

March 13, 1970

Mr. Jack Bernstein
Boston State Hospital
Boston, Massachusetts 02124

Dear Mr. Bernstein:

Separately we are returning the sample tape. As Mr. Irwin discussed with you, your tape recorder is fully compatible with ours, except that there may be some problem in the footage counter. To obviate any footage difficulty, I would appreciate your sending a paper playback, marked in footage with the next tape so that we can compare the footage meters.

A critical problem is the proper setting of the gains of the EEG machine. For those channels recorded on tape, please set the amplifier so that $50 \mu\text{v} = 14 \text{ mm}$ pen deflection.

May I suggest that as soon as you have some EEG material from a subject on tape that you send it and the playback for us to check again.

I am also enclosing the output of the section on zen meditation. Because the sections are short it is difficult to interpret. Epochs 11-18 show little change from the listing, but epochs 19-27 may be different, i.e., a decrease in amplitude and in variability, an increase in average frequency and in fast frequencies, with a decrease in delta.

Sincerely yours,

Max Fink, M.D.
Professor of Psychiatry

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