrenal
atrophy secondary to hypopituitarism or with
unilateral atrophy due to a contralateral tumour
which is to be removed present a special case; in
them the adrenal glands may be stimulated with
adreno-corticotropic hormone.

CORRESPONDENCE

REQUEST FOR REPRINTS CONCERNING
STRESS AND THE ADAPTIVE HORMONES

Dear Sir,

In perusing the current literature with which
this journal is concerned, we note that an ever-
increasing number of its articles deals with prob-
lems pertaining to research on 'stress' and the
so-called 'adaptive hormones' (ACTH, STH,
corticoids, adrenergic substances, etc.).

We are writing you because, in our opinion, the
success of research in this complex and rapidly
developing field largely depends upon the prompt
availability and evaluation of relevant publications,
a task for which we should like to solicit the
assistance of your readers.

In 1950 our Institute initiated the publication
of a series of reference volumes entitled 'Annual
Reports on Stress' (Acta Medical Publishers,
Montreal) in which the entire current world litera-
ture is surveyed every year (usually between 2,000
and 4,000 publications). Up to now we have had
to compile the pertinent literature partly from
medical periodicals, monographs, abstract journals
and partly from reprints sent to us by the authors
themselves. Of all these, reprints proved to be
the best source of data which we felt deserved
prompt attention in our annual reports. Hence,
in the past, we have sent out several thousand
individual reprint requests to authors of whom we
knew that they are currently engaged in research
on stress and allied topics. Even this procedure
did not give us the wide coverage which would be
desirable, because it is materially impossible to
contact all these authors individually and it often
takes too much time to get the requested reprints.

It is evident that in order to ensure prompt in-
clusion of publications in the annual reports, these
surveys must develop into a co-operative effort
between the authors of original papers and the re-
viewers. This co-operation has been greatly en-
hanced of late by the publication of announce-
ments, in several medical journals, encouraging
investigators interested in stress research to send
us their reprints for this purpose as soon as they
become available.

We should be grateful if by the publication of
this note you would also bring this problem to
the attention of your readers.

We are, Sir,

Very sincerely yours,
HANS SELYE, M.D., Ph.D., D.Sc., F.R.S.(C.).
Professor and Director of the Institute of Ex-
perimental Medicine and Surgery.
ALEXANDER HORAVA, M.D.,
Co-author of the 'Annual Reports on
Stress.'
Request for Reprints concerning Stress and the Adaptive Hormones
Hans Selye and Alexander Horava

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