The Conformation\(^1\) of the Steroid Nucleus

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In recent years it has become generally accepted that the chair conformation of cyclohexane is appreciably more stable than the boat. In the chair conformation it is possible\(^3,4\) to distinguish two types of carbon-hydrogen bonds: those which lie as in (Ia) perpendicular to a plane containing essentially the six carbon atoms and which are called\(^5\) polar (p), and those which lie as in (Ib) approximately in this plane. The latter have been designated\(^6\) equatorial (e).