

Our man Dermot's key role in study

ECHO reporter Dermot Martin became a guinea pig for four weeks in psychiatrist Dr. Tony White's experiment on possible treatment of acute mountain sickness.

He was among a team of 11 volunteers who went to Peru to make an amazing journey.

Said Martin: "We travelled from sea level to about 14,000 feet by railway in just six hours.

"Above 10,000 feet we all felt extremely short of breath and extremely dizzy. I could feel my heart pounding like a drum.

"In some cases of quick ascents people have been known to collapse and die but fortunately we were all tough specimens and lived to tell the tale.

"The most difficult part of the experiment was performing the intelligence tests set by Dr. White. But it was nice to know we were pushing back the frontiers of science."



GUINEA PIGS: Dr. Tony White (top right) with his team in Peru — including Echo reporter Dermot Martin (front row, second from left).

RESEARCH AIMING FOR THE HEIGHTS

WHEN mountaineer Sir Edmund Hilary planted the flag at the top of Mount Everest for the first time . . . was his mind in a psychedelic spin?

When legendary longjumper Bob Beamon sailed 29ft-plus to the world record at altitude in Mexico City was he as high as a kite?

And what of Julie Andrews and the Sound of Music? What kind of weird dream is it that makes her implore people to Climb Every Mountain?

The effects of high altitude on the human body has fascinated scientists for years.

What makes some people, like the Sherpas of the Himalayas, thrive in the rarified air while other unfortunates drop down dead when they move up the contours?

A new study by a Southampton based psychiatrist could help shed some light on the problems of what the experts call Acute Mountain Sickness (AMS).

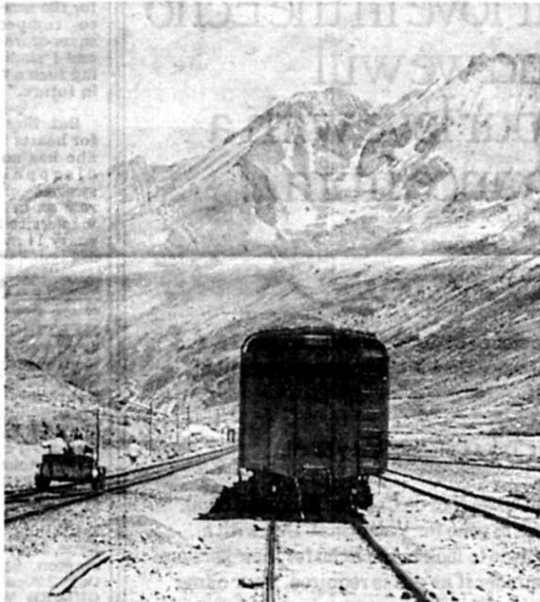
Dr. Tony White, who works at the Royal South Hants Hospital, spent several months working in the thin air of the

The dizzy mountain rail line

Peruvian Andes to find out more about the effects of moving to high altitudes quickly.

For quick-thinking businessmen working in high exotic climes or athletes competing in an alien atmosphere, Dr. White's study will prove interesting reading.

He concentrated on the effects at altitude of the drug



HALF WAY UP: The mountain railway which climbs from sea level to 14,000 feet.

acetazolamide, already recognised as a possible antidote to altitude sickness and has recently published his findings in the U.S. journal Aviation, Space and Environmental Medicine.

Setting up a controlled experiment at altitude is not easy and there was little hard information available to prove or disprove whether the drug is an answer to AMS.

Some argue that the side effects produced could be worse than those of the mountain sickness itself.

For Dr. White, the 1982 Southampton University Expedition to Peru provided an ideal opportunity to put the drug to the test.

Eleven explorers volunteered to take part in the trial.

Some were given the drug, others were given dummy pills before being submitted to simple tests to measure the effects on the brain.

But the real test came in Peru when the party were bundled on to the train which runs along the highest railway in the world.

In six hours the group travelled from sea level to more than 14,000 feet on the most spectacular mountain track ever built.

The air is so thin that a train guard comes round offering

passengers whiffs of oxygen from a set of leather bellows.

This did not prevent the party from flaking out with dizzy spells and suffering headaches with what the Peruvians call Soroche — that's mountain sickness.

Over the next few days Dr. White repeated the experiments at sea level to compare the results.

His findings suggest there is a link between sustaining performance in the tests at altitude and controlled doses of acetazolamide. Those who took the drug seemed to perform better than those who did not.

Dr. White said: "The risks of rapid ascent to altitudes are more than just gross physical incapacity. It can affect the way the brain works.

"Acetazolamide is shown to have beneficial effect in low doses given in my experiment."

Many questions about the chemical's effects remain unanswered and there is scope for much more work. For instance, the Peruvians themselves rely on sucking citrus fruit when journeying from sea level to the mountains.

But Dr. White's work shows, if you must go "climbing every mountain" and you want to keep your head together, acetazolamide may be the answer.



SEA LEVEL: The teeming streets of Lima.

CHURCH SERVICES

ABOVE BAR CHURCH
SUNDAY, FEBRUARY 3
9.30 & 11.00am Morning Service
"Be real!"
(1 Corinthians 10: 1-22)
6.30pm Evening Service
"Progressive Discipleship"
(John 8: 60-71)
Preacher: Rev. David Jackman MA
Thursday, February 7
7.30pm Church Night of Worship & Prayer

PARISH OF SOUTHAMPTON
(City Centre)
SUNDAY, FEBRUARY 3:
9th Sunday before Easter
8.00am
HOLY COMMUNION (1662)
St. Mary
HOLY COMMUNION
Deaf Centre, Northam
10.30am
JOINT SERVICE FOR CANDELMASS
St. Michael
(No Service at St. Mary)
6.30pm
CHORAL EVENSONG St. Mary
EVENSONG St. Michael

SHIRLEY BAPTIST CHURCH
Church Street
We invite you to join us in worship tomorrow
11am Morning Worship with Holy Communion
6.30pm Evening Praise
There's a warm welcome for all at Shirley

EMMANUEL CHURCH FELLOWSHIP
Shirley Road
Sunday Services
11am Worship and Lord's Table
6.30: Fellowship Meeting
We invite you to come and fellowship with us

POLYGON CENTRAL BAPTIST
DEVONSHIRE ROAD
Sunday February 3
11am to 6.30pm
Praise & worship
All welcome
Preacher Rev. Brian Blandford B.D.

PORTSWOOD EVANGELICAL CHURCH
10.30am Family Service
11.40am Communion Service
6.30pm Evening Service
Preacher: John Carrick

Eastleigh Spiritualist Church
Evening of Clairvoyance
Saturday, February 2, 6.30 for 7pm
Mrs. Singer
Sunday Services 6.15pm
Sun., Feb. 3 — Mr. Bowen
Sun., Feb. 10 — Sue and Derek Waterman
Sun., Feb. 17 — Mrs. Clifford
Sun., Feb. 24 — Mr. Pomroy
Healing: Tuesday at 6.30pm

SOUTHAMPTON SPIRITUALIST CHURCH
CAVENDISH GROVE
The Avenue
Sunday, February 3
at 11am and 6.30pm
Mrs. Singer (Southampton)
Tuesday, February 5
at 7pm
Healing Service
Wednesday, February 6
at 2.30pm
Mrs. Gosdon (Bitterne)
All are welcome

BITTERNE AND DISTRICT SPIRITUALIST CHURCH
Top of Lances Hill
SUNDAY, FEBRUARY 3 at 6.30pm
Mrs. Gosden from Southampton
TUESDAY at 7.30pm
— Spiritual Healing
SATURDAY, FEBRUARY 9 at 3pm
Childrens Lyceum
All are welcome

SWAYTHLING SPIRITUALIST CHURCH
(opp. Brook Inn)
President Mrs. Ryder-Alexander
SUNDAY SERVICE 6.30pm
Miss Terry Feb. 10 (flythe)
Healing Monday 5.30-7.30pm

HYTHE SPIRITUALIST CHURCH
Dibden Pariah Hall,
West St.
Sundays at 6.30pm
Feb. 4 Mrs. Payne
Feb. 10 — Mr. and Mrs. Lamb
Feb. 17 — Mr. and Mrs. Hodson
Feb. 24 — Mr. Godfrey

GETTING READY FOR REVIVAL
A seminar at King's School, Quob Lane, West End
Commencing February 10, 1985 at 8pm
The speaker will be **ARTHUR WALLIS**
well known Bible teacher and author.
In many sections of the Church there is a growing conviction that a great revival is on the way. This theme is being dealt with in a series of six sessions to be held on the second Sunday of each month. What is revival? What is the ground for such an expectation? How will it come? Are we ready to hail its arrival? These and many other questions will be answered from the Word of God. There will be opportunity also for your questions. Make a note of the dates and join us.
SUNDAYS 8pm
February 10, March 10, April 14, May 12, June 9, July 14
This series is sponsored by the Community Church, Southampton and for further details or additional handbills apply to King's House, 316 Shirley Road, Southampton. Tel. 776437

COME AND HEAR . . . DAVID WILLOWS
Evangelist from North Allerton
TONIGHT at 7.15pm
THE POWER & PRAISE RALLY
SUNDAY, 10.30am & 6.30pm
Please note an extra meeting with David Willows **MONDAY at 7.30pm**
THE GOSPEL CHURCH
Nutburn Road, North Baddesley

CHRISTIAN SCIENCE
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30-32 The Avenue, Southampton
Service and Sunday School at 11am
Evening Service first Sunday each month 6.30pm
Testimony Meeting Wednesday, 7.30pm
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