STUDY OF ATOM BOMB VICTIMS

STRESSES LONG-TERM DAMAGE

By HERBERT MITGANG

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On the 36th anniversary of the dropping of an atom bomb on Hiroshima today, a ''white paper'' prepared two years ago by Japanese scientists and social workers, with several sections brought up to date to this February, has been published in English in New York, London and Tokyo. Though the evidence is presented factually, the findings are potent emotionally.

The study provides a comprehensive survey of the lingering medical, social and psychological damage suffered by the victims of the World War II nuclear bombings of Hiroshima and Nagasaki.

It says that in almost every area of life the long-term consequences were more serious than earlier studies by the United Nations and other agencies had indicated, and that the effects of the bombings of the two cities linger on in genetic and general human damage.

The Study's Medical Findings

These are the medical findings:

- Periodic checkups that are still being done on those exposed to atomic bomb radiation show that ''an irreversible injury'' remains in cells, tissues and organs, leading to such blood disorders as leukemia, multiple myeloma, malignant lymphoma and others ''related to exposure to the atomic bomb.''

- The incidence and the degree of severity of eye damage, called ''atomic bomb cataracts,'' ran parallel to the radiation doses. The longer the exposure and the closer the victim was to the point of detonation, the greater the development of cataracts years after the bombing.

- Children who were subjected to radiation while still in the womb were compared to nonexposed children. In those exposed to radiation, ''stature, weight, girth of chest, breadth of shoulders'' were smaller than standard measurements. Small bodies and heads were prevalent, and some children were ''emotionally and intellectually retarded'' into adulthood.

- The mortality rate over the years was higher among those most exposed to radiation. Of 109,000 studied who had been exposed, 25,924 died from 1950 to 1974. Deaths from leukemia among exposed survivors have been increasing.

These are the social findings:

- ''A-bomb damage'' includes not only physical and human loss but also ''social disintegration'' and ''psychological and spiritual shock.''

- The ''aggravation of radiation injuries and the constant anxiety over them'' inflict great stress on victims and their families. These social and psychological handicaps have ''continued to exert heavy pressures,'' leading to loss of jobs, disintegration of families and personality breakdowns.

- The magnitude of the atomic destruction ''cannot be dismissed as just another hazard of war.'' According to the study, it is better termed ''genocide - if not also sociocide, ecocide, biocide and earthocide - for it is a complete negation of human existence.''

These are the psychological findings:

- The 370,000 victims now living in Japan ''all bear witness to shared psychological traits'' that include lingering fears, imbalance and breakdowns.

- Those exposed to radiation live with the threat to their health from ''delayed radiation effects.'' They fear that their children will be ''unhealthy or deformed.'' They live with worries of medical expenses, decline of ability to work, economic instability and discrimination against them by nonvictims.

- Many of the victims have undergone ''spiritual exercises'' to internalize the lessons of the experience. Some see themselves as ''chosen people'' with a sense of mission to work for the ''rejection of nuclear weapons.'' Foreward Written by Two Mayors

''Hiroshima and Nagasaki: The Physical, Medical and Social Effects of the Atomic Bombings,'' was written by the Committee for the Compilation of Materials on Damage Caused by the Atomic Bombs in Hiroshima and Nagasaki. The contributors were physicians, physicists and social scientists from the Research Institute for Nuclear Medicine and Biology at Hiroshima University, the Atomic Disease Institute of Nagasaki University, and the Radiation Effects Research Foundation.

The study was originally brought out in Japanese in 1979 by Iwanami Shoten, Tokyo, and is published here in a 700-page volume by Basic Books. The English translation was done by Eisei Ishikawa, professor of pathology at Jikei University School of Medicine, who was born in Stockton, Calif., and David L. Swain, editor of The Japan Christian Quarterly, an American living in Japan.

In a foreword, Mayor Takeshi Araki of Hiroshima and Mayor Hitoshi Motoshima of Nagasaki write: ''The A-bomb catastrophe has become more remote with each passing year. The victims are aging, the younger people who know nothing of war now constitute over half of our own populations. The citizens of Hiroshima and Nagasaki have risen above grief and hate to proclaim: 'No more Hiroshimas. No more Nagasakis.' ''