# Scientific Approaches to Clinical Neurology

Eli S. Goldensohn / Stanles II. Appel

# Scientific Approaches to Clinical Neurology

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This book was conceived by Dr. G. Milton Shy and is dedicated to him. Dr. Shy personified the ideal neurologist. He was a superb physician, scientist, teacher and colleague. After his formal training in neurology, at the National Hospital at Queen Square in London and at the Montreal Neurological Institute, he began his academic career at the Medical School of the University of Colorado. His outstanding talents as a teacher and clinician were soon recognized and, two years later, Dr. Shy accepted the challenge of becoming the first clinical director of the National Institute of Neurological Diseases and Blindness. During his ten years at the National Institute, he recruited and directed an outstanding and highly productive group of physicians and scientists while continuing his functions as an investigator, teacher and clinician at the highest levels. In the five

years before his death, he held the post of Professor and Chairman of the Department of Neurology at the University of Pennsylvania. At the time of his death, on September 25, 1967, Dr. Shy was Professor and Chairman of the Department of Neurology of the College of Physicians & Surgeons at Columbia University, and Director of the Neurology Service of the Neurological Institute of Presbyterian Hospital.

Dr. Shy raised the scientific excellence and teaching of each institution he served to new heights and significantly improved patient care. This book is dedicated to a great teacher, neurologist and investigator who died at the height of his creativity and left a legacy in teaching and research that will long be remembered in the history of neurology.

# PREFACE

Shortly before Dr. G. Milton Shy died, he felt the time was opportune to incorporate accumulated scientific knowledge relevant to neurological diseases into a clinical textbook of neurology. Clinical scientists with such expertise were contacted, and this book is a result of those initial efforts. Dr. Shy's untimely death created many problems in assembling this book, but the memory of his past friendship and inspiration has guided the editors and the authors in completing the effort. We all are extremely grateful to the publishers, Lea & Febiger, for their patience, their generosity and their continuing support throughout this period.

When this book was conceived and subsequently when the present editors assumed responsibility, its major focus was on neurological disease processes in which scientific advances had been translated into meaningful approaches to the patient at the bedside. The book was not intended to represent a compendium of all our knowledge of clinical neurology. In the chapters which follow, clinical diseases are discussed with emphasis on basic science advances which contribute to our understanding of etiology and pathogenesis. It is clear that further intensive studies of neurological diseases are urgently needed not only to alleviate human anguish and suffering but also to help us to develop understanding of the nature of brain and behavior and to

deal with the many problems of mankind. Just as the study of basic science helps us understand and thus treat neurological disease, the study of neurological disease may help us gain significant insight into fundamental neuroscience.

Clinical advances in the future depend critically upon neurologists with a keen understanding of both the underlying biological processes and the clinical manifestations of disease. The continued development of individuals learned in clinical and basic science concepts is essential for the future of neurology and for our comprehension of the human brain. At a time of lagging governmental interest in and support of basic neurological science, possibly partly because of the priority given to improving health care delivery, it is important to stress the need for basic neurological investigation to help provide future therapy in neurological disorders.

We hope that some of the contributions in this book will serve as highlights to Dr. Shy's approach to neurology—which was that every patient helps us understand basic science principles, and that we need the maximal use of basic science principles to help us to help our patients.

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