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BIOLOGICAL ACTION OF GAMMA AND X-RAYS

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BIOLOGICAL ACTION OF GAMMA AND X-RAYS**I. Exposure of Mice to Daily Doses of Gamma Radiation
at Two Rates: 5.5 r/hr and 0.11 r/8 hr.**

By E. Lorenz, A. Eschenbrenner, M. Derringer, and W. E. Heston

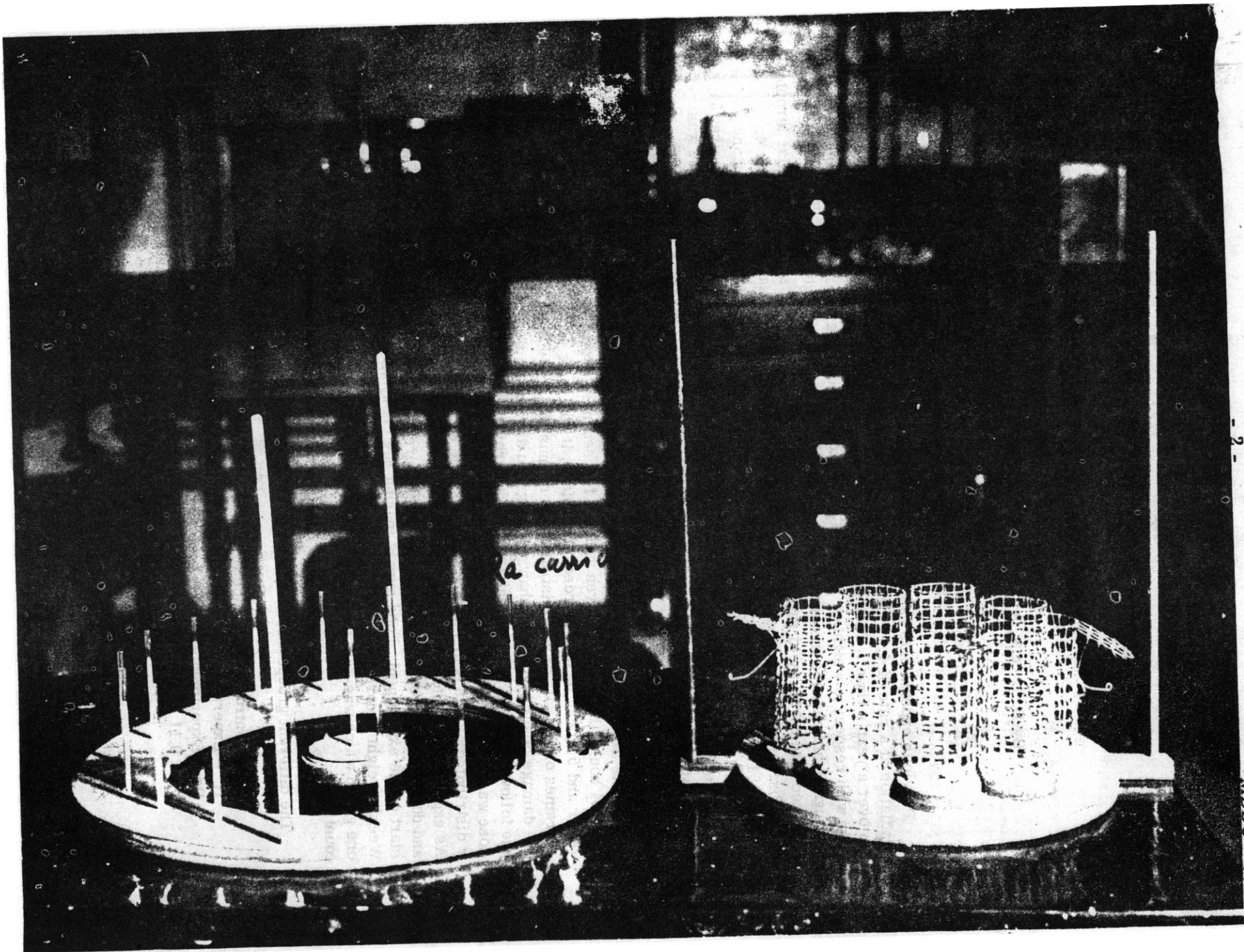
INTRODUCTION

Previous experiments had shown that male C3H mice when exposed continuously to γ radiation at a rate of 4.4 r per day would survive total doses of more than 1600 r (given in over a year's time). They appeared in no way different from the controls of the same age with respect to weight or activity. Blood counts which were done occasionally showed no significant changes in comparison to controls. The only damage that could be attributed with certainty to radiation was the histological finding of severe testicular atrophy with absence of mature sperms. On the other hand, Henshaw (J. Nat. Cancer Inst. 4: 513-522, 1944) reported pronounced histological damage in Hematopoietic organs and testes, and an appreciable shortening of life span in C3H mice after a daily exposure (5x weekly) to 5 r of x-rays given within a few seconds. The total average lethal dose was somewhat below 1000 r.

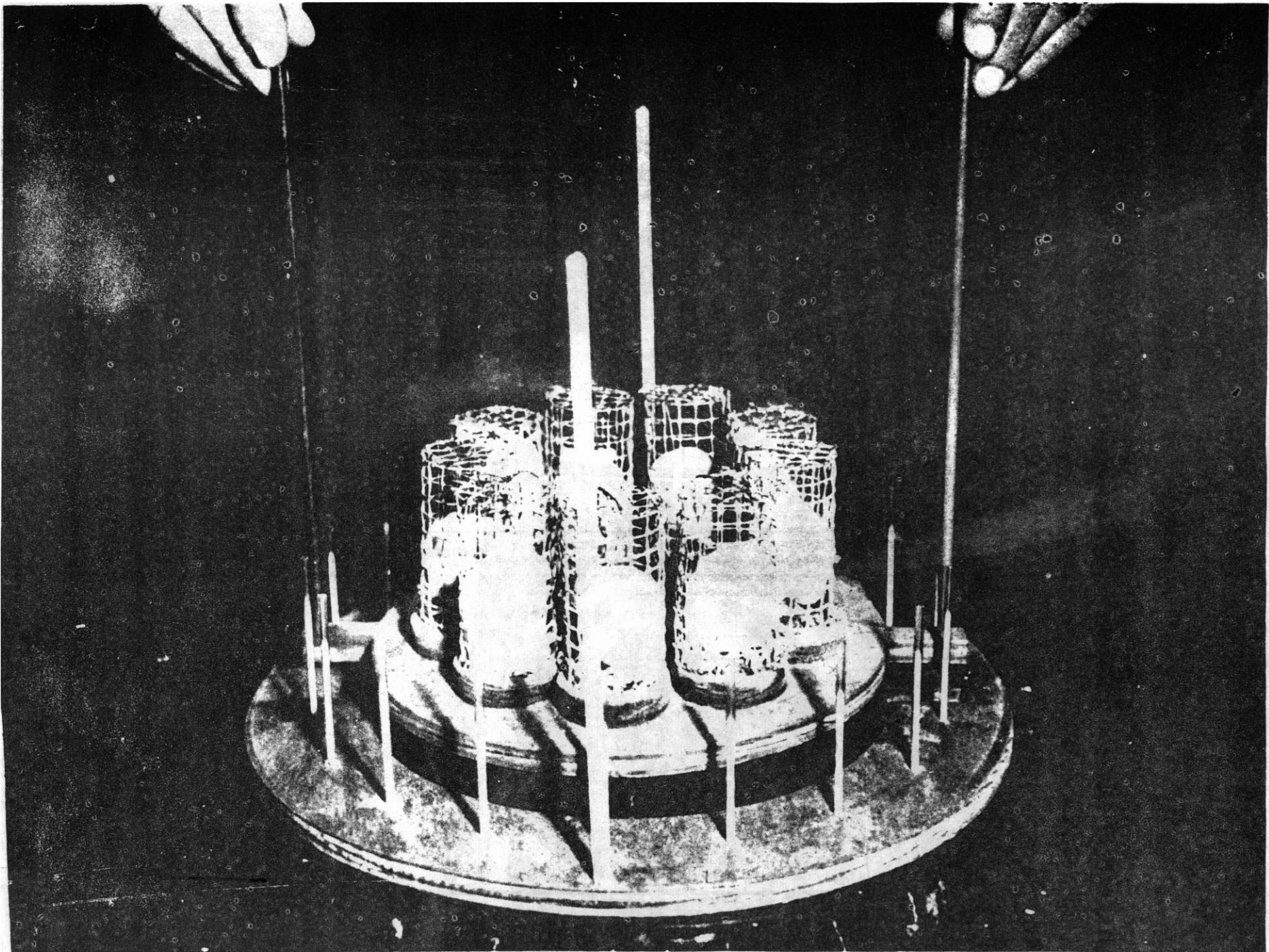
The discrepancy between these 2 experiments can only be attributed to the difference in the rate at which the daily dose was administered; in one experiment it was distributed over 24 hours, in the other given within a few seconds. The difference in the daily dose (4.4 r and 5 r) can be disregarded. Therefore, it has to be expected that between the extremes of the rate of administration there must exist a rate of administration at which the damage described by Henshaw will begin to appear. In the experiments described in the following, the rate of administration was arbitrarily chosen as one hour, and the daily dose was 5.5 r. In addition, one batch of mice was given a daily dose (tolerance?) of 0.11 r distributed over 8 hours to study any possible enhancing effects of this additional dose. As experimental mice, female LAF₁ hybrids were chosen as they are vigorous animals and do not develop breast tumors. All mice were approximately 2 months of age at the start of the experiment. Food supply (purina dog chow) and drinking water were unlimited. Weekly weight records were kept. Blood counts were taken biweekly with the exception of one group which was kept for breeding purposes. Controls were given 4 weekly blood counts.

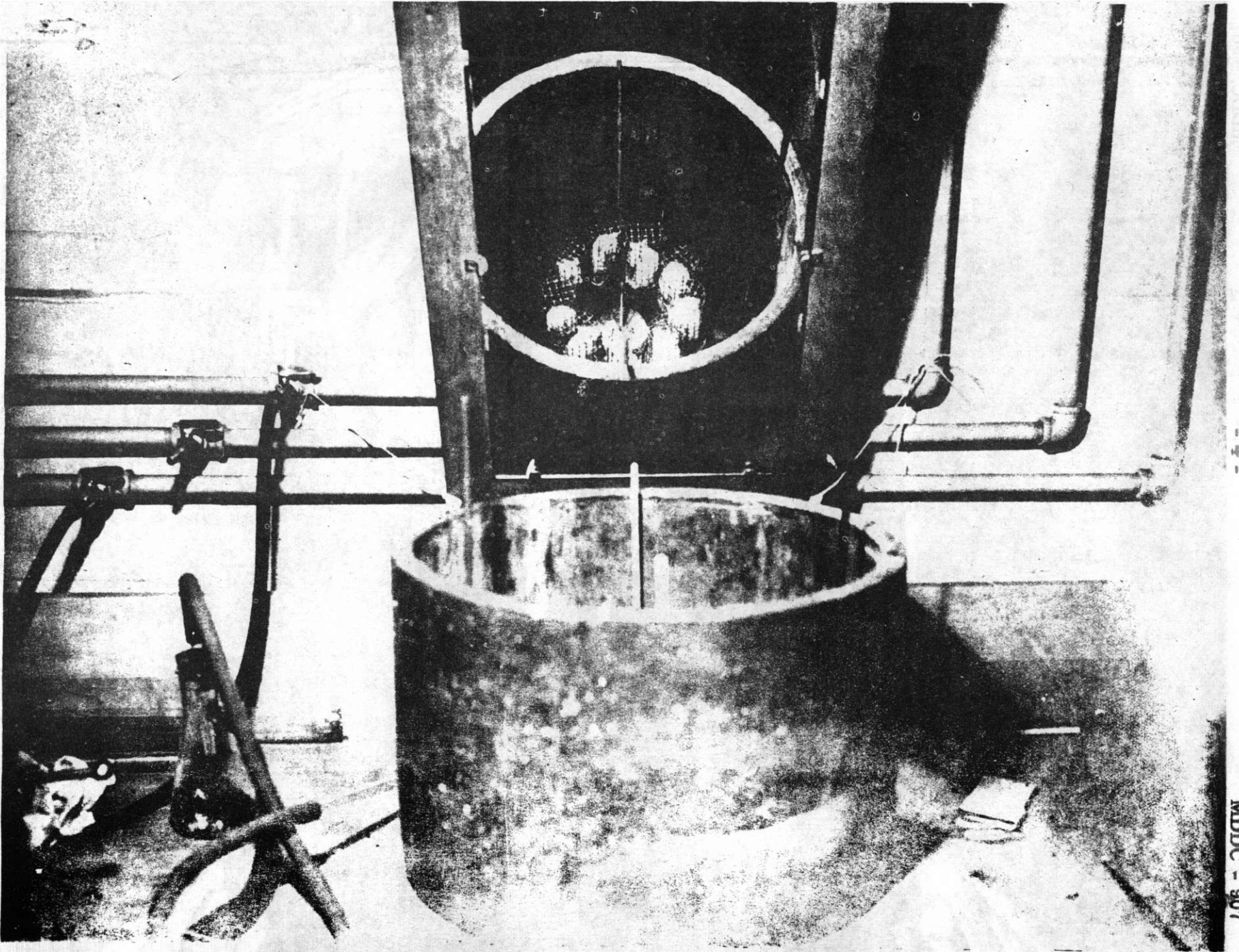
The different groups were as follows:

- A₃ - Control female mice (8)
- I₁ - Experimental female mice (9) exposed daily to 5.5 r given in one hour.
- D₇ - Experimental female mice (9) exposed daily to 5.5 r given in one hour and 0.11 r given in 8 hours.



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- I₂ - Experimental female mice (9) exposed daily to 5.5 r given in one hour (breeding experiment).
- S₁ - Experimental female mice (8) given a single dose of 300 r in 7-1/2 minutes (breeding experiment).

EXPERIMENTAL SETUP

It did not seem practical to use x-rays for these experiments; the reasons being mainly the tie-up of an x-ray machine and an assistant for at least one hour daily. Therefore γ rays were chosen. The experimental set-up is given in Figures 1, 2 and 3. Figure 1 shows the radium carrier and the mice holders. The outer radium carrier consists of a wooden ring carrying 18 glass tubes at equal distances. 5 mg radium tubes (filter 0.5 mm of Pt) are inserted into the top of the glass tubes at a height corresponding to the middle of the little wire cylinders holding the mice. There are 9 mice holders, one radium tube is opposite each wire cage and one tube opposite the space between the wire cages. The central (inner) radium carrier has a 5 mg tube on top at about the same height as the top of the wire cages and another 5 mg tube at the bottom, at the same height as the bottom of the wire cage. Figure 2 shows the wire cages with the mice being lowered into the radiation field. Figure 3 shows the setup in a lead box with wall and bottom 2 cm thick. A 2 mm Al filter (not shown) lines the inner wall of the lead box. The radium carrier is permanently fixed in the lead box, the carrier with the mice being removable so that the operator is only exposed to the radiation for a few seconds. The daily dose received by the operator's hands is far below the safety dose, and the dose to the body is negligible.

The energy distribution at the place of the mice was calculated by assuming an equivalent of 8 r per hour at 1 cm distance from 1 mg of radium filtered by 0.5 mm of Pt. Measurements of the dose were carried out with a Victoreen 25 r chamber at different points inside the mice cages; the chamber was calibrated by the Bureau of Standards with x-rays. This calibration also holds for γ rays as a lucite thimble fitting snugly over the chamber gave readings within the error of the 25 r chamber being approximately $\pm 2\%$. (An increase in the measurement of 1% was observed with the addition of the lucite thimble.) The measurements showed an average value for the intensity in the center of a mouse cage of 5.5 r per hour; the variations within the mouse cage (sides, top and bottom) were approximately $\pm 5\%$, the values on top and bottom lower than the average; those at the wall opposite the radium carrier higher than the average. The mice usually moved around in the little cages so that an average mouse dose of 5.5 r per hour $\pm 5\%$ is the most probable. There is also a small variation ($\pm 2\%$) from cage to cage. Absorption within the mice is not taken into account as it can be neglected.

RESULTS

As will be seen in the following, the majority of the mice of experiment I₁ and D₇ suffered from a low grade chronic pneumonia which made necessary the termination of

the experiment after nine months. The experiment was started in early summer of 1943 and the daily moving of the animals from an air conditioned room to the irradiation room, which was not air conditioned, may have been the cause for the animals catching the disease. Unfortunately this condition was not recognized until several months had elapsed. At the beginning it expressed itself in a slower gain of weight of the experimental animals than of the controls. At that time, this was attributed to the radiation effects. It is believed, however, that this disease does not make the experiments without value. This is evident from the data presented in the following. It only terminated the experiments at a lower total dose (approximately 1500-1600 r) than might have been obtained with healthy animals.

All pertinent data are given in Tables 1 to 4 and Charts 1 to 18.

I. Blood counts. Blood counts were only taken of the control and experimental animals of Groups A₃, I₁ and D₇.

III. The controls were counted every four weeks; the experimental animals every two weeks. Charts 1 to 8 give the data on the control mice. These animals also serve as controls for other experiments and are in age several months ahead of the experimental animals. However, the data are comparable as counting was begun in all animals at approximately two months of age. All control animals were alive at the age at which the last experimental animal was killed. Approximately 50% of them are still alive at present, at an age of approximately 24 months. The charts, however, go only to approximately 18 months of age. In comparing Charts 1 to 8 (control animals A₃) and Charts 9 to 18 (experimental animals I₁ and D₇) there appears to be a greater frequency of fluctuations in the experimental animals. This however is of no importance as the experimental animals were counted twice as often as the control animals. Red counts, hemoglobin and platelet counts (the latter being taken a number of months after the experiment was started show no significant differences between experimental and control animals. Likewise, the total white count of the experimental animals is within the limits of the controls. There is a difference, however, in the differential count, the neutrophil count of the experimental animals being usually higher than that of the controls. This, however, has to be attributed to the chronic pneumonia and not to the irradiation. Animals of other experimental series which received much higher doses did not show an increase in neutrophil count. The following table gives the terminal (or near terminal) counts of the experimental mice and those of the controls at comparable age.

PATHOLOGICAL OBSERVATIONS

The pathological data available for experiments I₁, D₇, I₂ and S₁ are given in Tables I to IV. Complete data are given on experiments I₁ and D₇ (Tables I and II) in which the mice were exposed to the irradiation until death. In the experiments I₂ and S₁ the animals received not only considerably smaller doses than those of experiments I₁ and D₇, but also were killed and autopsied a considerable time after termination of the irradiation. Tables III and IV, therefore, give mainly the pertinent pathological data on the ovaries.

TABLE V

Group	Mouse Number	Age in days	R.B.C. x 10 ⁶	Hgb. gms/100cc	Pl. x 10 ⁵	W.B.C.	%N	%L
I ₁	14319	201	-----	-----	-----	4850	22	75
	14313	237	10.6	17.0	-----	10200	25	74
	14330	240	9.7	15.2	-----	6350	54	39
	14320	289	9.6	15.8	10.0	10800	36	61
	14326	321	12.8	20.2	6.7	6950	33	64
	14325	322	10.3	18.7	6.2	4800	57	39
	14318	326	11.0	16.2	9.0	3800	31	55
	14317	341	10.9	16.4	8.0	5000	49	46
	14321	341	11.0	15.4	-----	10800	32	52
D ₇	14308	181	9.0	-----	-----	2650	14	79
	14305	279	9.6	16.0	7.7	6100	39	54
	14311	284	10.3	16.8	9.1	4350	49	47
	14255	307	9.1	14.7	6.6	5800	44	51
	14304	330	7.3	12.3	3.4	6250	41	57
	14306	344	8.1	15.5	9.2	11850	50	45
	14260	353	11.7	18.4	3.4	3850	46	51
	14307	350	7.0	16.0	10.6	5550	22	75
	14331	346	7.0	15.5	9.7	4350	40	57
A ₃		Approx.						
	13381	180	11.0	16.4	-----	8300	7	89
	13382	200	9.6	16.6	-----	3300	5	94
	13386	240	9.9	15.8	-----	7250	10	86
	13387	280	10.6	18.2	-----	3800	10	90
	13388	300	9.8	16.4	-----	4250	22	78
	13389	320	10.8	18.4	-----	5050	12	86
	13395	340	7.4	13.4	-----	6650	22	73
13396	360	8.6	17.7	-----	5350	10	89	

The experimental groups I₁ and D₇ are discussed together as there is no indication that the additional dose of 0.11 r per 8 hours per day in the D₇ group had any effect whatsoever. Examination of the sections prepared from complete autopsies revealed the presence of pathological changes attributable to irradiation only in the spleen, lymph nodes and ovaries. All but two mice had extensive pneumonia of a chronic type commonly seen in untreated animals. Differences in mice with and without pneumonia were observed only in the spleen. Descriptions of lymph nodes and spleens will follow the terminology used by Conway in her studies on the changes in these organs of the guinea pig and rabbit, following infection by *Bact monocytogenes*. No bone marrow atrophy was observed in any of the animals. No special cytological study was made of the marrow.

Lymph Nodes. The lymph nodes were slightly smaller than normal. They were composed of 1 to 3 very large nodules of medium and small sized lymphocytes without any peripheral zone of densely packed small lymphocytes. In these nodules there were scattered mitoses and foci of necrotic debris that were not concentrated in any particular zone. Some lymph nodes had one or two small nodules with pale central areas containing medium sized lymphocytes surrounded by a zone of densely packed small lymphocytes but these were conspicuously fewer in number than seen normally. Beginning with a total dose of 1212 r (not being present following a total dose of 961 r) a definite increase in the number of reticular cells was observed between the large lymphatic nodules. There was no associated increase of reticulum fibers (Laidlaw's stain).

Spleen. The spleens of the two pneumonia-free animals were of normal size (approximately 16 x 4 mm). They contained many medium sized lymphatic nodules that were composed of medium and small lymphocytes. Within the nodules were scattered mitoses and small foci of necrotic debris that were not concentrated in any particular zone. These nodules were very similar to the large nodules in the lymph nodes, except for size.

The spleens of animals that had pneumonia were slightly larger than normal (approximately 20 x 4-5 mm). Some of these contained numerous medium and large lymphatic nodules similar to those in the pneumonia-free animals, except for a prominent peripheral clear zone composed of large mononuclear cells with pale nuclei and abundant cytoplasm. In others, especially in animals that were found dead, the lymphatic nodules were very small without a peripheral clear zone. There appeared to be no increase of reticular cells in the medulla in contrast with the findings in the lymph nodes.

Ovaries. The ovaries were about normal size. Serial sections were made of ovaries of all animals but two in which there was advanced autolysis. After an exposure of 808 r, one mouse had follicles in all stages of development; after an exposure of 930 r, one mouse had only primordial follicles, and after an exposure of 961 r, one mouse had primordial and several large but no small or medium sized follicles. Higher doses up to 1577 r gave ovaries devoid of developing follicles. The highest dose at which primordial follicles were present was 1403 r. Above this total dose the organ was composed almost

entirely of luteal tissue but a few invaginative downgrowths of the surface epithelium were present.

The critical dose in this experimental arrangement for the development of follicles in the ovary appears to be in the region of 900 r. Although conclusions can be only tentative with the limited data available, it would appear that the stage of transformation of primordial into developing follicles is the most vulnerable one. After a follicle has begun to develop it proceeds to grow to maturity. Later, primordial follicles also disappear so that the organ is composed only of luteal tissue. Finally this tissue is displaced by invaginative downgrowths of the surface epithelium. In the last analysis these abnormalities of growth of the follicles are probably merely a reflection of a primary irradiation effect on the ova rather than a direct action on follicular cells.

The changes in the lymph nodes and spleen suggest repeated overlapping cycles of destruction and lymphopoiesis and with increasing dose this is accompanied by the appearance of proliferation of reticular cells in the medulla. It is assumed that the latter change represents further attempts at regeneration by proliferation and transformation of the reticular cells into lymphocytes.

From many observations of chronic pneumonia in untreated mice it is likely that in the present series of experimental animals this disease need not be considered to be a very great factor in interpretation of irradiation effects except in its terminal stages. It is a very slowly progressive disease that has no general systemic effects until more than half of the lungs are consolidated. It has no counterpart in the human but its systemic effects can be compared with those of mild bronchiectasis.

BREEDING EXPERIMENTS

The results of the breeding experiments on the I₂ mice (those receiving total doses of 330 r, 440 r and 770 r at a rate of 5.5 r per hour and per day) and the S₁ mice (those receiving a total dose of 300 r in 7 minutes 22 seconds) are presented in Tables III and IV. A study of the results indicates that a total dose of 300 r given in 7 minutes 22 seconds is sufficient to produce sterility in female LAF₁ mice. The results indicate a latent period since these females produced one litter, but no subsequent ones. All of these animals were mated on the day that they were irradiated. The vaginal epithelium of some of these animals, however, indicated an estrus cycle, despite the absence of follicles in the ovaries. The explanation of this is not apparent. Total doses of 330 r and 440 r given at the rate of 5.5 r per hour and per day are not sufficient to produce sterility, while a total dose of 770 r given at this rate is sufficient. Two of the three females receiving 770 r at the rate of 5.5 r per hour and per day each produced one small litter (consisting of 1 and 2 animals) but no subsequent litters. The reduction in litter size in the fourth litters produced by the females receiving 550 r at the rate of 5.5 r per hour and per day is probably an effect of age. The same situation prevailed in one of the females receiving 330 r at the rate of 5.5 per hour and per day. It should be noted that at that time the animals

in the two groups were of approximately the same age which would explain the similar results obtained. These data can be compared with data obtained in other experiments which will be discussed here.

The breeding results obtained in the 4.4 r per 24 hours and per day groups are in accord with those obtained for the I₂ mice. Females receiving up to 550 r on the 4.4 r/day level produced normal sized litters. Those receiving a total dose of 770 r at the rate of 4.4 r/day show a definite reduction in litter size, the average in this case being 2.6 (incomplete). The average litter size for controls to this group is 8.8. This reduction in litter size in the animals receiving 770 r at the rate of 4.4 r/day is probably in part an age effect since these animals were not mated until they were approximately 8 months of age. The first indication of any effect on the animals on the 8.8 r/day level was seen in the females receiving 880 r. Ten of the fifteen animals in this group produced litters with an average litter size of 2.6. The females which received 770 r at the rate of 8.8 r/day produced litters with an average litter size of 6.1. The average litter size for controls to this group is 8.1. The few results available at this time indicate an irradiation effect in the females which received a total dose of 880 r at the rate of 8.8 r/8 hours per day; the average litter size in this instance is 2.0 while that for controls is 8.6.

CONCLUSIONS AND SUMMARY

Haematology. Female LAF₁ mice have been exposed to daily doses of 5.5 r in one hour (I₁) and 5.5 r in one hour, plus 0.11 r in 8 hours. Biweekly blood counts were taken on these animals. They came to autopsy after having received total doses ranging from 600 to 1600 r. The blood picture of these animals is comparable to that of controls of the same age with the exception that the neutrophil count was higher than normal for most of the experimental animals. This increase in neutrophils was probably due to a low grade pneumonia and not due to the irradiation.

Pathology. Radiation effects were observed only in lymph nodes, spleen and ovaries while all other organs were within normal limits histologically.

Breeding. Breeding experiments showed that a single dose of x-rays of 300 r given in 7-1/2 minutes, will result in sterility after one litter of reduced size was born. Breeding experiments in which 330 and 440 r were given at the rate of 5.5 r per one hour per day gave litters of normal size and the mice remained fertile up to about 1 year of age, which is approximately the breeding end point of normal mice. Mice exposed to 770 r at the rate of 5.5 r per 1 hour per day gave one litter of greatly reduced size and were sterile thereafter. This finding is in agreement with other experiments, in which mice were exposed at the rate of 4.4 r per day, 8.8 r per day and 8.8 r per 8 hours per day. These animals when exposed to total doses of 770 and 880 r also became permanently sterile after one litter of reduced size was born. These breeding data are in agreement with the pathological observation of the I₁ and D7 mice which showed that at a dose of approximately 900 r large follicles begin to disappear.

It can be concluded therefore that an exposure of mice to 5.5 r per hour per day up to total doses of approximately 1600 r produces radiation effects on the ovaries similar to and not more pronounced than those observed when similar doses are given at the rates of 4.4 r per day, 8.8 r per day and 8.8 r per 8 hours per day. The discrepancy between a single sterilization dose of 300 r and a dose of approximately 900 r given daily at the above rate seems to indicate that a certain amount of recovery of the ovary is possible when doses are subdivided. Whether the subdivision of the dose or the rate of administration of the dose is more important in producing sterility has to be decided by further experiments.

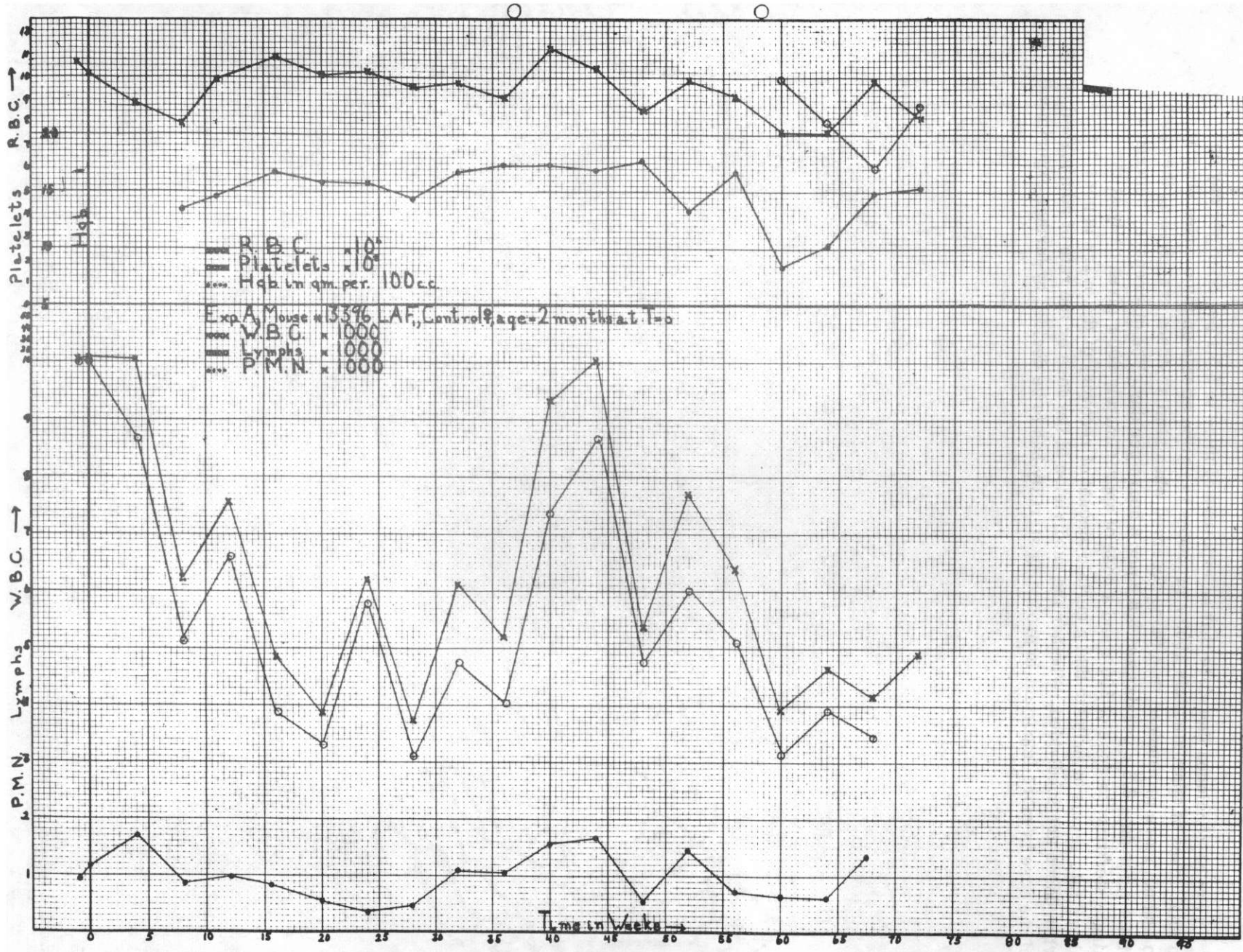


Chart 1

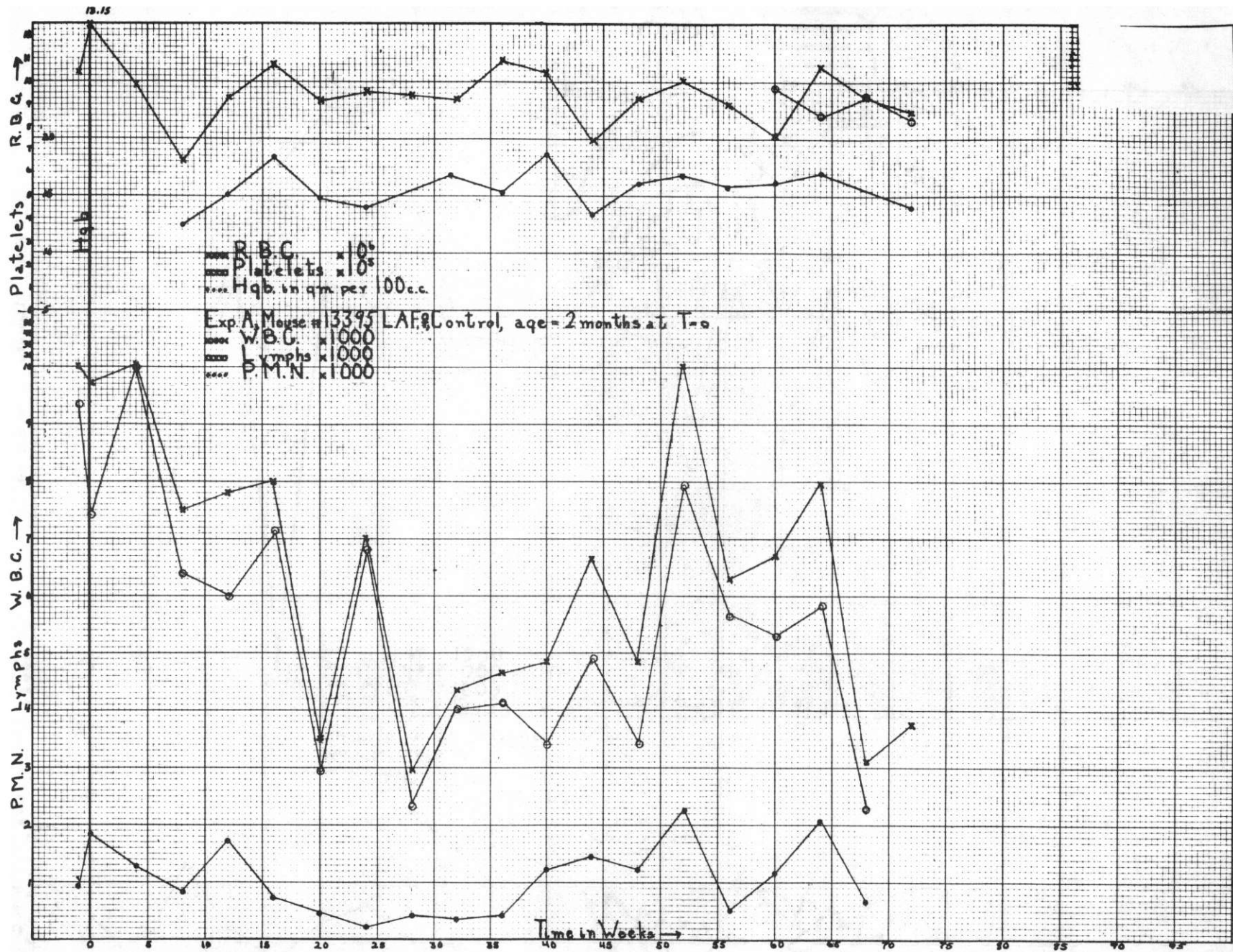


Chart 2

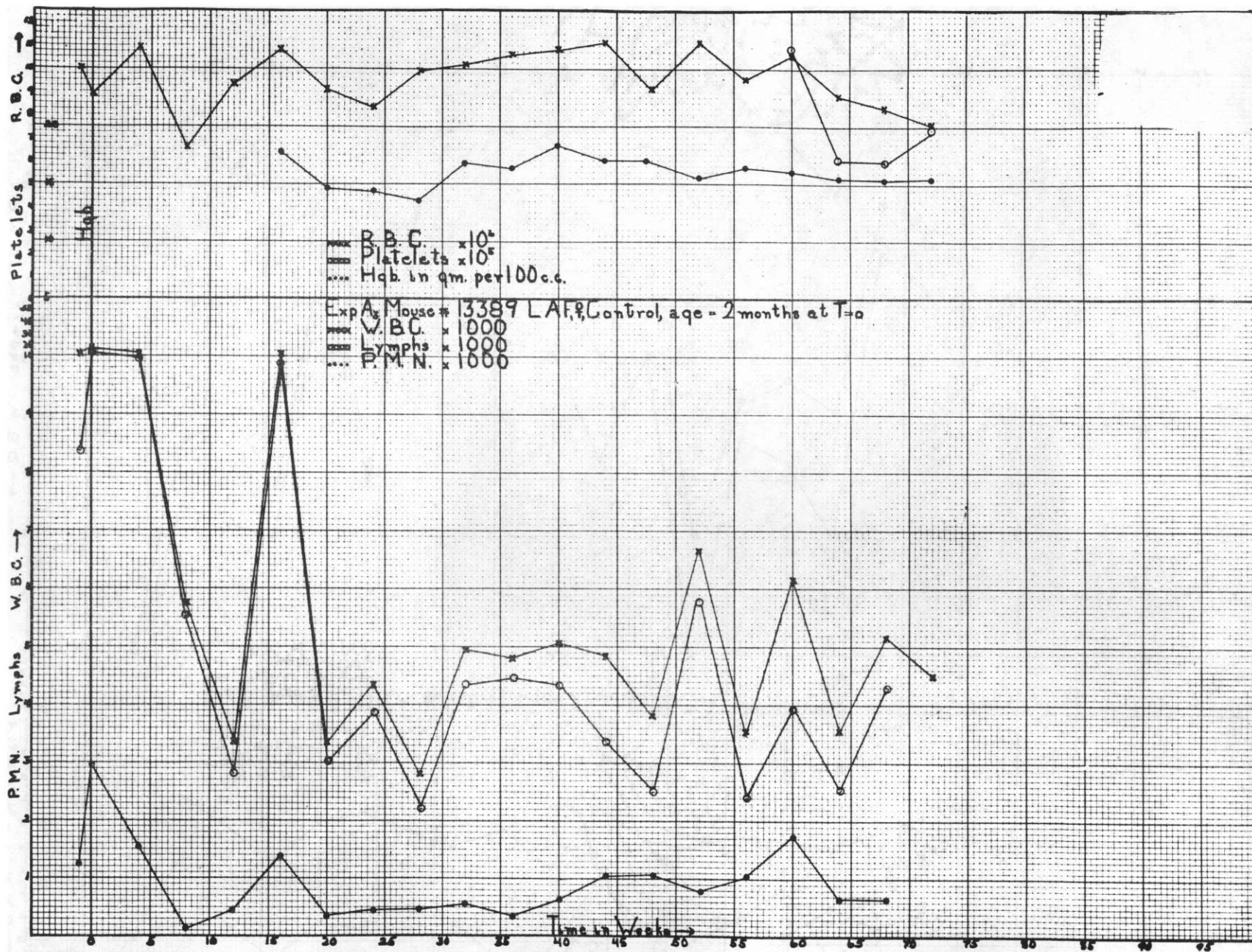


Chart 3

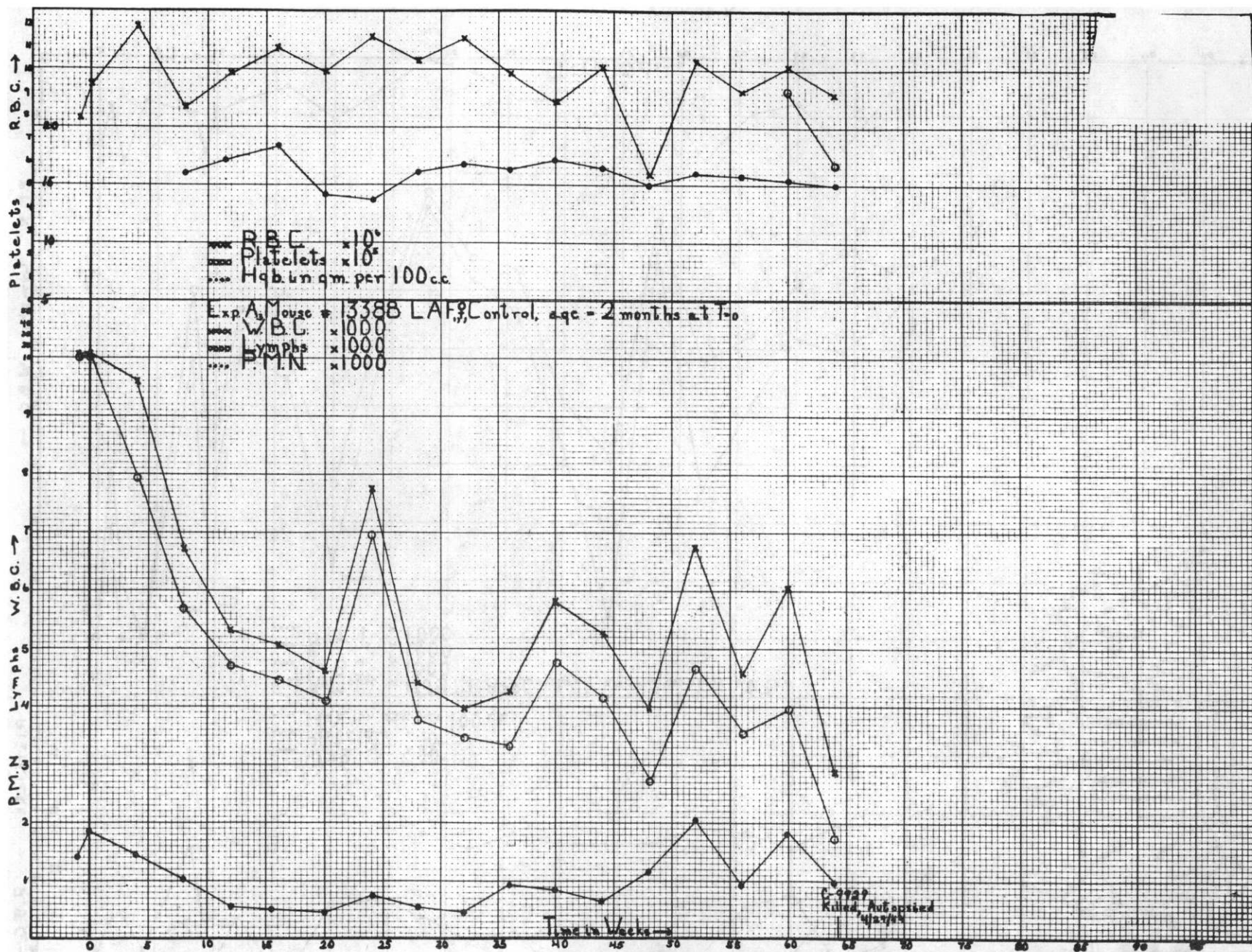


Chart 4

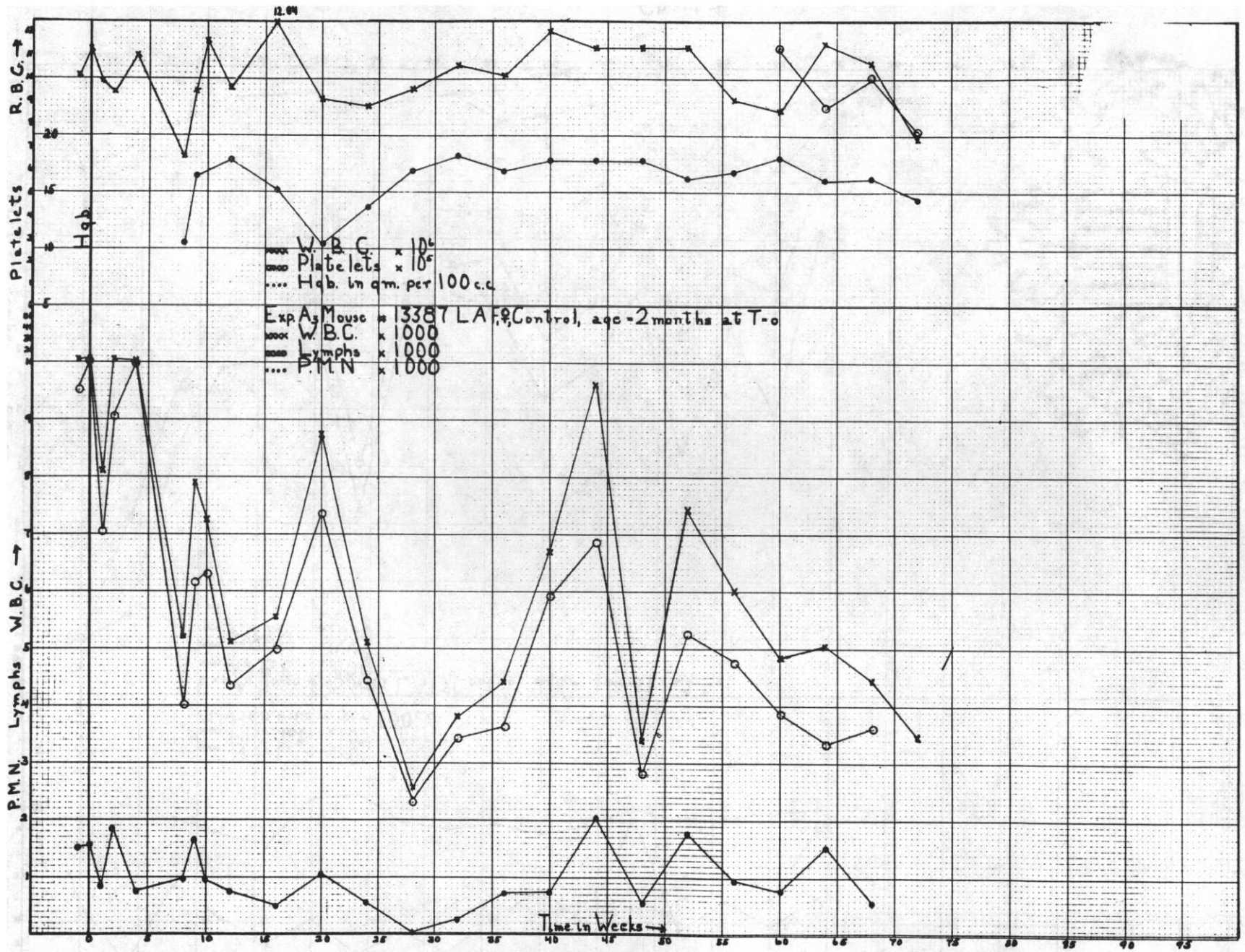


Chart 5

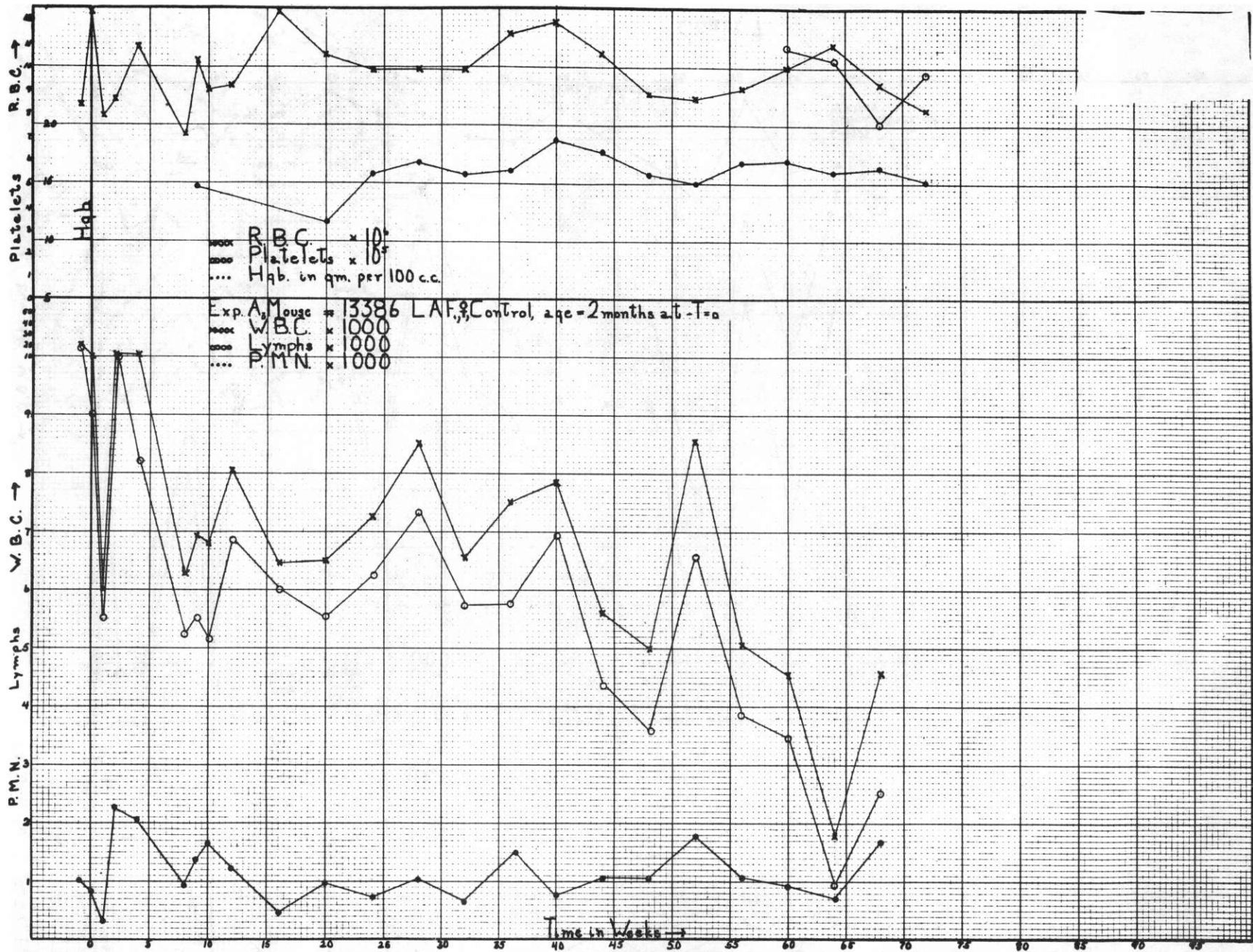


Chart 6

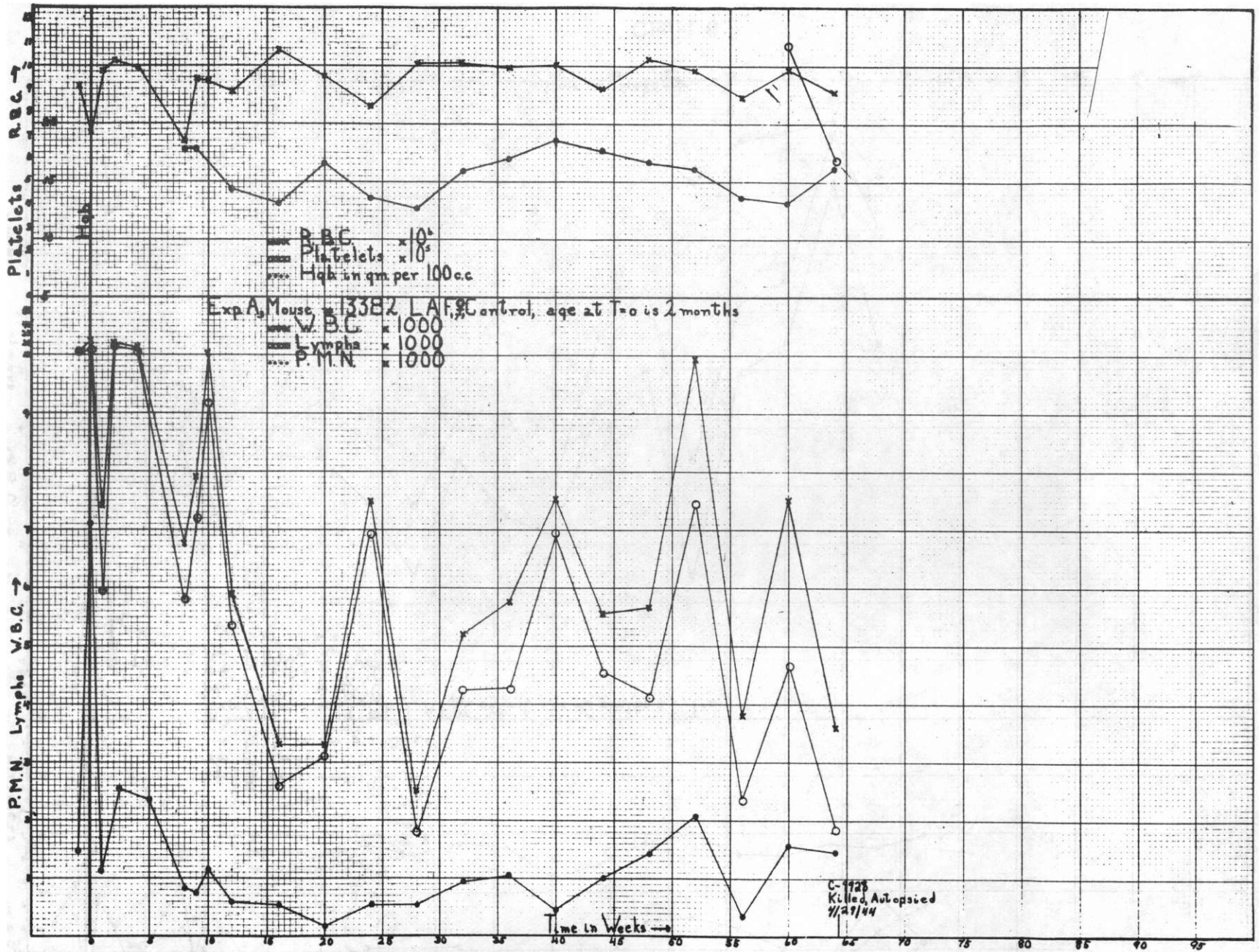


Chart 7

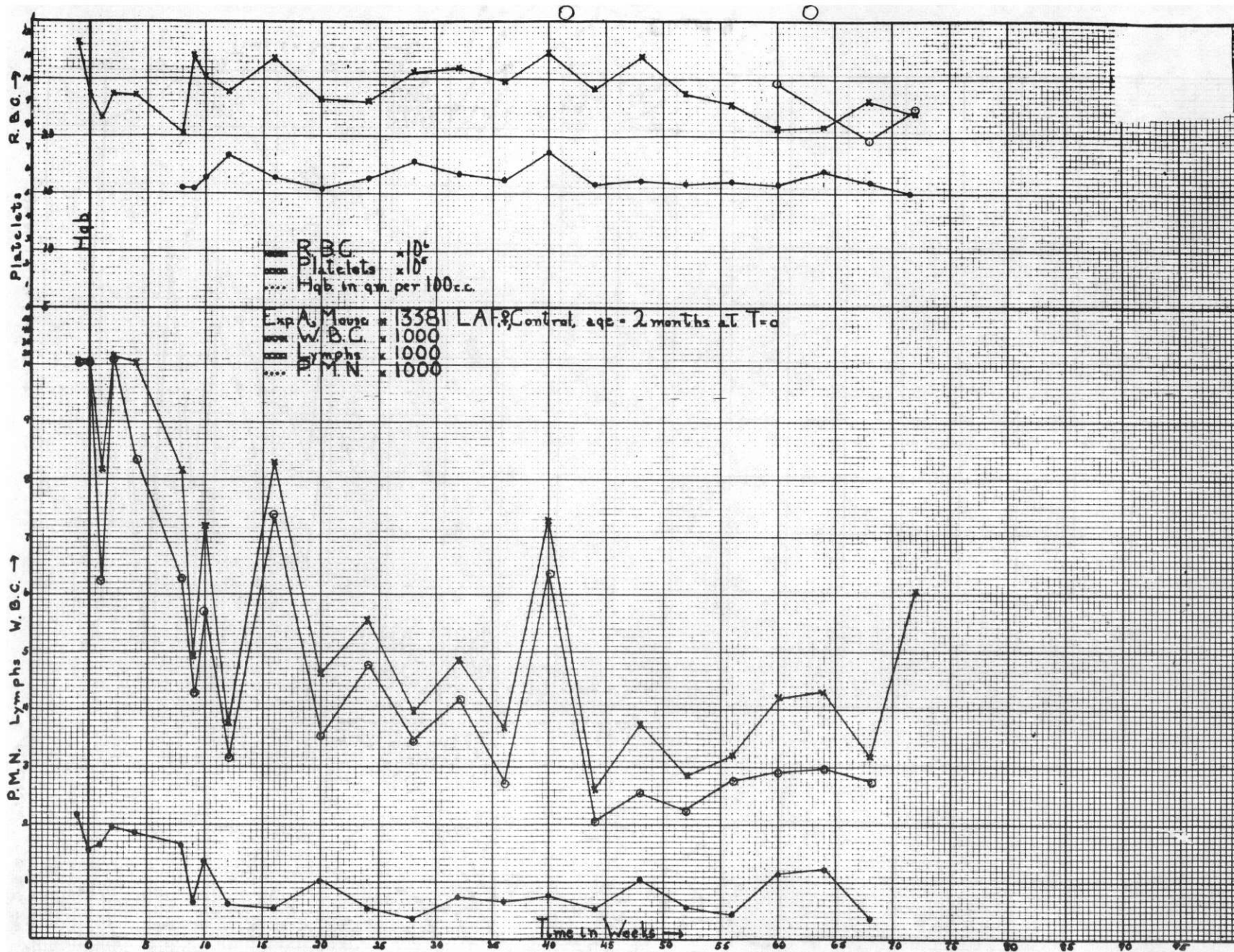


Chart 8

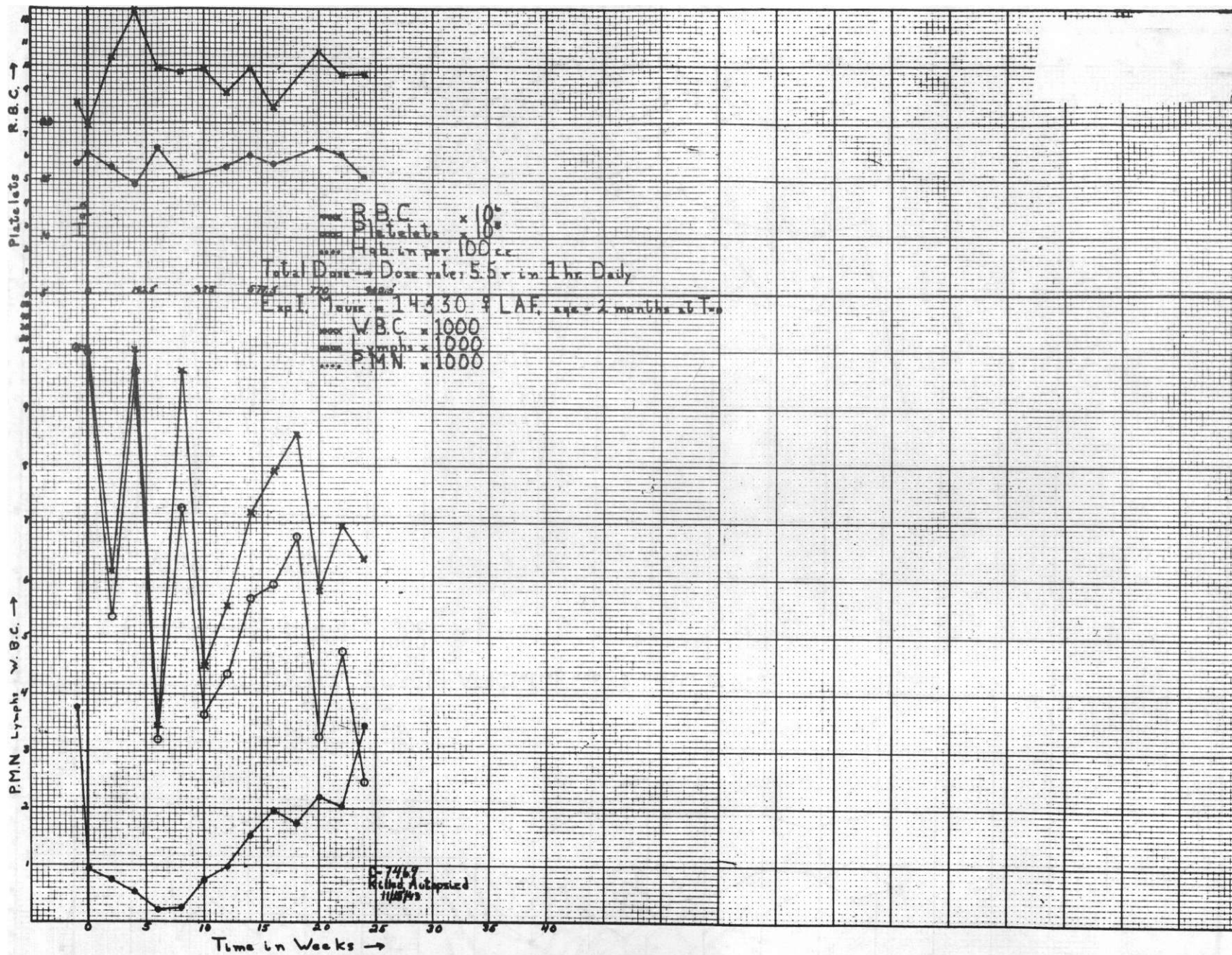


Chart 9

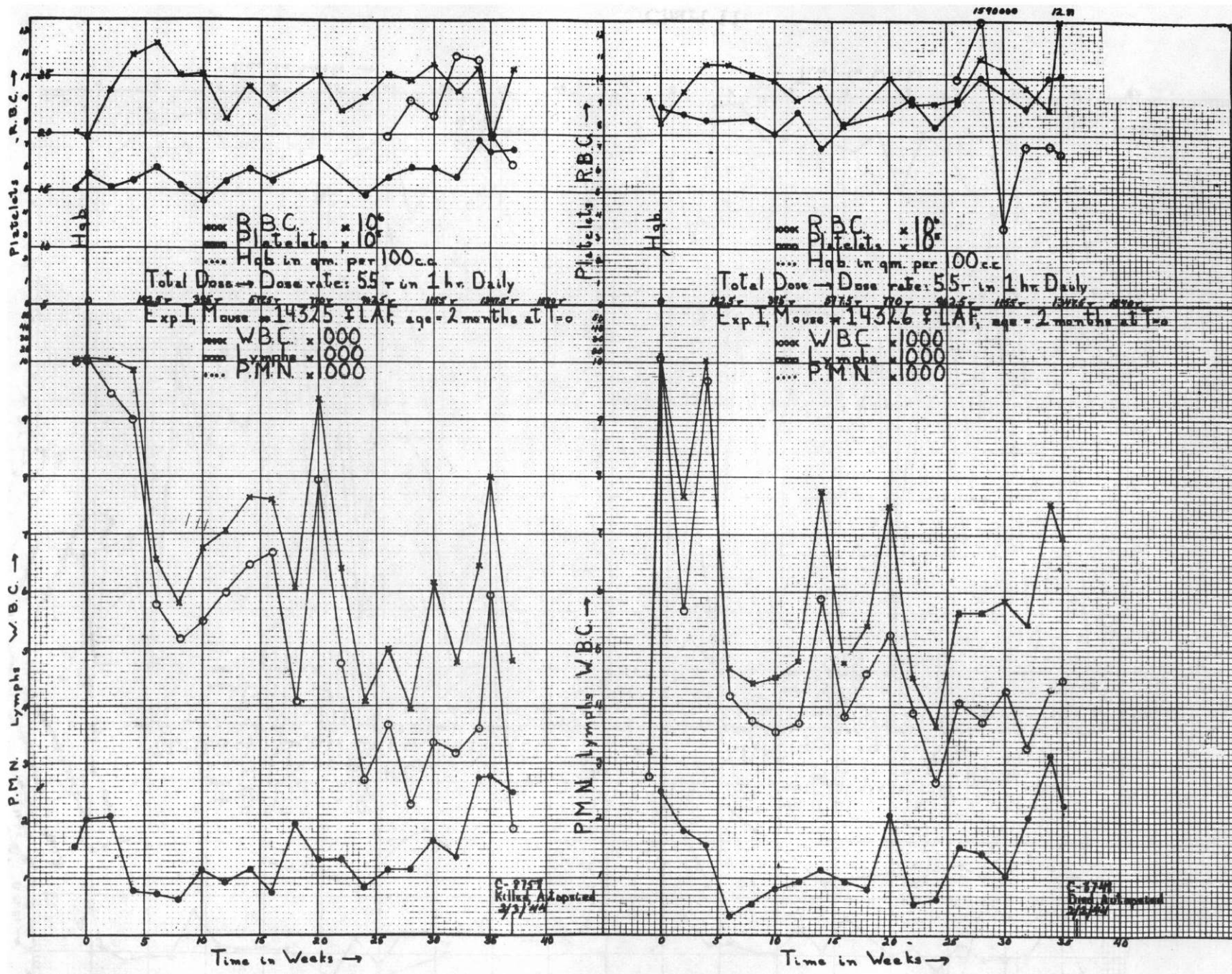


Chart 10

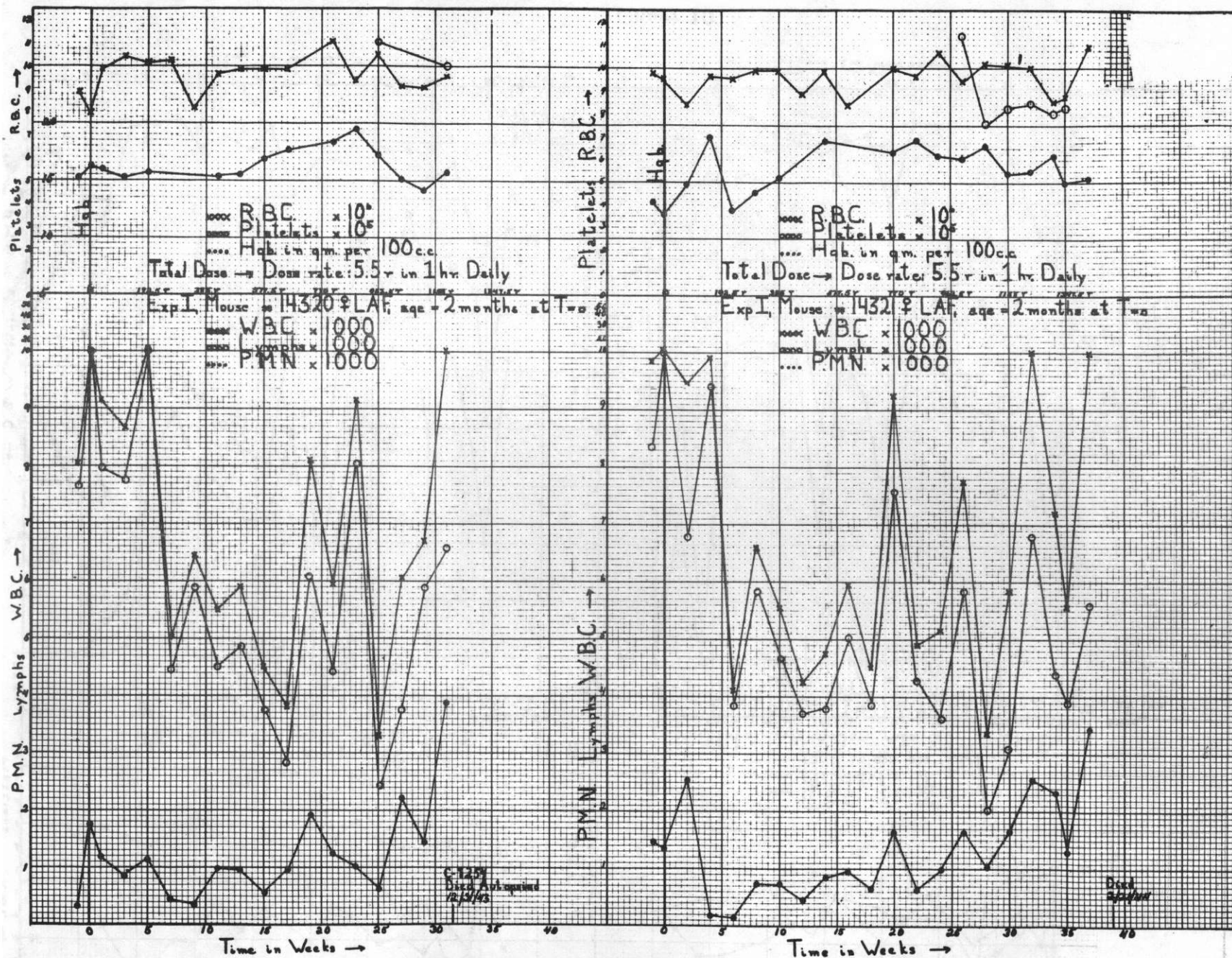


Chart 11

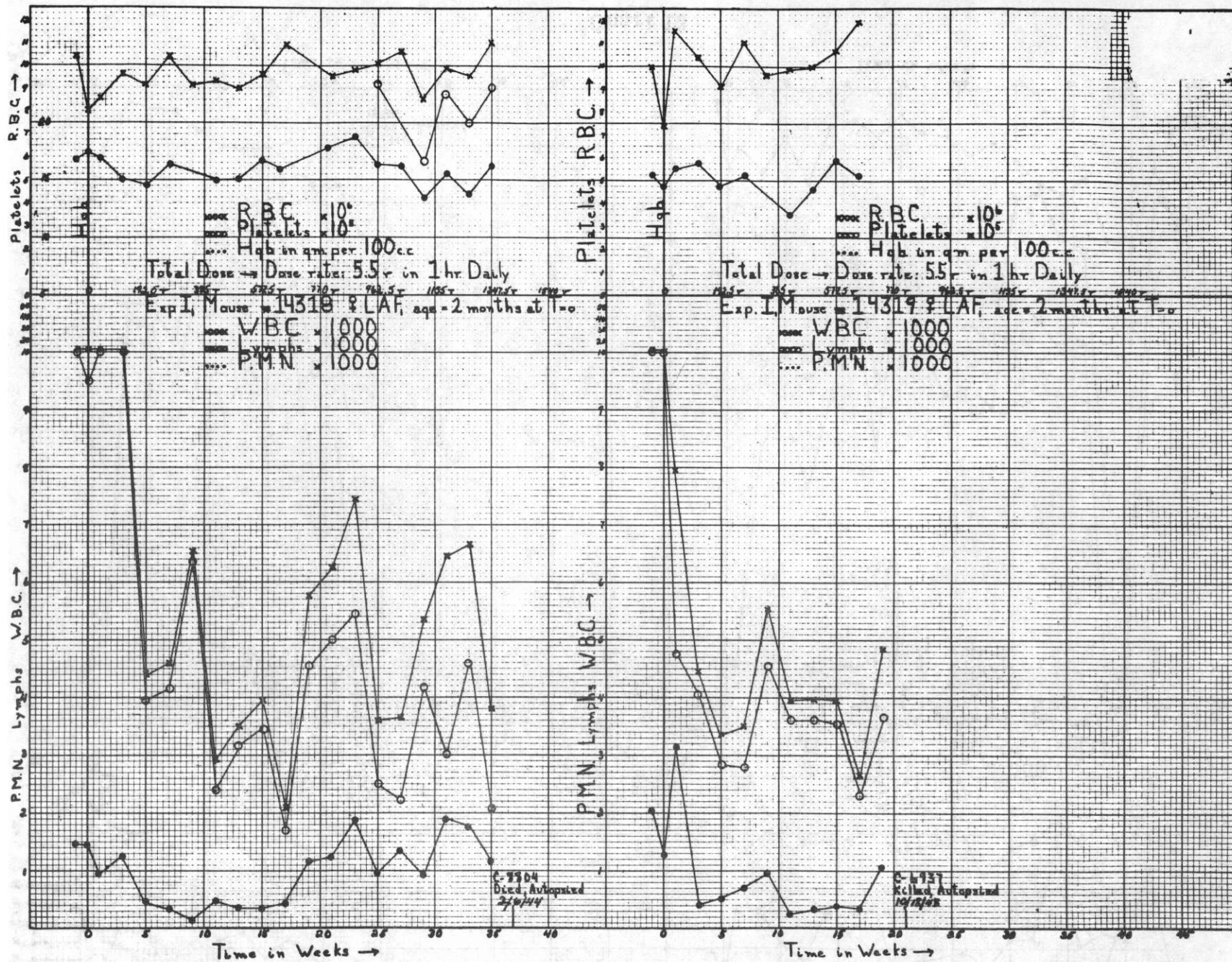


Chart 12

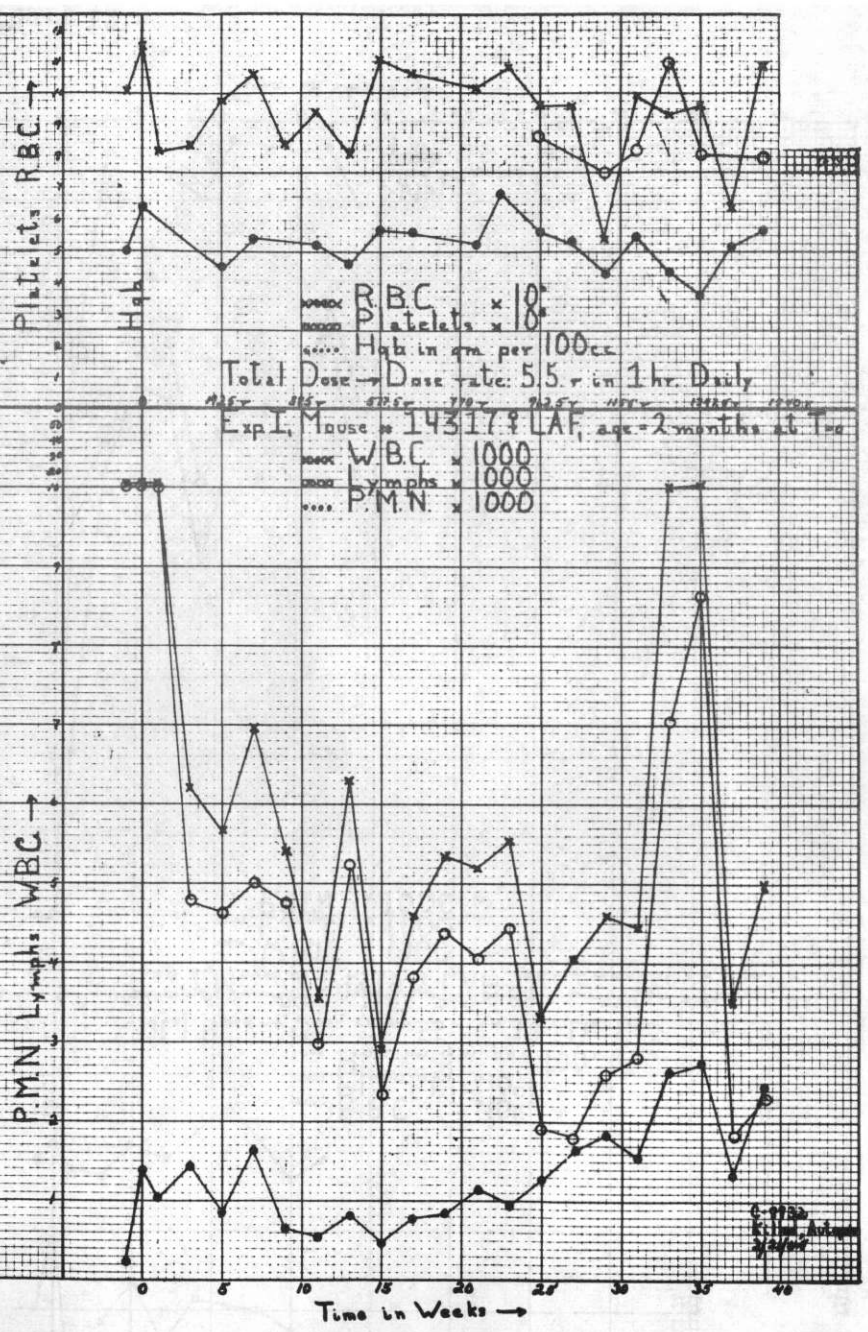
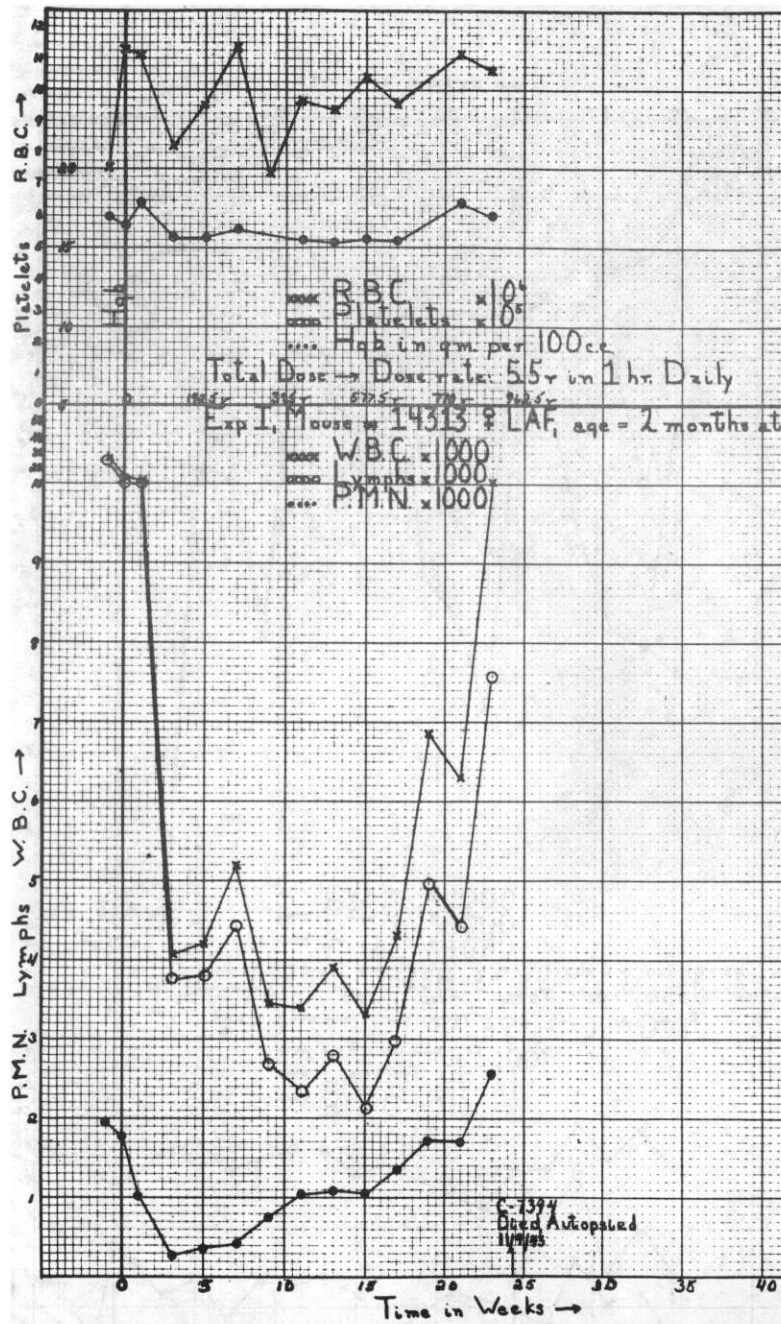


Chart 13

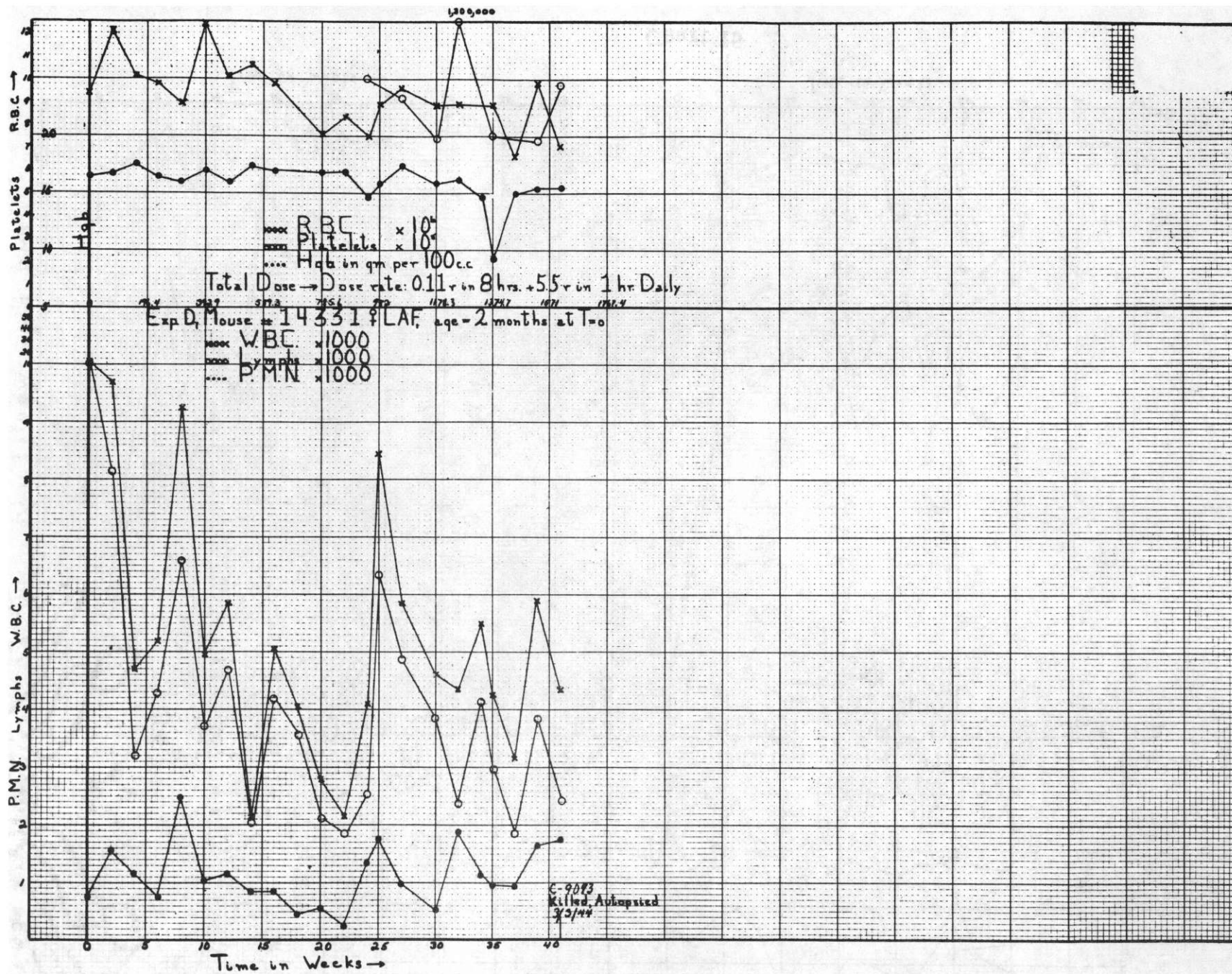


Chart 14

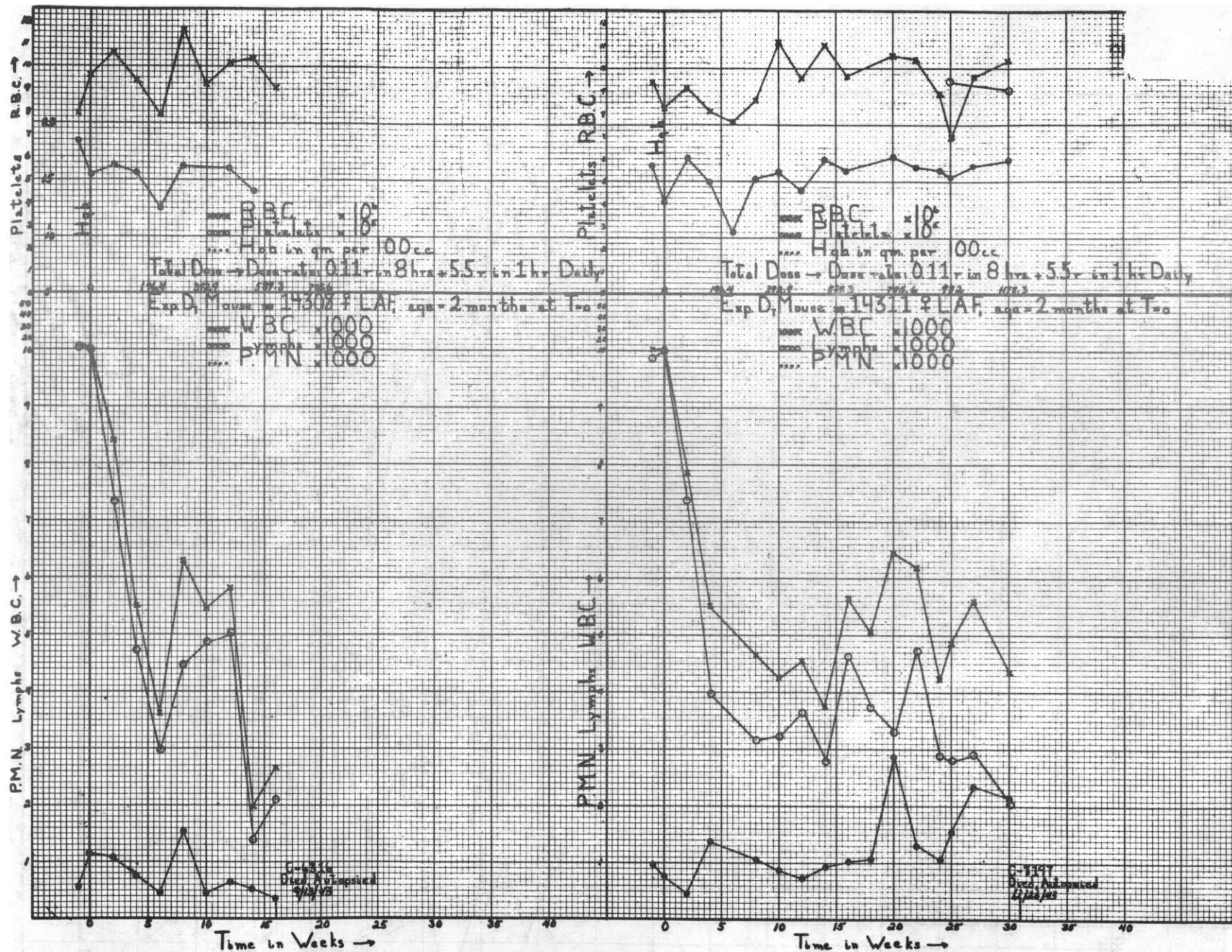


Chart 15

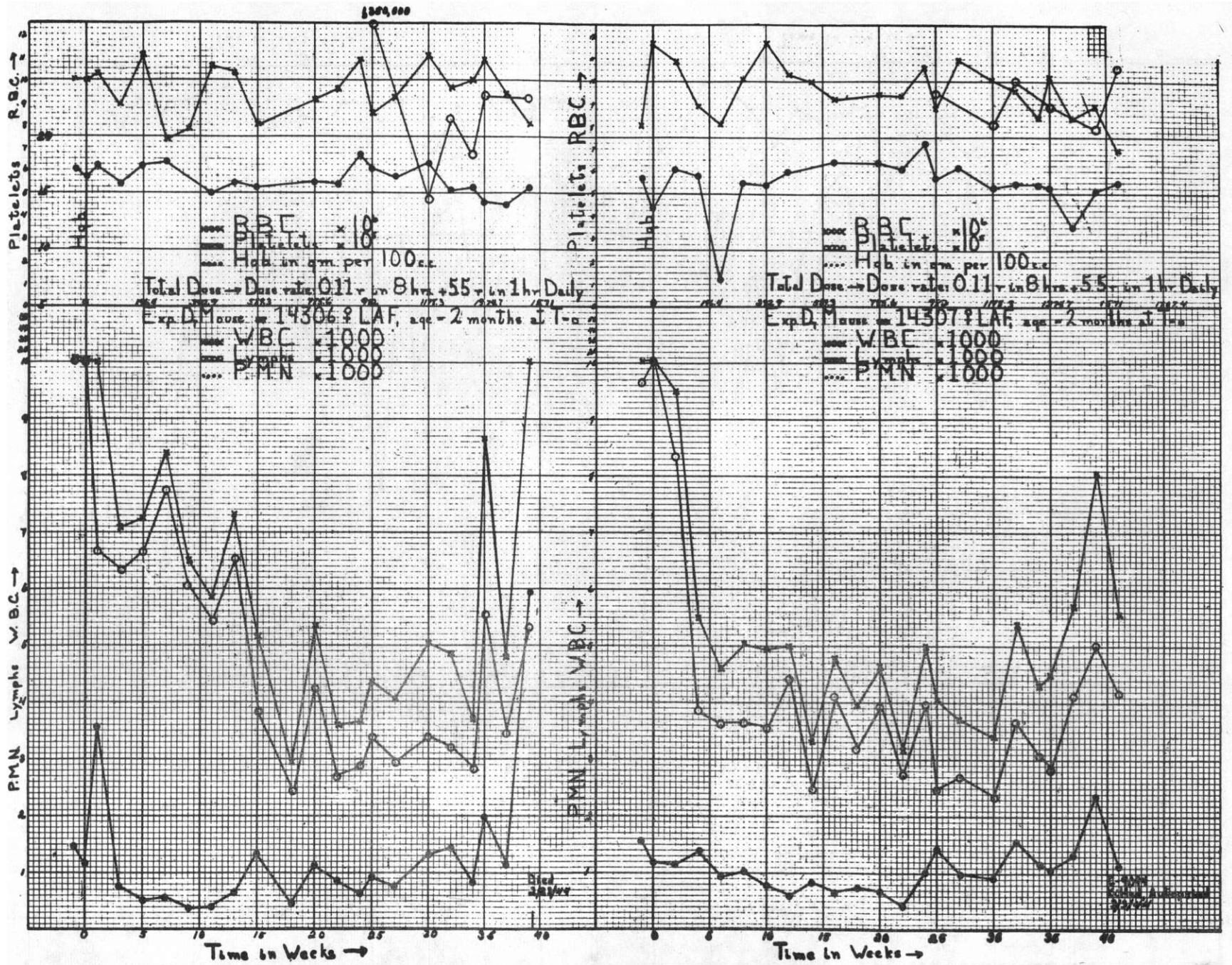
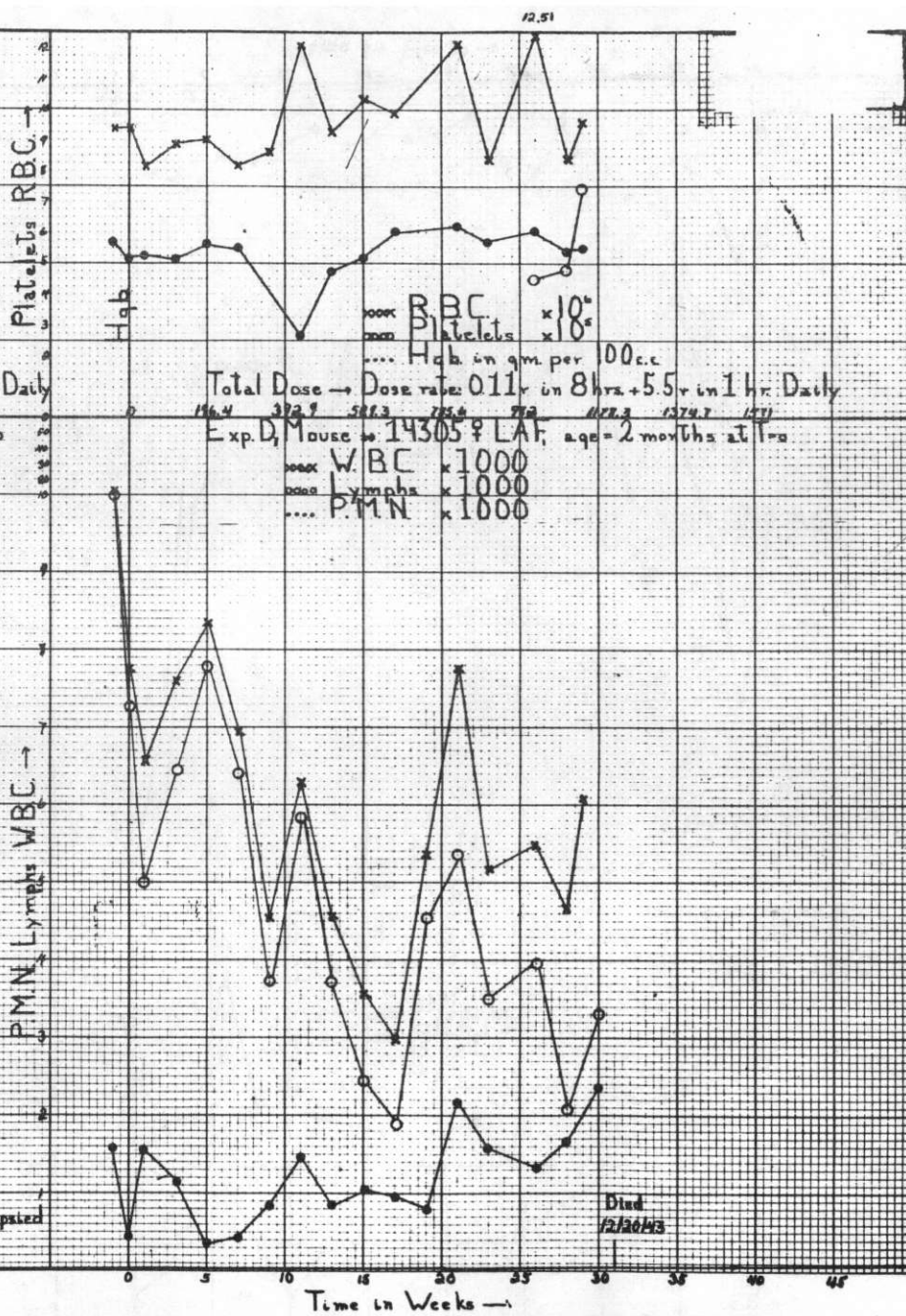
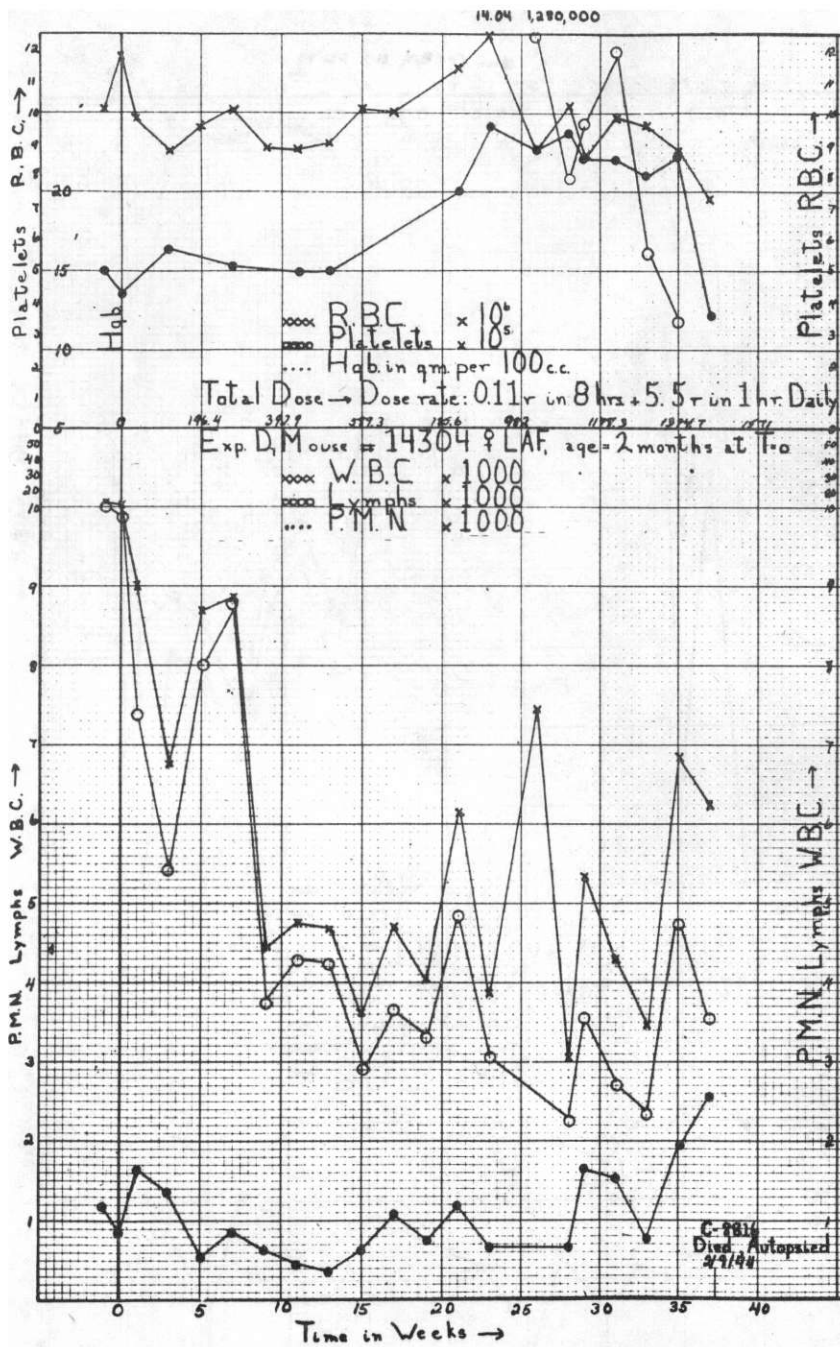


Chart 16



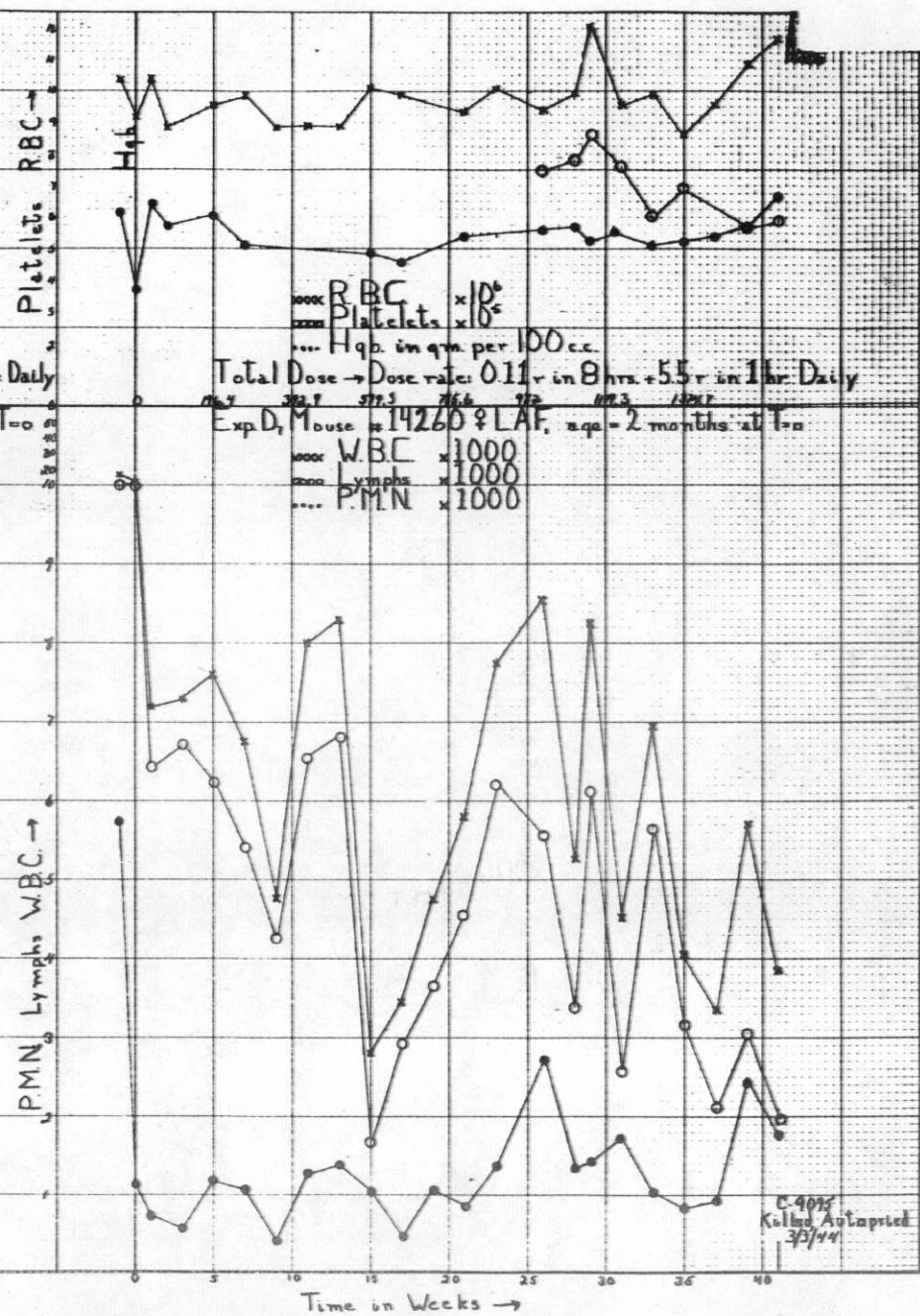
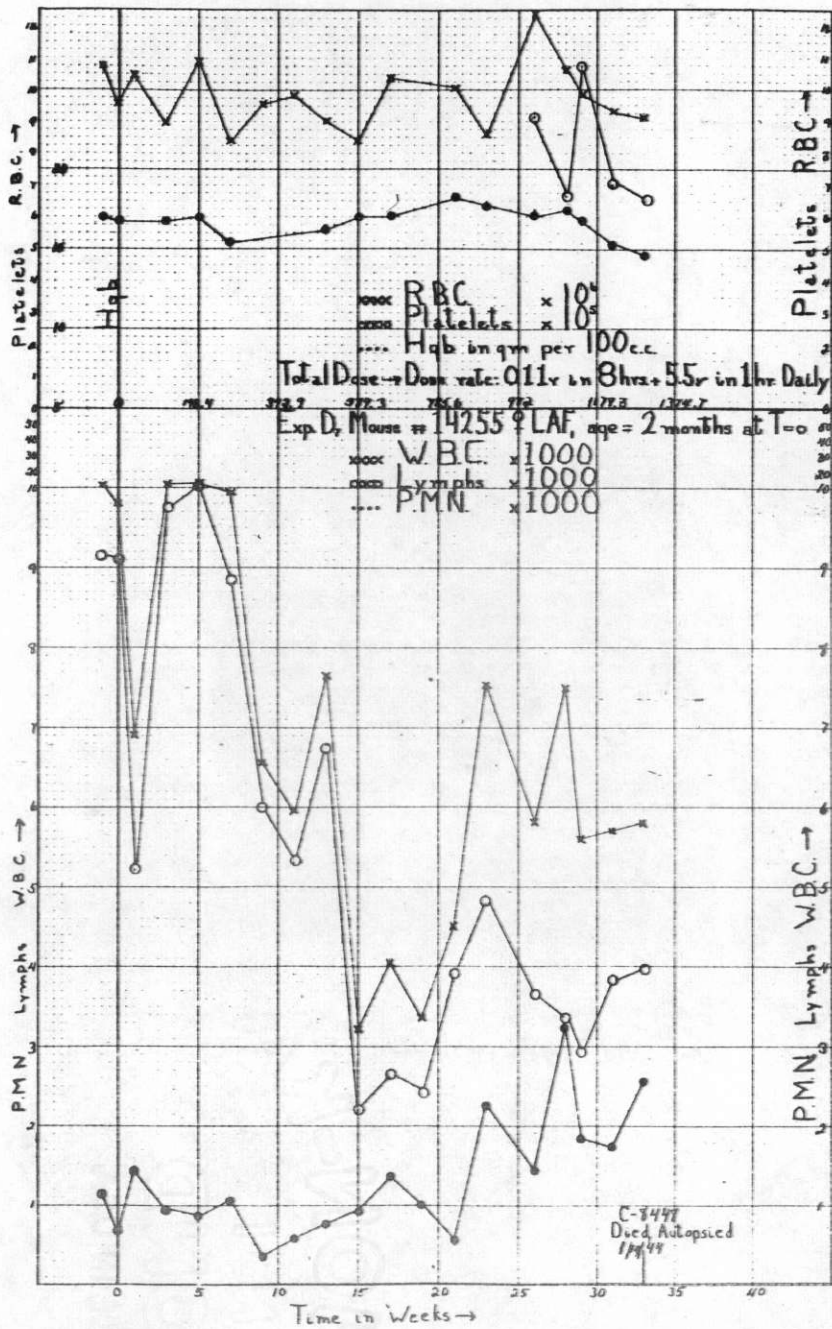


Chart 18

