January 14, 1971

Mr. Joe Noshpitz MD
Hillcrest Childrens Center
1325 W. Street, N.W.
Washington, D.C. 20009

Dear Joe,

It was an unusual pleasure to meet once again, after these many years. Mel and Blanche have spoken so often of you, that I felt as if the gap in time was momentary.

We have had little opportunity to apply our ideas to the study of childhood disorders. The observations that stimulant drugs improve the behavior of hyperactive children provides the basis for a speculation in these children that is testable.

(1) The stimulants used, dextroamphetamine and methylphenidate, alter brain function in a way that is reflected in the EEG as increased fast activity, increased variability of frequencies and decreased amplitudes.

(2) During childhood and adolescence, systematic "developmental" changes in brain function occur, and these are reflected in the EEG as progressive amplitude decrease, increased regularity of rhythms (decreased variability) and increasing faster frequencies, from the usual 4-6 cps of the young child to 6-8 cps of the pre-adolescent to 9-11 cps of the adult.

(3) Could it be that a characteristic of hyperactive children is an EEG record more immature than their age, and with successful treatment, a change is induced toward maturation (and in unsuccessful treatment, the change fails to occur)?

The enclosed summary of our EEG theory and an earlier application to ECT are enclosed.

My best regards.

Sincerely yours,

Max Fink, M.D.
Professor of Psychiatry

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