

October 24, 1971

Michael Sheard, M.D.  
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New Haven, Connecticut

Dear Mike,

I have read and re-read your proposal, and find it quite good. I am not fully acquainted with the status of research into the treatment of psychopathies, but this proposal has both clinical and theoretic interest, and should be acceptable. More important, it should add some solid information to the problem of the relation of brain function to behavior.

My suggestions are few: it would be important that you become better acquainted with the Monroe methods and to that end it would be useful for you to either try some alpha-chloralose activations, or to visit his facility and watch Monroe, or both.

Secondly, since there will be accurate monitoring of the blood levels of lithium, there is an interesting problem, that of blood levels of substances and their relation to the EEG effects, to which you can contribute. Should you consider taking a blood sample at the time of the EEG, the value of that measure could be compared to the EEG values (changes).

The application is deficient in not noting the many reports of EEG changes with lithium that have appeared. I recall reports by Mayfield and Brown (J. Psychiat. Res., 1966), Pfeiffer (J. Clin. Pharmacol. 1969), Platman & Fieve (Br. J. Psychiat, 1969), and more recently, reports by Johnson, Gershon and Korein, and by Itil-- the citations are not available to me. In none of these reports have the relation between drug effects and behavior been verified, and this deficiency is related in part to the inadequate quantification of the EEG and to the incomplete nature of the behavioral and blood level studies. I would also suggest you review the recent V.A. report on blood lithium levels and behavior, edited by Frien and others at Perry Point.

As I mentioned, we are prepared to assist you in the recording of the records in a way that would permit quantification with the techniques available to us.

My best regards and best wishes.

Sincerely yours,

Max Fink, M.D.  
Professor of Psychiatry