THE MODERN Psychologist

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Is Spiritism a Fraud? — EDWIN F. BOWERS

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The Psychology of Twins — ROBERT SAUDEK

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Now another change is taking place. An old established industry—an integral and important part of the nation's structure—in which millions of dollars change hands every year—is in thousands of cases being replaced by a truly astonishing, simple invention which does the work better—more reliably—AND AT A COST OFTEN AS LOW AS 2% OF WHAT IS ORDINARILY PAID! It has not required very long for men who have taken over the rights to this valuable invention to do a remarkable business, and show earnings which in these times are almost unheard of for the average man.

EARNINGS

One man in California earned over $1,600 per month for three months—close to $5,000 in 90 days' time. Another writes from Delaware—"Since I have been operating (just a little less than a month of actual selling) and not the full day at that, because I have been getting organized and had to spend at least half the day in the office; counting what I have sold outright and on trial, I have made just a little in excess of one thousand dollars profit for one month." A Georgia man made $802.50 his first two weeks. A Connecticut man writes he has made $55.00 in a single day's time. Texas man nets over $300 in less than a week's time. Space does not permit mentioning here more than these few random cases. However, they are sufficient to indicate that the worthwhile future in this business is coupled with immediate earnings for the right kind of man. One man with us has already made over a thousand sales on which his earnings ran from $5 to $60 per sale and more. A great deal of this business was repeat business. Yet he had never done anything like this before coming with us. That is the kind of opportunity this business offers. The fact that this business has attracted to it such business men as former bankers, executives of businesses—men who demand only the highest type of opportunity and income—gives a fairly good picture of the kind of business this is. Our door is open, however, to the young man looking for the right field in which to make his start and develop his future

Not a "Gadget"— Not a "Knick-Knack"—

but a valuable, proved device which has been sold successfully by business novices as well as seasoned veterans.

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Some of the Savings You Can Show

You walk into an office and put down before your prospect a letter from a sales organization showing that they did work in their own office for $11 which formerly could have cost them over $200. A building supply corporation pays our man $70, whereas the bill could have been for $1,600! An automobile dealer pays our representative $15, whereas the expense could have been over $1,000. A department store has expense of $88.60, possible cost if done outside the business being well over $2,000. And so on. We could not possibly list all cases here. These are just a few of the many actual cases which we place in your hands to work with. Practically every line of business and every section of the country is represented by these field reports which hammer across dazzling, convincing money-saving opportunities which hardly any business man can fail to understand.

Profits Typical of the Young, Growing Industry

Going into this business is not like selling something offered in every grocery, drug or department store. For instance, when you take a $7.50 order, as much as $5.83 may be your share. On $1,500 worth of business, your share may be $1,167.00. The very least you get as your part of every dollar's worth of business you do is 67 cents—on ten dollar's worth $6.70, on a hundred dollars' worth $67.00—in other words two thirds of every order you get is yours. Not only on the first order—but on repeat orders—and you have the opportunity of earning an even larger percentage.

This Business Has Nothing to Do With House to House Canvassing

Nor do you have to know anything about high-pressure selling. "Selling" is unnecessary in the ordinary sense of the word. Instead of hammering away at the customer and trying to "force" a sale, you make a dignified, business-like call, leave the installation—whatever size the customer says he will accept—at our risk, let the customer sell himself after the device is in and working. This does away with the need for pressure on the customer—it eliminates the handicap of trying to get the money before the customer has really convinced himself 100%. You simply tell what you offer, showing proof of success in that customer's particular line of business. Then leave the invention without a dollar down. It starts working at once. In a few short days, the installation has actually produced enough cash money to pay for the deal, with profits above the investment coming in at the same time. You then call back, collect your money. Nothing is so convincing as our offer to let results speak for themselves without risk to the customer! While others fail to get even a hearing, our men are making sales running into the hundreds. They have received the attention of the largest firms in the country, and sold to the smallest businesses by the thousands.

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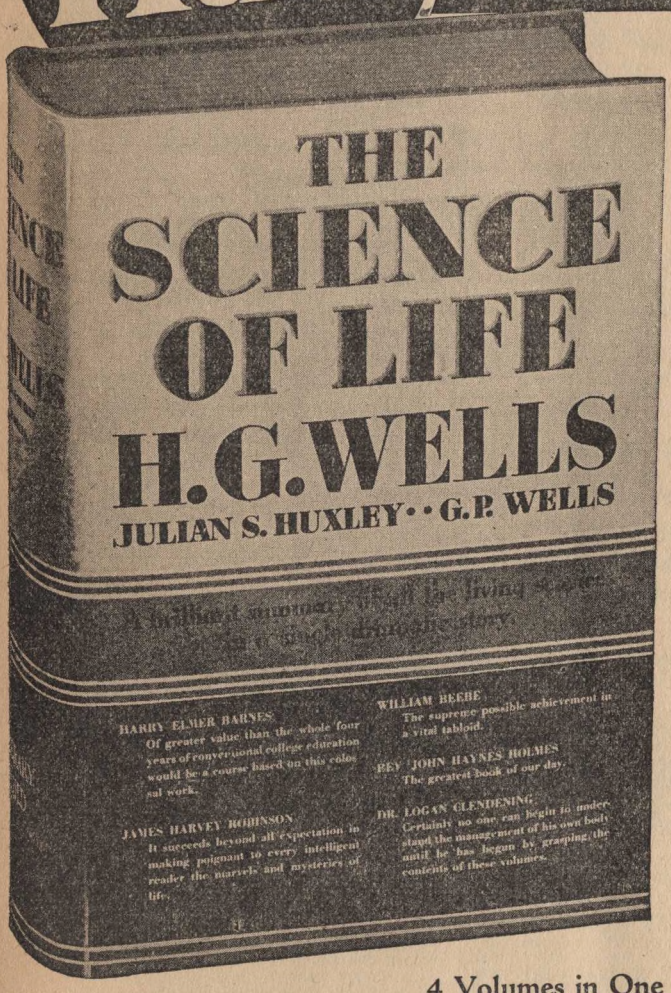
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VOLUME VI NUMBER 1 AUGUST, 1935

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In Forthcoming Issues:

THE PSYCHOLOGY OF THE PREGNANT WOMAN

The woman about to become a mother passes through a strange period. Much of her future happiness and the welfare of the unborn child depend upon the attitude of the husband. Dr. David H. Keller gives some excellent advice which if practiced will make the period of pregnancy less dangerous.

WILL YOU EVER GROW UP?

Maybe you have attained your full physical stature but there is such a thing as emotional stability. You may be either an introvert or an extrovert. Neither one is disgraceful, but either is vastly interesting. Dr. John W. Todd of the University of Southern California has a list of forty-four test questions with rules for marking yourself. Find out whether you are an introvert or an extrovert and the degree of your emotional maturity.

SHALL I TELL MY CHILD HE IS ADOPTED?

The parents who adopt a child take upon themselves more than the ordinary task of bringing him up. A great deal of the childs future happiness depends upon whether he is told he is adopted, and the manner in which he is told. Marion J. Faegre has some excellent suggestions which will greatly help to make this task of the foster parents much easier.

THE INTERPRETATION OF DREAMS

Dreams express repressed wishes. A dream wish may be one which could never gain the consent of the conscious mind. It may be a repressed desire so strongly resisted by conflicting desires that in the conscious it takes the form of fear, disgust, guilt, etc. To find the meaning of the dream it must be discovered what ideas are associated with it in the dreamer's mind. The task of the dream is to open a valve for wishes which cannot be immediately fulfilled, and by a symbolical realization of these desires prevent a still more rigorous fettering of the instinct.

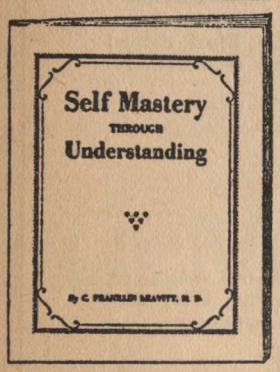
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For twenty-five years has been Psychological Consultant, teacher, author of several books, and contributor to magazines on the subjects of RIGHT THINKING and LIVING, Physical Culture, Dietetics, etc.

It Is "Doubt" Which Brings the Mental Clouds

WOULDN'T it be worth just a lot to you to KNOW JUST what caused those strange feelings, your limitations, the mental conflicts, your nervousness and the feelings of weakness and depression that you suffer from!

Of course it would. In fact, it would be the beginning of the end of all your troubles—the FIRST STEP toward mental freedom, peace, poise and power. You are constantly experiencing mental conflicts due to the fact that you are not quite SURE about the origin of your trouble and what it may lead to. In drawing on your imagination you picture all sorts of possibilities which depress you still more and bring anguish and torture.

"DOUBTS" bring emotion, mental conflicts and hypersensitive nerves, which puts your mind in "reverse" and you become so introspective that you find yourself "trapped" and actually unable to forget yourself.

Most peculiar and seemingly alarming sensations and thoughts are experienced by you. Thoughts of the possibility of insanity, of invalidism, of your ability to continue at work or what those dependent on you will do later on when you are flat on your back or in a "wheel chair." The mind can conjure up all sorts of thoughts through your drawing on your imagination in a destructive way. The thought of suicide being the only solution is not uncommon, for when hope and faith are dead what is left? People frequently become prisoners in their own homes through these unreasonable fears.

Neurasthenia, Nervous and Mental Breakdowns, Self Consciousness, Worry, Apprehension, Overseriousness, Oversensitiveness, Overanxiety, Jealousy, and most forms of Nervousness, are directly due to FEAR in the form of LACK OF CONFIDENCE. Check these unreasonable fears and build up FAITH and everything is chang

But how is this to be done, you ask? First, through gaining a better understanding of yourself, your nature, that wonderful piece of machinery of yours—YOUR MIND AND BODY; through understanding your OWN POWERS and how to use and direct them, and the understanding of the underlying principles of NATURAL LAWS. Development must come through USE, and in no other way, but unless you understand SELF, how are you going to USE your powers constructively and creatively. The VERY SAME POWER is being expressed whether it is used constructively or destructively. It is just a question of control, direction and USE. The condition you are in today has had certain definite states precede it and the weaknesses are normal reactions for the type of life you have lived

YOU possess the VERY SAME essential powers at birth that we later find expressed in those you envy for their great strength, courage and success. The difference lies in the difference in training, understanding development, etc. Nature does not say to one child, "You are doomed to live an unhappy life of weakness, poverty and struggles," and to another, "YOU are born to be happy, successful, and a ruler of men." We are all just a little bundle of clay when born, and it is our early training, our associates, our environment which moulds the man or woman that we witness later in life. You may have received a bad start through early training, but this does not mean you are "FATE-DRIVEN," I assure you. Yes, YOU HAVE formed habits, strong habits, habits which tend toward weakness. But all of this CAN BE CHANGED if you just UNDERSTAND YOURSELF and YOUR POWERS You CAN be the man or woman you wish to be, you CAN live your life constructively and be happy and successful. All this is a GOD-GIVEN inheritance, and it is YOU who are to blame, and not God, Nature, or your past unprofitable experiences.

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THESE REMARKS ON THE PROBLEM CHILD WERE MADE BY DR. ADLER DURING THE COURSE OF A RECENT LECTURE AT THE INSTITUTE FOR ADVANCED EDUCATION.

What Makes Problem *Children?*

By ALFRED ADLER
Founder of the School of Individual Psychology

How to become adapted to the environment is a problem which cannot be solved easily, and we cannot expect a child to solve this perfectly, but rather that each child adapts himself in a different way, mostly not in a perfect way, and very often in a very mistaken way.

You can, for instance, compare a child growing up in a social environment, with small trees growing up together. They have the same seed, the same inherited abilities, nearly the same environment, although really different. Now, if they are growing near each other, they grow wholly differently, and also if they are far apart they are different. This is because these trees are also striving for an ideal completion of their form. And therefore we can suppose there is also a creative power among trees which is striving to arrive at this ideal form. The same is also true in the body and in the mind and psyche of a human being. The characteristics especially always show a social trend. You do not find any characteristic which does not mean how to behave towards others, how to behave towards problems from the outside, etc. To be good means to behave toward others in a certain way which we call good. And it is the same with bad. Therefore, as you can understand, all these characteristics mean social structures, social behavior, social attitudes, and this cannot be inherited. It is also the creation of the child, a creation belonging to a part of the style of life and agreeing with it.

The Problem Child is a Personality Failure

THE problem child is a failure which is widespread, and much more so than is known or believed, because there are many problem children which are not recognized as problem children. They are quiet, kind, they do not hurt anyone. They do not accomplish much, but often they are very sweet and beloved, and look like model children. However, when they are put into another environment, out of their favorable situation, they appear as failures. Problem children can be recognized. But when? When they are shocked, when the shock results appear, when they are facing a problem for which they are not prepared because of a lack of ability to cooperate. The results which can now be seen are recognized as signs of a problem child; for instance, laziness, inability to

solve the problems, arrogance, attacking other persons, stealing, lying, everything but solving the real problems. These children believe they have overcome others, that they are more clever than others, anything except solving the social problems. We can understand problem children by all these notions and many varieties of them, and if we understand such a child we have to find the particular variety in his case. Therefore, there is no rule, for instance, for understanding a child who steals or lies. There is no rule for curing such a child. You have to understand this child, and then you can go on, then you know why this child has not developed as a social human being, why this child is not socially interested.

Among the problem children you can find others who show irritations of the body, stuttering, for instance, not speaking for a long time, or wetting the bed, suffering from stomach trouble, headache, vomiting, and other organic trouble. All these are shock results if no medical reason can be found for them. In these cases in which there are organic troubles you must first ask for the advice of a medical expert.

The Problem of Disobedience

THERE are many other problems which must be considered in regard to problem children in the home and also in the school until adolescence. In the home, for instance, often the complaint of disobedience arises. Disobedience means not to agree, not to co-operate, not to contribute. But I want to tell you that what is called obedience too often means suppressing the child, ruling the child, and therefore I should like obedience replaced by independent cooperation. Independent cooperation means that the child becomes a part of the whole, and it means cooperation with the others out of his own will, out of his own attitude, out of his own style of life. This is much more than obedience, because if a child really is an ideal of obedience then he is trained in this way, and will always look for other situations later in life in which he can obey, where somebody rules him, where somebody influences him. This would not be the right way.

Then among the problem children you find cruel children. But these cruel children also vary very much and each case must be considered in a different way. You also find tyrants among these problem children, etc.

The greatest mistake, but the usual mistake made in dealing with problem children is to attack the symptoms; for instance, to treat arrogance or laziness, or lying or stealing, or cruelty. This is impossible because all these trends, these characteristics, belong to a whole, to a unit, and this unit exerts itself in a right, intelligent way, agreeing with its individual. On this point such a child acts intelligently. His goal is mistaken because he is looking for a goal of personal superiority, without contributing and cooperating. But in striving for this goal he is wholly intelligent and does everything in the right way. Therefore it is wholly useless to attack the mistake, the mistaken attitude, and consequently many educational applications fail.

The Child Should Not Be Beaten or Whipped

IN BAD cases corporal punishment is usually used, At first glance this can be seen to be a lack of understanding, because with corporal punishment you cannot change a style of life. You can block the child in some ways, not to do the same thing or act, but his style of life must be exerted, and he will always answer in his own way at another point with another mistake. Corporal punishment also shows that the educator is not very eager to be interested in the problem of the child. He wants to use a short cut to change the child. And usually these are people or educators who like very much to prove their own personal superiority, to show themselves stronger, to use authority, and to indulge in this feeling of authority. Therefore, this method should be banned wholly. And if in our time there is a certain tendency to go back to corporal punishment it is a sign of misunderstanding. It is a sign that the people are afraid that they are not able to educate. They always want to refer the whole guilt to the mistaken child, to this problem child. But this problem child is not guilty. He would really enjoy being ahead in a better way. But he does not know how, he does not have the means, he has not been trained in this way.

There is also another point which must be considered in regard to corporal punishment as a mistake, and this is the fact that mostly persons who have a certain liking for being cruel, who want to torture, to use their power against weaker persons, (and very often among them are persons who can develop into sadistic types and indulge in sexual perversions in this way, accusing children sometimes without being right, beating them, torturing them sometimes in a terrible way)—these people believe in corporal punishment. It is alone because of these people who appear often and about whom you can read, that corporal punishment should be avoided.

ONE OF THE MOST FREQUENT CAUSES FOR WRECKED MARRIAGES IS SEXUAL COLDNESS IN THE WIFE. TOO OFTEN IT MASQUERADES UNDER THE NAME OF "INCOMPATABILITY." THE CAUSE IS SOMETIMES PSYCHOLOGICAL AND THE AILMENT CAN BE REMEDIED.

The Frigid *Woman*

By J. W. KLAPMAN
Physician, Jacksonville State Hospital,

FRIGIDITY, whether it be in the affairs of everyday life or in relation to the sexual function is an attitude of unconcern or aloofness. It may therefor have a variety of causes, from a lowering of physiological tone to distracting intra-psychic conflict and insanity.

Hence, the causes of sexual coldness naturally divide themselves into two main categories. If we state that these two classes are those causes which are physical and those which are of a psychic origin, this division, after all, is only a matter of convenience, for no one can finally and satisfactorily disentangle the mind from the body.

In mentioning first the physical causes no pretense at completeness can possibly be made. The physical causes for frigidity are legion and fall entirely within the scope of medicine. Such causes can only be treated by the physician. Suffice it here merely to mention a list of such conditions.

Dyspareunia is a condition of painful coitus which perforce conduces to sexual frigidity. Dyspareunia may be caused by various inflammations of the genital tract, imperforate hymen, stricture, stenosis or painful spasm of the muscles about the vagina, abnormal displacements of the uterus, *etc., etc.*

Disturbances of the Glands of Internal Secretion such as ovarian disturbances, hypothyroidism and dispituitarism, *etc.*, causing a reduction in the libido and often disturbed metabolism.

Infantilism and genital dystrophy as evidenced by an infantile uterus and genitalia. In some cases fat tissue largely displaces the genital organs. Naturally, reduction in sexual libido accompanies these disturbances.

Various Nervous Diseases and Injuries to the Spinal Cord which perforce produce organic disturbances of varying intensity; in many cases the resulting paralysis making sexual union impossible. Also conducing to frigidity because of psychic disturbances.

Effects of X-ray on the ovaries producing an artificial "change of life."

Alcoholism producing a slow deterioration of the personality wherein the higher attributes are the first to go. Hence, the more highly evolved mental qualities are lopped off, the aesthetic sense and all the finer altruistic sensibilities. Alcoholism is, of course, more common in men, but is not very infrequently encountered in women.

Drug Habit, such as the use of morphine, cocaine, paraldehyde, acetanalide, *etc.*, having much the same effect on the personality as alcoholism.

Excessive masturbation, more common to men, is nevertheless occasionally encountered in women. Its deleterious effects are not so much due to physical changes as the psychic results.

Sexual excesses leave the body drained of all energy and as a consequence result in sexual coldness.

It is safe to state that not more than 10% of all cases of sexual frigidity are due to physical causes. The percentage is probably even smaller. The other 90% are caused by intra-psychic causes. These naturally divide themselves into mentally normal individuals who are maladjusted, giving rise to the euphemism, sexual incompatibility; sexual coldness due to definite psychopathology of the milder kinds, *viz.;* the psychoneuroses such as hysteria and neurasthenia: sexual coldness due to the severer forms of psychopathology, the psychoses such as dementia praecox. We shall not concern ourselves here with insanity, but shall confine ourselves to the less severe mental causes for sexual frigidity.

Intra-Psychic Causes

ONE of the greatest obstacles to the understanding of the role of the sex instinct is the failure to perceive the continuity of certain primary forces in human life and their identity with their more highly elaborated aspects.

The child is born with certain instincts which are the expression of the vital properties of living matter organized into primitive and racial patterns

of action. These patterns have been evolved and built up by countless generations before him. By virtue of such apparatus he is potentially a human being and the future heir to all the higher and cultural achievements of the race. To materialize his heritage his potentialities have to be led forth, to be pulled out, as it were, with great tact and skill. The manner and circumstances in which the psychic potentialities are realized constitute the process of conditioning upon which Watson has based his behaviorist psychology. For it requires no great effort to imagine what kind of human would develop if an infant by various contrivances were to be raised without seeing or coming in contact with any other human being. Such a creature might even be inferior in intellect to an intelligent dog.

From what has been said, therefore, it becomes apparent that mental development occurs on the basis of the instincts. Upon the foundations of the primary patterns of behavior has been superimposed the vast structure which we know as the mind and intelligence, and in such an arrangement there is great danger in the failure to fit in all the superimposed components, especially those near the top. Moreover some components of the superstructure may even prove antagonistic to the very foundations .

Thus it happens that while the primary, basic sex urge, being the older and more stable part of the organization, may be persistent and imperative, it may be more or less successfully curbed or deflected by certain antagonistic elements in the superstructure. Tension is an invariable result.

Sexual coldness in a woman whose spouse has proved contemptible and unworthy can be readily understood and is not the problem to be dealt with here. The cause is obvious and lies close to the surface of consciousness. It is with the numerous instances of apparently inexplicable sexual frigidity that we must concern ourselves. A number of physical causes have already been enumerated. It remains to study the subtle and far-reaching ramifications of the psychic causes for sexual frigidity.

How the Rift Begins

So DISTANT have become the foundations from the superstructure that a great number of incubi which may be definitely detrimental to the superstructure and even to the base may be interposed. Judaism and far more Christianity have helped to perpetuate if not originate the conception of the sinfulness and unworthiness of the flesh. Such an idea could have had no other effect than to act as a wedge, causing a schism in the psychic components of the sex equipment. In the hands of the christian founders sex became a vile, shameful thing, a creation of the devil, to be tolerated only from necessity. In their hands it became an evil which as far as possible must be abjured if one valued the salvation of one's soul. That is the reason for the high regard in which christianity has held the state of celibacy. Sexual coldness in women came to be considered the normal, virtuous state. It didn't matter, for women were not the equal of men—so our ancestors believed—womans' function was to appease the animal in her spouse. When sexual union and the fine personal relationship of love which is one of its sublimated aspects are so fantastically predicated what other result can follow but its tepid expression? As for some of the other results, the sharp separation or schism is bound to produce internal conflicts which often shake the individual to his very foundations.

How potent a cause for maladjustment and sexual frigidity such a philosophy may become is indicated by an anonymous article entitled: *Life Ends at Forty*. (*Forum*, April, 1934.) The writer is speaking of a married friend, who as it happens is a refined, educated woman. In this case, it should be stated there is in addition a neurotic basis for the maladjustment and intra-psychic conflict. "She went on to say that in every personal relation with her husband she found herself tortured by doubts—fears that perhaps the ideas on which she had been raised might after all be right, and her husband's ideas on sex all wrong. You can't make bright and happy people by tinkering with the memories of an enslaved childhood. The memories of this woman's childhood made it impossible for her to escape from the tormenting 'perhaps' that continues to wreck her love life and her husband's. For their children's sake they are seeing the thing through—a mockery of a marriage with no compatibility, no common love experience, no satisfaction."

The Role of the Parents

MUCH confusion exists in psychology concerning the development of the sexual instinct. It is undeniable that the instinct does unfold itself just as there is an embryonic development of the body. That the sex instinct develops or expands after birth does not invalidate the above observation. While considerable opposition to the Freudian view has developed of recent years there can hardly be a doubt that the young child exhibits an ambivalence or looseness of the sex instinct which in later life, the occasional appearance of such a neurosis as fetichism amply confirms. In other words, though the question is still shrouded in obscurity, a workable hypothesis is that of Freud, who con-

tends that normally the sex instinct passes through a number of phases on its way to maturity. In any one of the stages it may become fixed. The individual may proceed to take up his adult responsibilities in the course of time but the fixation exerts an unconscious pull which not infrequently makes for maladjustment of the entire personality and much unhappiness. The parents are amongst the most probable object of such fixations and instances of unconscious parent-fixations are encountered with astonishing frequency.

Evidence would indicate that the child passes normally through an incestuous stage of his love-life, a so called Oedipus stage in boys and Electra stage in girls. Whether this be absolutely true or not it is an incontrovertible fact that cases are by no means rare in which the normal transfer of the love-life from the parent to another individual of the opposite sex has been frustrated and never accomplished. We are all more or less acquainted with bachelors who are agreeable and well-liked by their women acquaintances. Girl after girl have these Lotharios pursued but none have been quite to their fancies. They seem always to be seeking some ideal woman. Unfortunately for such a bachelor that ideal woman may be dead or if alive the laws of society have placed such a union under the severest ban. Reader, that ideal woman is the man's own mother. That place has already been preempted. The reason that our agreeable if apparently inconsistent bachelor is unaware of his attachment is because the very nature of such incestuous love insures its repression into the unconscious.

Why do fixations occur? For a variety of reasons, as the resultant of a number of forces either acting singly or in concert. We know that the environment, by which we mean principally the parents in case of the young child, helps and guides the latent potentialities of the psyche to blossom forth. There is also an inherent force in the interior which propels the potentialities forth just as the growth of the bud forces open the petals of a flower. And just as the frost may halt the budding plant so may the environment help to fix a phase of the personality at a certain stage of its development. For if a parent be unusually fond of the child-selfishly monopolizing all its affection as a compensation, perhaps, for some frustration in his or her own life, the child finds that condition so comfortable that all inducements to further development are perforce lacking. The parent saves the child all disagreeable experiences, all effort, all labor, all travail of spirit. And in the presence of an insufficiency of inner drive that is the condition in which that phase of the personality will tend to remain.

Case Study of Parent Fixation

A CASE cited by Karl A. Meninger in his *The Human Mind* strikingly illustrates parent fixation and some of its results.

Marie had always been her father's little girl. She adored him. A word of praise from him was enough to throw her into ecstacies and the least word of blame made her despondent for days.

The mother sensed something of the abnormally intense attachment between father and daughter. She became cross with Marie but felt powerless to interfere directly for it seemed utterly despicable to be jealous of one's own child. The mother loaded Marie down with household tasks all of which Marie undertook cheerfully, becoming expert in cooking, sewing and other household duties. A word of praise from her father was ample reward for her. "It made all of mother's bitterness and hatefulness bearable. In fact I sort of pitied mother-poor thwarted vengeful mother."

She was growing into comely young womanhood, a girl of poise, with the promise of future beauty and charm. She was enthusiastic in her admiration and esteem of the male sex, for her mother had soured her a little on members of her own sex. Her vivaciousness made her a great favorite with the boys of her high school class. Various boys would come to believe that Marie was really interested in them, but the expression of any boy's feeling would alarm Marie and she would drop the current boy friend like a "hot potato" to strike up an acquaintance with another boy, with the same eventful result.

This career she continued into her college milieu. In time she acquired the reputation of being a great flirt with the result that the more desirable young men avoided her. It was all very difficult to understand, for to all intents and purposes she should have had strong matrimonial inclinations and was far from being unattractive. She began a love affair with a man much older than herself and a worthless specimen, and after a year of the wretched business it broke off leaving her very low in spirit. She left college and took up business studies. Her father offered her a place in the millinery department of his store. She then entered upon her duties with enthusiasm and achieved an outstanding, enviable, successful business career.

But as time passed by the clouds of depression began to gather. In spite of a brilliant business success, in spite of wealth and position for which most struggle all their lives and never attain, Marie was not happy, contrary to all outward appearances. She would come home from the office and lock herself in her room. Her mother would knock

on the door timidly to inquire about her only to receive angry rebuffs. Tears. Sobs. Silence. Her father no longer held the same attraction for her, for in the course of years, as was to be expected, her mother had entirely displaced Marie. She became so wretched and despondent that she began to consider suicide. At this point she consulted a most competent psychiatrist, Dr. Karl A. Meninger.

Parenthetically we must point out one interesting episode in Marie's history. We allude to that unfortunate love affair with the worthless middle-aged man which she finally broke off. Marie unconsciously was offering an excuse for her erratic conduct. It is as if her subconscious were saying: "See for yourself. You say that I am too fickle and undependable, that I can't get attached to anyone. Well look at this sweetheart of mine. I've done my utmost and look what's happened." In this way she has excused herself and may continue in her unconscious attachment to her parent.

But for the purposes of our study it is obvious enough what kind of conjugal partner Marie would have made. In all probability she would have proved a frigid spouse and her union would have ended in a divorce court, with another marriage-wreck chalked up to what is euphemistically labelled "sexual incompatibility."

Effects of Arrested Mental Development (Hillbillyism)

WHILE a fixation implies an arrest of some phase of the personality, the rest of it going on to more or less mature development, an arrest usually implies a uniform retardation of the entire mental development and of the total personality. In the case of the fixation what brilliance may be present is most likely to be of the superficial variety; somewhere in the personality there is a weak prop, a danger point in the foundation. In the case of arrest, mental development has proceeded very little beyond the very bases. The foundations, such as they are, are unmodified, unguided, primitive, elementary and that is all.

In the case of very ignorant and indifferent parents (not at all an unusual situation) though they afford their children neither the hot-house type of rearing nor the harsh and repressive variety, they may, on the other hand, make available for them little intellectual stimulation, little intelligent direction. With such a background, in the absence of a very strong inner drive there results not so much a fixation at any one point in the personality (notwithstanding that the effects of both fixation and arrest may be similar in some respects), but an arrest of the total personality. In the latter instance the pathology is far more inclusive, the picture resembling the condition of mental deficiency.

Amongst the many approaches to the problems of life there are two, startingly antithetical, but frequently to be encouraged. The individual finds many puzzling facts in his environment, many apparently inexplicable and formidable difficulties. He may adopt one of these two attitudes toward them. He may say: "I'm going to learn what's what if I never see the back of my neck." He may, on the other hand withdraw from the mystery. He may act as if by ignoring the problem it ceases to exist. This is the ostrich approach to life. The result of the latter attitude is a vast and devastating ignorance. All knowledge, all new experience, all other people outside the narrow circle of their immediate blood relatives are suspect. As a definite pattern of behavior, as a definite mold of thought, women so constituted, and their number is legion, cannot exclude it even in their regard for the person who stands in the most intimate and vital relationship to them. Can a more severe, more impervious barrier be found to the finer conjugal experience which true marriage implies? Naturally, this is also true of many men. But such women may be fertile; they may even experience the promptings of the sex instinct in a way not unlike animals in the rutting season, but its sublimated aspects, the superstructure, remains a *terra incognita* to them. For, obviously, reducing human activities and interests to the instinctive level makes of us little more than mere automatons approaching the behavior of the lower *fauna*. Under such conditions there is very little common ground upon which to meet one's fellow-creatures; understanding and affection must perforce remain in their rudimentary state. Hence the sexual coldness of many women.

The Effects of Imitation

BY SOME strange vagary of the human mind and the stupidity of our social conventions the husband in the average American family has little to say about the rearing of his daughters. The mother almost invariably arrogates to herself that function, and thus all the peculiar feminine bias of mind is handed on from generation to generation.

What this regime accomplishes in a household where the nominal head is of the henpecked variety is too tragically apparent. The wife has a deeply rooted contempt for her husband, despite her protestations. He has made no outstanding success in the world—a miserable provider who has somehow gotten into her way, monopolized her attention so that she lost out with another, far more eligible suitor who is now president of the First National Bank of Podunk. And what has her husband turned out to be? Nothing but the flattest of flat tires.

Oh woe is her, that of all the brilliant matches she might have made it fell to her lot to tie herself to such a mere worm as Henry.

In such an environment the child becomes steeped in sex hostility. If by some lucky chance, sufficient intelligence, sufficient force of character comes to the daughter's rescue, she may later correct her attitude. But what if such bias is not corrected as so often happens? Subsequently, the husband of the second generation will either seek a divorce or repeat the error of his father-in-law and capitulate, thus swelling the ranks of the species, *Homo Henpeckinis*. In rare cases he may even become a cruel and tyrannical spouse. But as far as harmonious conjugal relations are concerned they have been foredoomed to failure from the start. Frigid wife? What else could she be but an iceberg incarnate?

It might be asked at this point why such women marry at all. But the answer is not far to seek. First they experience a primitive sexual urge of varying intensity, and second the economic advantages of marriage invariably make a strong appeal to them. Yet such influences as the young woman has been subjected to set the stage for future maladjustment, for the urge to find a mate and the conditioned low esteem of the opposite sex form a poorly integrated segment of the personality. Is it any wonder then that there are so many poorly adjusted individuals and that hysteria is so common amongst women as to have been thought in the past entirely peculiar to the female—caused by the peregrinations of the uterus—the disease thus deriving its name from the Greek word *Hyster*—meaning womb?

It may be considered as an obvious truism that one of the cardinal signs of mental maladjustment is sexual frigidity.

LOOK OUT WHEN HUMAN BEINGS BECOME SUSPICIOUS

THERE is a certain sour smell which tells the dairy-man that the milk has begun to sour, or the winegrower that his juice is turning to vinegar. There are moments in the conduct of a trial or of a case of pneumonia when the lawyer or the doctor, long before anyone else, recognizes that the case is lost.

Similarly the psychiatrist is familiar with certain ominous signals. When a patient begins to manifest these symptoms, when he begins to talk about being pursued or persecuted or plotted against, when his eyes narrow and his voice lowers and he talks mysteriously of the malicious intent of "certain people," the psychiatrist knows that his patient's personality is disintegrating. When the schizoid personality begins to decay, suspiciousness and jealousy are the smells given off in the process.

It will surprise many persons to learn that undue suspiciousness is one of the most serious symptoms known to the psychiatrist. They will have supposed that anger, rage, visions, delusions—some other less familiar and more vivid manifestations—were more important. Not so. The symptoms called "Paranoid" constitute the cancer of the mental life.—*Karl A. Menninger*

BOOTLEGGING REPRESSED DESIRES

TO FREUD, a dream is a "bootleg" traffic in repressed desires. Its methods of evading the internal-revenue-officers of the moral and social world are interesting. It smuggles its wares by wrapping them in camouflaged packages and employing ingenious dramatic disguises, at times with as little regard for the moral as for the logical proprieties. The tale as dreamed and as told by the dreamer forms its superficial or patent content. Its below-surface, naked meaning is its latent content. That is what it really "means," intends, serves and expresses. To derive the one from the other is the task of dream analysis.

—*Joseph Jastrow*

CIVILIZATION AND SUBLIMATION

CIVILIZATION has, to a large extent, curbed fear, diverted pugnacity into peaceful competition and emulation, ennobled the sexual instinct, often directed the acquisitive and constructive instincts to social ends, and opened myriad roads of adventure to the instincts of self assertion and curiosity. If a state of ideal adjustment is impossible it will be largely because of blocked and unsublimated desires that are responsible for ingrown souls and for such negative tendencies as hatred, greed, envy, Jealousy and lust.

—*Abram Glaser*

MAN WHO IS "LIFE OF PARTY" MAKES AN UNHAPPY HUSBAND

GIRLS, if you want to have a happy married life, don't pick as your husband a fellow who is the life of the party, one who is good fun at dances, or who is always ready to take charge of an entertainment.

This advice is gleaned from a study of the personalities of 300 couples made by Dr. Lewis M. Terman and Miss Winifred Brent Johnson, of Stanford University. (*Character and Personality*, June).

One hundred happily married couples were compared by these psychologists with 100 who were unhappily married and 100 who were already divorced.

Conservative people are the ones who are most likely to be happy in marriage, they found.

The happy husband is outstandingly cooperative. He works well with others, is not touchy or grouchy, is not critical of others. But he is not the jolly fellow type of good mixer. He prefers going to see a play to attending a peppy dance, and is quite content with a quiet evening at home.

But he does not like talkative people.

The happy wife is typically an old-fashioned girl. She exemplifies the kind of feminine virtue familiar in the old-fashioned protected matron and the woman extolled in the Bible by Solomon. (See Proverbs 31:10).

Happily married women are the most sociable of all the groups. They enjoy things more when they are with others. They just love to go on picnics, to amusement parks, and conventions.

HERE IS A HAPPY WIFE

According to Solomon

The heart of her husband doth safely trust in her.
She will do him good and not evil all the days of her life.
She seeketh wool, and flax, and worketh willingly with her hands. She riseth also while it is yet night and giveth meat to her household.
She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.
She openeth her mouth with wisdom; and in her tongue is the law of kindness.
She is like the merchants' ships; she bringeth her food from afar.

According to Modern Psychologists

She is more stable, more conservative, more conventional.
She is careful of others' feelings, insists less on having her own way.
She is a methodical and careful worker.
She is sympathetic toward the aged, sick, and crippled, and likes to gather funds for a cause and to contribute to charities.
? ? ? ?
She likes to go on excursions, and mingle with the crowds.

They like working with others, they like to talk things over, and don't want to stay at home alone. Yet they are shy, blush more often than the other groups, hesitate more to meet important people.

They are steady, amiable, and optimistic, are less touchy and nervous than their unhappy sisters.

Divorced women, despite popular opinion, are less mercenary than either happily or unhappily married women. They are more likely to lend money. Have less respect for thrift. And are more interested in work for its own sake than for the financial returns.

The divorced woman offers many contrasts to the other groups of women. She has more intellectual interests, more self reliance, assertiveness, and ambition. Her most outstanding trait is a tolerance toward the peculiarities of others. She doesn't object so much to queer, abnormal, or exceptional people. She can even put up with men who chew tobacco, absent-minded people, bolshevists, people with protruding jaws, gruff men and emotional women, and people who talk too slowly.

But she doesn't like teetotalers, clergymen, or cautious people.

The woman who is married but unhappy is a negative sort of person. She is inclined to sociability, but she lacks the sympathy and tact which make for social harmony. She is inclined to be self-centered, irritable and intolerant.

The unhappily married man likewise has a personality between the happy husband and the divorced man, but he shows somewhat greater resemblance to the latter. He does not have the self-discipline and amiability necessary for success in human relationship and yet he does not have the aggressive qualities that would enable him to face the unpleasantness of divorce.

Science Service

THERE ARE MANY PERSONS, APPARENTLY NORMAL, WHO ARE THE VICTIMS OF UNCONTROLLABLE FEARS. THESE FEARS ABSOLUTELY UNREASONABLE, SOME TIMES MAKE THE LIVES OF THESE SUFFERERS A TORTURE.

What Are You Afraid *Of?*

By J. SCHREIBMAN
Director: International Research Service

THERE is hardly a normal function or an object about which a fear has not been developed. There are people who fear to cross a lawn, ride in an elevator or attend the movies. A courageous admiral of the American navy, a man who thought nothing of attacking a swarm of enemy destroyers, has been known to run for blocks down side streets to escape from a cat which had suddenly scampered toward him from an alley. Some people dread being noticed. The recent death of Lawrence of Arabia is a good example of how this irrational fear warps the lives of its victims. Here was a leader who could have been the ruler of Arabia and preferred to remain a private in the English air service. He stole away from ceremonies given in his honor and refused all titles and positions offered him, being content to live alone in a country home, with his phonograph records, books and speed boat, detached from the world.

There are adults who find it impossible to remain in the dark and are forced to sleep with a lighted lamp above their bed. Even looking at a glass object, such as a window pane, or a drinking cup, sends qualms of dreaded uneasyness to sufferers of what the psychologist calls crystallophobia.

Some fear that an organic reflex over which they have no control may occur in awkward circumstances. A common form of this obsession is the fear of blushing on meeting strangers or members of the other sex. The natural result is that the person does blush. Another curious, although embarassing, fear, which is more common than one would expect, has received the name coprophobia. Here, there is a dread of evacuating the bowels when visiting other people, while in the theatre, or at the concert, or attending church (church diarrhea).

It has been noted that the more intense and deeply seated this fear becomes, the more often, in fact, does the dreaded and unfortunate predicament occur to the victim.

Fear that Cannot Be Controlled

THE list of uncontrollable fears can be continued indefinitely. Some, terrified by the thought of being buried alive in consequence of a death like coma, make their years miserable contemplating their premature burial and curiously enough make a thorough search of medical records for reports of such occurrances. Many devote an enormous amount of time and energy trying to perfect gadgets which will prevent this occurrence. Frequently, the victims of this fear make provisions in their will for the installation of bells and other devices by which, in the event that they do revive, the caretaker may be summoned to their rescue.

Numerous adolescent girls, who conceive their faces to be their fortunes, begin to dread the appearance of any defect in that part of the anatomy. They suffer from an unusual fear for which the psychologist has coined the Greek label, Dysmorphophobia—fear of having an unpleasant figure. The girl stares for hours at her reflection in the looking glass, notices a slight blemish and then begins a vicious cycle. Professor Tanzi, of Italy, was called in to treat a seventeen year old girl suffering from this fear. She suffered torture fearing lest some unforeseen redness or pathological discoloration might destroy the elegance of what Professor Tanzi called her very shapely nose. She consulted her mirror a hundred times a day and anxiously sought reassurance from her sisters; then laughed and cried at her own fears. But at night, when everyone had retired, the dysmorphophobia would return to keep her awake, until she had again reassured herself that the blemish had not yet appeared. Returning to bed however, she frequently experienced a second attack and found it necessary to reassure herself by again looking in the mirror.

There are also fears of eating, of not having friends, of leaving home, of going to school, of bearing children, of sleeping, of bathing, of shak-

ing hands, and of wearing green, yellow or pink clothes, as the case may be. That these fears may even be the cause of committing murder is graphically exemplified by the recent actions of a Chicago bank teller. For 29 years, this individual, a trusted employee of the bank, had lived quietly with his wife and children. Then, he arose one morning and after writing a note, shot and killed his twenty-one year old son and eighteen year old daughter. The speedy arrival of the police prevented him from also killing his wife and committing suicide. From the note he had left and from the district attorney's questioning, it developed that he feared he had contracted tuberculosis and given it to his family. Rather than see them endure the tortures of his imaginary tuberculosis he determined to put them out of their misery.

Fear of Catching Disease

How these fears may originate can be seen from the actions of a thirty year old widow, who suffered from a dread of contamination. Dr. Hammond, to whom she came for treatment, requested her to write out the development of the condition. The following is what she wrote:

"About six months ago, I was reading a newspaper one evening and came across an account of a man who, it was believed, had contracted small-pox from handling bank notes which had been a short time previously in the possession of a person suffering from that disease. The circumstances made a deep impression on my mind, and, as I had only a few moments before counted quite a number of notes, the idea struck me that perhaps they had been handled by some person with a contagious disease of some kind or other. I had washed my hands just after counting these notes; but thinking that I had not possibly removed all the taint, I washed them again. I went to bed feeling quite uncomfortable and the next morning paid more than usual attention to the washing of my hands, and then recalled that I had placed the notes in a drawer of my dressing table, in contact with the linen which I had proposed putting on that day. I changed my intention however, and selected some from another drawer instead, sending the other to the laundry. I then put on a pair of gloves, took out the notes, placed them in a letter envelope, and had the drawers thoroughly washed with soap and water.

"Reflecting upon the matter brought to mind the fact that, after counting the notes, I had touched various things before washing my hands, and that therefore I was still in danger. The very dress that I wore then was the same that I had on now, and my hands had been more or less in contact with it all morning. I felt myself forced to wash my hands, to take off the dress, and again to wash my hands.

"From that I went on from one thing to another. There was no end to the series. I washed every thing I was in the habit of touching and then washed my hands. Even the water was a medium for pollution, for no matter how thoroughly I wiped my hands after washing, the dirty water had to be washed off. There was no end to it. The soap became connected in my mind with contamination, and I never used the same piece twice.

"Now, I can touch nothing without feeling irresistibly impelled to wash my hands afterwards. I am always looking at my hands to ascertain if I can see anything on them, and I have a lens which I use to aid my eyesight. I have no particular apprehension of contracting small-pox or any other disease that I can specify. It is an overpowering feeling that I shall be defiled in some mysterious way, that presses me with a force that I cannot resist. As to shaking hands with any person, nothing would persuade me to do so unless I had on gloves at the time.

"And lately, even gloves do not seem to afford me entire protection. I know they are porous, and that therefore the subtle influence, whatever it may be, is capable of passing through them to my hands."

The Victim Suffers in Secret

Dr. Hammond asked this lady if she really believed the theory she had constructed. She replied that at times she was convinced that she was in error, but only for a short period, as the original ideas returned in full force. Dr. Hammond further noticed that when reasoned with in regard to the absurdity of her notions, she was persuaded for the moment that she was wrong, but as soon as she was left to herself, she was back in the old train of thought.

After the doctor had felt her pulse, she took a handkerchief from her pocket, moistened it with a little cologne water which she had in a phial and wiped the spot which his finger had touched.

Curiously enough, the person suffering from an uncontrollable fear knows his fear is unfounded and irrational. Yet he cannot control it and is often content to suffer in secret. Although he may realize there is something wrong with him, he usually considers his action motivated by some mysterious influence outside himself and beyond his control.

WHEN THE SUBCONSCIOUS IS UNDER CONTROL, THERE IS MENTAL HEALTH AND CLARITY. WHEN IT IS OUT OF GEAR WE FIND MALADJUSTMENT, NEUROSIS AND INSANITY.

Keep the *Subconscious Under* Control!

By SAMUEL KAHN

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THE censor stands between the conscious and the subconscious. He acts as a watchman who does not let thoughts pass from the subconscious into the conscious unless they meet with his approval. When thoughts have been successful in pressing forward to the door but are sent back into the subconscious as unsuitable for the conscious, they become re-suppressed.

The subconscious is made up largely of repressed and suppressed material of various sorts, composed of primitive instinctive trends and numerous forgotten, unpleasant or emotionalized ideas, thoughts and experiences.

The foreconscious is really a part of the subconscious. At times the foreconscious is subconscious but with considerable effort the thoughts may become conscious and later they may again become subconscious. Thoughts which are deliberately hidden away, consciously and with effort, are suppressed. When thoughts are repressed and forgotten automatically it is then that the mechanism of repression is at work. Under repression there may be no voluntary efforts of forgetting but thoughts are forgotten themselves automatically. This is the work of the subconscious. The subconscious revolves around the protection of the pleasure principle. The subconscious wants what is pleasurable or what is relatively pleasurable and tends to evade or escape what is unpleasant. When unpleasant experiences or unpleasant thoughts are chosen they are the result of a question of choosing the less unpleasant from the least unpleasant. Frequently, the question is not what is pleasurable and what is painful, but what is less unpleasant and least unpleasant. When one chooses what is less unpleasant rather than least unpleasant there may appear present the element of masochism, but it is rather the choice of the primitive pleasure principle.

Considerable criticism may be had when this point is not understood. It must be remembered, however, that the subconscious chooses the immediate pleasure principle rather than the remote pleasurable outlook. The conscious may choose a rational, reasonable, honest and sensible pleasure principle, which might be remote. The subconscious chooses the immedate pleasure principle regardless of whether it is reasonable, ethical, honest or sensible. Competition, exhibitionism, travel, food, ravenous appetite, pleasurable sensations of the senses, social approval, feelings of security, feelings of satisfaction, feelings of desire of satisfaction, sex, the power to domineer, feelings of power, etc., are a few of the many situations involved in the pleasure principle.

The Agents of the Subconscious

THE subconscious has agents who do its work. These agents may be called the mental mechanisms. The chief function of the mental mechanisms is to protect the pleasure principle at any cost. Without a thorough knowledge of these agents or officers, if you will, you can hardly understand the subconscious. The subconscious is the king and the mechanisms are the officers.

Through rationalization, one of the important mental mechanisms, the pleasure principle is protected. A mother telling about her marriage at fourteen will rationalize and state that she married that early because she was young, or because it was romantic, or because it was healthy, or because it was different from what others did, etc. She may not care to admit that she married that young because she was foolish, lacked experience, had foolish parents, was not properly advised, did not know better, etc. These latter reasons are rather unpleasant, therefore it is more pleasurable to give the former reasons. She may use another mental mechanism — protection. Here she may blame others. By blaming others she spares herself, which is relatively pleasurable. She may therefore rationalize and project and state that she was forced to marry young, that doctors told her to do so, that her parents were too poor, that times were hard, that her minister advised her to do so, that her

husband and others forced her into it, etc. No doubt you can recall many rationalizations and you can manufacture many yourself.

When you want something you give an excuse for it, and when you have done something you may give excuses to justify your doings. Here again it is the protection of the pleasure principle. We see the points favoring what we want. We may not see, or we may "soft damper" the points which we do not want to see or which we do not favor. This again is rationalization. We ourselves seldom recognize that we are rationalizing and there is no person living who does not rationalize to a degree. However, some rationalize to greater degrees than others.

Blaming the Other Fellow

The commonly abused projection mechanism may be very apparent to all of us. When we have arguments we usually blame others and sometimes believe that it is the others who are at fault. It is so common to blame the wife or the husband, the depression, the government, the doctor, the medicine, hard luck, troubles, weather and many other elements as causes of our misconduct, mistakes, poor results, failures, negligence, etc. By blaming others we again protect the pleasure principle and save our own faces. It is not so easy to admit our own guilt or our wrongness or our own stupidity, therefore it is better to project and blame someone or circumstances outside of ourselves. Whether you see the mental mechanisms or not they are there just the same. You must use the proper method and resort to the proper training in order to recognize mental mechanisms just as you must use a microscope to see certain germs.

If you are interested in primitive instincts watch lower grade people, stupid people, uncivilized people, animals, children, babies—they are full of primitive instincts. We all have some primitive instincts. Whenever you have a good control of the subconscious there is a good control of the primitive instincts. When you have been trained in the recognition of primitive instincts and their desires you are more human and a better person.

No one can know himself thoroughly without knowing something about his own subconscious, nor can anyone know others properly without a knowledge of the subconscious of others. If one is ignorant of the subconscious there may be in waiting treachery, deceit and troubles, which may attack us or confront us at any time.

One characteristic of the subconscious is its response to conscious associations, which recall other associations. Associations are very much used in the subconscious and the conscious. Free associations help us uncover hidden memories and facts relating to our personalities. The subconscious may even be influenced by pre-natal life, by the early habits and traits of the parents, brothers, sisters, and the self. Repressions fill the storeroom of the subconscious with memories, which are not at the disposal of the conscious, but which lie dormant and ready to stir up trouble.

The Censors Who Work While We Sleep

In dream life there are also censors at work. When the censors are overpowered or when they cannot control the show, the individual may become frightened and awaken. When the individual is ready to recognize that he is dreaming he will be frightened, or if he begins to recognize that facts are facts he will be frightened and will awaken so that again he shall not know that facts are facts. Much is repressed and much that is unfulfilled consciously is fulfilled in the dream. The unconscious wishes become dynamite if they could be suppressed to extremes. Accumulated inhibitions consciously may burst out into dreams or into neurotic and hysterical symptoms or mannerisms, or some kind of misunderstood purposeful behavior. Psycho-therapy may take care of this bad situation and may prevent it.

If one is acquainted with the acts, behavior and mechanisms of the subconscious he can hold much under control; otherwise this man is nearer to the animal. There is no better way of recognizing and understanding the subconscious than through free associations. The reason we call this part of our mind subconscious is because we are not conscious of it. If one can use the free association method successfully for six to twelve months, after having previously made a good transference on the analyst, who himself has passed in the same footsteps, and continues to tell his analyst absolutely everything and bars nothing, spares no one nor himself, nor his friends, nor the analyst, he will have made great strides in the mastery and in the knowledge and in the language of the subconscious.

Know Yourself As You Really Are

We can improve our minds consciously and subconsciously. The greatest room for improvement is through the subconscious. Most of our minds occupy the subconscious, whereas the conscious fills the smaller part. We can compare the uppermost part of an iceberg to the conscious and that part of the iceberg which is below the surface of the water to the subconscious. This is a common thought which has been mentioned repeatedly by numerous analysts and psycho-analysts, yet we

must call upon the conscious first in order to reach the subconscious. After using free association for some time, you are surprised to know yourself as you really are. There are conflicts between the conscious and the subconscious, which at times keep us emotionalized, moody and at times may be the cause of our hating ourselves and others. If you know your subconscious you have a better control over your personality, you do not fool yourself as much, you are really more honest, and your overcompensations are not so active. Substantial work in the field of mental science must not overlook the subconscious.

If you do not know or if you fail to understand the subconscious do not think that the subconscious fails to influence you, for it is constantly influencing your conscious mind. It is so easy to use the mental mechanisms and fool ourselves without knowing it. If the subconscious is active the individual must be neurotic or psychotic. If the neurotic is put under strong strain he may become psychotic.

If you are well aware of your subconscious you may neither become neurotic or psychotic. Under a strenuous environment a non-neurotic person may become neurotic and a neurotic may become psychotic. There are desires when the subconscious overwhelms the conscious. We still insist that whether it is for punishment or pleasure, on the surface the subconscious aims in the direction of the protection of the pleasure principle.

The subconscious is the reservoir for our mental experiences from birth and even is related to our instincts, and many characteristics and traits which may refer back to the racial memory for thousands of years. Archaic constellations may be stored or related to the subconscious. The weaker the personality the more use you will make of the mental mechanisms, but you will not know it unless you have been specially trained to recognize them. It is not the desire of a weak personality to face reality, but to evade it and escape life or the reality principle. Personality defects such as excessive yearning for sympathy, especially from those to whom we are emotionally attached, is destructive to personality and progress. It helps us to shirk from facing problems which may strike us in opposition or such problems which are not so easily coped with. Should the opposing forces become heavy, escapes and refuges of a neurotic nature manifest themselves rather than a desire to solve the problem.

Early Formation of the Life Pattern

Dope, liquor, neurosis, peculiarities and excessive religious fervor and even various physical symptoms may be the means through which personality defects may manifest themselves.

The subconscious is repugnant to change. If one has certain pattern reactions you can rest assured that it will be difficult to change these patterns. However, when one has a good intelligence and is educable and has a good transference and submits to a good deep analysis, many patterns are changed and the individual may become more adjustable, mobile and a changed personality results.

Our original love life pattern is very important. As you loved during childhood so may you love the rest of your days. Your early identifications may be used for the remainder of your days. You may love the same sort of man whom you first loved, and likewise with reference to the woman. It is so common to identify men with our fathers and women with our mothers, but these may be subconscious. If we have fixations on our brothers then men may be identified with them and the same applies to sister fixations. When you have made up your mind subconsciously as to just what you want, whether good or bad, you will find sufficient excuses and behave accordingly. This is a strong beginning in erroneous judgment. What you are interested in is what you will see. You will love according to your subconscious and you will be interested according to your mental mechanisms. Your likes and dislikes may be surprisingly changed after being analysed.

Strong Subconscious Means a Weak Personality

A strong subconscious makes a weak personality. Strong primitive instincts go with a weak personality. The weaker the personality the less friends you will be able to make and the less ability you will have to hold them should you get them. If you have inferiorities you will have other peculiarities. If you have one neurotic symptom or one personality defect you can rest assured that you will have others, whether you recognize them or not. If you have confidence in yourself you will not crave for much sympathy. The weaker the will and the more inferiorities you have the more sympathy you will crave, for through this means you may find refuge from facing reality. Where there is fear there will be sympathy, escapes, dependency, illness, hysteria, projection upon other people and even attitudes where one will submit to surgical operations in order to escape reality.

The ability to sublimate sex or even libido is an important function. Some sublimate to certain degrees. Those with good intelligences and good emotional controls and a good knowledge of the subconscious sublimate far better whether it be through music, nursing, art, the professions or

the home, etc. Everything we do may be constructive or destructive. If there is a pattern reaction of worry it may be destructive. If our personality calls forth the use of many mental mechanisms to excess it is destructive. When the subconscious holds sway the behavior is more destructive than constructive.

The subconscious is a thief and a rascal. The conscious is reasonable. This difference we must always remember. The conscious sees things from all sides, from every one's side, is honest, whereas the subconscious only sees what it wants to see, and that is usually in the line of the pleasure principle. The subconscious cannot see far ahead but only sees the immediate pleasure and attempts to influence the conscious at once through the use of the mental mechanisms.

How the Subconscious Confuses the Conscious Mind

THERE are various ways of being confused, which is one of the means by which the subconscious controls the conscious. You may feel pains, you may actually be blinded or paralyzed so that you may not see what you do not want to see or so that you may not go where you do not want to go, and so that you may not have to face what is unpleasant. Yet this may be in the background and subconscious. Neurotic symptoms are often compromises. If we want to be distracted and lost with details so that we cannot see the main outstanding unpleasant factors we may then look for numerous troubles and we will find them. Often we look for troubles subconsciously and when we get the troubles we are surprised consciously. Know your subconscious and then you may not be looking for trouble.

The subconscious may not be primitive in all cases, for the super-ego is a part of the subconscious. The conscious *per se* may not be very selfish, yet apparently altruism, philanthropy, social work, etc., may be overcompensations or defense mechanisms and influenced by the super-ego. Yet frequently if considerable introspection and retrospection is resorted to, even altruism may have hidden selfish materialistic motives, which may be disguised spiritually or through ideals or through identifications with divinity. At times, even supposedly real charity, when carefully considered, may be selfish and it may be an act looking for a reward.

The Meaning of Dreams

A DREAM is a compromise in some respects. If one's intelligence is not very high and he has not profited very much by experience, then the dream is not much disguised. The manifest content (that which one dreams) and the latent content (the interpreted and hidden meaning) under such conditions are nearly alike. If one is more intelligent and experienced, then the dreams become more disguised, confused and mixed up. The manifest content and latent content under these conditions are entirely different and at times not only have opposite meanings but they are also twisted, disguised and mixed up so that intelligent and technical interpretation is absolutely necessary for the proper unravelling and understanding of the contents.

If a widow has one child and is desirous of marrying a man to whom she feels very close, she may dream that the child died, disappeared or went on a long journey or something happened to the child, which may mean that the child is not there any longer. Consciously this does not mean that the mother wants her child dead or even that the child is to go on a long voyage. The latent meaning is the wish fulfillment that there shall be nothing in between her and the man she loves.

Dreams are full of symbolisms. Words, thoughts and objects may represent other words, objects, ideas and thoughts. The physiology of a dream is—for your wants and wishes to be satisfied and then you may sleep. The satisfaction is on the subconscious and symbolic levels. The subconscious may influence our conscious to such degrees that we may become anti-social, and then be stamped as criminals. One may be a criminal because of feeblemindedness, because of insanity, circumstances, ignorance and principally because of neuroses. One's neurosis may lead him into hating himself, his friends, relatives or others, and even fiercely hating his own wife or husband and children.

It is even true that some criminals steal and commit anti-social acts in order that they may have their punishment wishes satisfied. The wish may be subconscious and the punishment is conscious. There are many criminals who are either masochistic or sadistic or both. (Masochism, the love for receiving punishment—sadism, the love for carrying out punishment.) They may be neurotic or they may be insane. Many things we do on the conscious level are motivated by the subconscious to punish one or both of our parents, who may be alive or dead. We may punish others because we identify them with our parents, relatives or others. Many of us subconsciously, but few of us consciously, desire to bring disrepute and ill fame upon the names and reputations of our living or dead parents. The subconscious does not reason or appply logic.

Perversion is Neuroticism

THE pervert is neurotic either because he failed to develop to the normal heterosexual level, because of certain fixations and psychic trauma, or because he has regressed from normal heterosexuality. Perverts do not have a normal love life and it matters not whom they love or whom they marry —they cannot remain normal with their sex emotions and ideations. They must use peculiar mental mechanisms. A pervert is not necessarily psychotic, but is certainly neurotic.

Love and Hate

THE libido is part of our subconscious and is manifested through behavior in the conscious. The libido covers all activities relating to love life, whether it be the senses, pleasure principle, affection, admiration, desires, wishes, etc. One's libido may be positive or negative. If one hates another to extremes, there is love present of a negative character. The causes may be identifications, complexes, or improper reasoning on the part of the hater and the hated. As the result, one person may castrate psychologically another person and himself and not only may there be psychological damage but any other kind of damage may result. The language of the subconscious is technical. Sex is influenced by the subconscious. Libido applies to the numerous components of sex.

Just as in physics and through the law of the conservation of energy, no matter can be destroyed nor created, and no energy can be destroyed or created, but may be converted, so it is with mental energy and mental experiences. You may change the form of the physical or mental energy or you may make it dynamic or potential. When mental energy is potential it may be stored in the subconscious where it may remain idle and some day become very active. You may convert coal and water into steam but not destroy it, and the steam may be converted into force and heat, and so it is with many mental experiences in the subconscious. You cannot destroy memories even though you have repressed them into the subconscious. They may lie dormant but at times they may become very conspicuously active. You cannot lose subconscious memories.

Do Not Pamper the Hysteric

MISERY loves company and so hysteria loves company. People with hysteria want sympathy. If company is present there will be plenty of action on the part of the hysteric. The causes for hysterical behavior may be buried in the subconscious. The motivations may be punishment of oneself or others, or both. Do not make a fuss over those with hysterics and be sure that company is eliminated.

As you know, the subconscious revolves around elements dealing with the pleasure pain principle. Even though the subconscious aims in the direction of the pleasure principle, those who are masochistic may find pleasure through masochism, either through sympathy, through escape or by punishing others while being punished themselves. At times one may be very ambivalent and desire pleasure and pain at the same time. When the subconscious desires pain it may do so for pleasure purposes. At times it is pleasurable to suffer *per se* and at times it is pleasurable to suffer so that there shall be more pleasure derived in having others suffer while watching one suffer. It may be painful to live a normal existence and more pleasurable to suffer so that one may be a martyr or excite sympathy or escape from certain duties or inabilities. Of course this is neurotic. Some masochistic acts are strongly rationalized. A woman who has an excessively large family is a rationalized masochistic individual.

Running Away from Reality

THE conflicts which we frequently have are influenced by the subconscious. There are reasons for conflicts. Sometimes such reasons are conscious and at times subconscious. It may be pleasurable to have conflicts so that we can not clearly see the world as it is, for seeing the world as it is may be unpleasant and un-inviting, according to our environment. Therefore, the conflicts aid the individual in becoming mixed up and confused with details, which, within themselves, amount to very little, but it is a means of evading reality. This is one way of protecting the pleasure principle. One can become confused and distracted over many details and then lose sight of the important outstanding elements. Seeing things as they are may be unpleasant and distasteful. Frequently we do not know that we are over-interested in details so that we shall not see the main elements. The subconscious influences the creation and perpetuation of prejudices. Even the most educated people may harbor prejudices. Even religious people, politicians and educators engage in prejudicial practices. When one is prejudiced and biased he sees what he wants to see and minimizes or rules out what he does not want to see.

If we have fixations in childhood we may grow up mentally and physically fairly developed, but emotionally we are regressed and may even harbor such emotions as are seen in children. It is not

only true that there are grown-up ladies who act like babies, but this applies to men as well. Many people do not grow up emotionally.

Keep the Subconscious Under Control!

THE most adhesive principle in life is the pleasure principle. Our wishes, thoughts, desires and activities revolve around this principle. In women, the love life is more important—in men, business, politics and other realities may stand out. Women may have a stronger subconscious than men because they have been protected more than men. The less protection we have the more we are forced to face reality, and hence the less we may develop the habit of repressing into the subconscious. Women are more emotional than men and have deeper feelings and bigger hearts. Men may have more reason but many of their reasons are rationalizations. Hence, at times woman's intuition may be sounder than man's reasons. Women sympathize and identify themselves with others more quickly because they can put themselves into another's shoes more easily. Women feel weaker and have more inferiorities than men. Men generally are more confident and self-sustaining and hence do not identify themselves as easily as women.

Intellectual love lasts indefinitely—emotional love is temporary. Moving picture and novel love is usually emotional love. When you can identify yourself with others easily you may love them easily. We may identify ourselves either on an intellectual level, on an emotional basis, on common grounds and interests, on protection, insecurity, security, social approval, prejudices, etc. When the subconscious is under control there is adjustment. When there are strong conflicts between the subconscious and the conscious and the subconscious is paramount, there is mal-adjustment, displacement, instability, personality defects, neurosis, psychosis and havoc. It behooves us to know the subconscious, its language, its principles and prevent or eradicate conflicts and develop a wholesome and adjusted personality.

"THE WHOLE REGIMENT IS OUT OF STEP BUT ME"

ONE way of dealing with mental conflict is by projection. This means that one projects or transfers on to others the undesirable qualities which he himself has. So a person who has a strong tendency to be dishonest may react to it by questioning the honesty of everyone associated with him. This method also makes life more endurable by saving one's feeling of self-respect. This type of reaction occurs very commonly in cases of mental disease, when patients project all sorts of conditions on to the outside world instead of seeing these conditions within themselves.

Fantasy represents another way of dealing with mental conflict. If the world of reality fails to yield the conditions desired, the individual may construct a world of fantasy in which these desires are satisfied. A certain amount of fantasy is a perfectly normal and healthy thing, and most persons have some fantasy life. Fantasy becomes unhealthy and undesirable when it becomes largely an end in itself, when it no longer serves as a stimulus to action, and when one commences to prefer the pleasures of fantasy to the pleasures of reality.

Certain types of mental disease appear to be the result of the turning away of an individual from the world of reality, of his constructing a world of fantasy which solves his problems, and of his tending to live in it.

Mental conflict may be transformed into physical symptoms and a solution reached in this manner. This process is known as conversion. The development of a chronic invalid reaction may enable a woman to dominate the household and thereby alleviate her feeling of inferiority. The development of a headache may secure sympathy, attention or prestige. Such situations are of very common occurrence in everyday life. When the symptoms become more striking the condition is recognized as being more abnormal and the term hysteria or conversion-hysteria is frequently applied to it.

Sublimation represents a healthy and desirable method of dealing with mental conflict. In sublimation certain instinctive tendencies which cannot be allowed free and natural expression are turned into socially desirable channels, and their energy utilized in that fashion. For example, an unmarried woman may adopt a child and thus give a socially desirable outlet to her maternal tendency.—*Karl M. Bowman*

THIS GROUP OF FASCINATING CASE STUDIES TENDS TO SHOW THAT INTELLIGENCE SEEMS TO DEPEND FAR MORE ON HEREDITY THAN ON ENVIRONMENTAL INFLUENCE.

The Psychology of *Twins*

By ROBERT SAUDEK
Internationally renowned Psychologist, recently deceased;
Former editor of *Character and Personality*

IN everybody's life there comes a moment when he cannot help wondering how it came about that his personality has been shaped in this and in no other way; when he asks himself whether his character is due to inheritance rather than to environment, to the physical and mental traits of his parents and grandparents rather than to his own education and to those thousandfold influences and experiences which he has encountered in the course of his life.

Can I help being what I am? And could my children or my wife be different if they only cared to, and tried hard enough? Could I master and control those urges which I feel alive in me, and would it be easier for me to resist those temptations which seem to endanger the straight course of my life, if I had been brought up differently, or met different people? Is it worth while to deny myself this and that comfort to send my boy to a more exclusive school? Would it not possibly be better for him if he grew up among children whose parents have the same restricted means as I have? Would such an environment not make him fitter for life than the comradeship of boys who can afford more luxuries than he can, and whose habits he might try to ape in some snobbish way? And does the school matter so much, when all is considered and said? Are inborn gifts after all not stronger than tuition? Or inborn vices more lasting than all the good examples set by a virtuous world?

We can only guess the correct answer to all these questions. Neither parents nor teachers nor children really know. Do scientists know? The geneticists, psychologists, criminologists, biologists, and all the other specialized "ists"? They don't. But they try to find out. Their method of investigation has at least this advantage, that it is free from prejudices, emotions, likes and dislikes, and moral partialities. They set the problem objectively and in sharp outlines, and attack it with objective means.

Suppose, so they argue, that twins share in the same physical and mental inheritance, and are born as almost completely identical, or at least highly similar, individuals, then any mental and physical dissimilarities shown at a later age must needs be due to environmental influences. Therefore we have only to compare, measure and test as many twin pairs as possible to find a highly reliable answer to our question, how far our personality is shaped by inheritance and how far by environment.

Inheritance and Environment

SUCH a procedure would be very simple indeed, provided it started from a correct assumption. But it does not. First of all, not all twins are equal, or even similar. To begin with, twins of unlike sex, brother and sister, are never alike. Further, of four pairs of twins, on an average only one pair is really similar in the scientific sense of the word. These are called "identical" (monozygotic), the others "fraternal" (dizygotic). Identical twins are supposed to have grown from *one* fertilized egg, whereas fraternal twins have not many more similarities than ordinary brothers and sisters born of the same parents but at different times, and are supposed to have grown from *two* separately fertilized eggs.

It follows that for the examination of our present problem only identical twins come into consideration. But there another difficulty arises. Twins, in practically all cases, grow up in identical environments, share not only the same home, but naturally keep to each other, attend the same school, are even more often than not identically dressed. They will start their first crying in the same cradle, for years share a bedroom, sit next each other on the school bench, and so on. How, then, can we tell whether, and to what extent, their equal mentality and the similarity of their reactions to the outer world are due to their almost identical heredity or to their also almost equally identical environments? Take the case of criminal twins. Are they anti-social because they were

born that way? Or did they take up a criminal career because their parents, or the same comrades, set them a bad example? Or, even granting both, bad inheritance and bad examples, would they have had a chance to become decent citizens if from their birth they had been educated in different environments?

We are here confronted with three separate problems. And science has advanced so far as to give a definite answer to two of them. Professor J. Lange, who has examined the life-stories of thirty such twin-pairs, found that habitual criminality in both twins of the same pair occurs six and a half times more often with identicals than with fraternals. This shows that criminality is to a great extent hereditary.

But it does not show what would have happened if in each of the examined cases the twins had been brought up in different environments. To answer this, in fact the most important of all these questions which can possibly arise in the research on twins, we have to restrict ourselves to the examination of those identical twins who have been separated at birth and reared apart. Only in these cases, and in no others, can we draw a sharp demarcation line between the hereditary and the environmental influences on the shaping of human personality.

So far, all over the world, only eighteen pairs of identical twins reared apart have been traced and scientifically examined. And fortunately for society, and unfortunately for science, there are no criminals among those fourteen pairs.

A Case of Identical Twins Reared Apart

Two charming American twins reared apart were the first on record in the literature. They were never fed by their mother, were separated a fortnight after birth, and adopted by two families, one of whom lived in the state of Wyoming and the other in Arizona; they were reunited at the age of eighteen for the first time, but even then for short periods only. Soon they lived separately again, and were already thirty when for the first time they were physically examined and mentally tested for this particular research. Both girls were very precocious indeed; both picked up the alphabet at the age of two, and could read a good deal at seven, or even earlier. Both also used to invent imaginary situations, and talked aloud to themselves about their dream-castles. The social and material environments in which they were brought up were rather similar, though there were important differences in their education. "B" was brought up in mining camps; there were no other children of her age round her. An older brother used to tease her; and her father was rather narrow-minded in his treatment of her. At about thirteen to fourteen she was subject to hysterics.

"J's" foster-parents were rather better off, and could therefore stay in their own little house on the farm. There the little girl had quite a lot of children of her own age to play with, and among them she was a tomboy.

Both girls were very fond of reading. Up to the age of eleven "B" could not attend school regularly, and spent most of her time in reading. Books became so great a passion with her that she easily managed several hundred of them in a year, and read as many as four hundred in her first regular school year at the age of twelve. At fifteen she had her first clerical employment, though she had only had four years' regular schooling. She was entrusted with various tasks in different offices, joined the Red Cross during the Great War, and showed organizing ability in the hospital. Zealous, energetic, very efficient and ambitious, she did more than was expected, and paid the penalty of a nervous breakdown.

"J's" first schooling was also somewhat irregular; but her foster-parents could afford to send her to high school. There she passed the final stage meant for a four years' course in three years only. First she wanted to be a nurse, but an attack of tuberculosis made her unfit for hospital work, and she became a teacher. There, in a similar way to her sister, she showed too much zeal and ambition, and came near to a nervous breakdown. She married at the age of 22, and had one child; while the matrimonial plans of her twin sister "B," who was also engaged at that time, were shattered.

If we can trust the description which the twins give of each other, it is certainly interesting that "J," who was somewhat coquettish before her marriage, settled down to a rather reserved and quiet behavior towards the other sex after marriage; whereas "B," whose modest behavior first contrasted with that of her sister, became less conventional after the breaking off of her engagement.

A remarkable thing about these twins is that in spite of their irregular schooling, and also in spite of the fact that the one had a number of years more schooling than the other, their scores on tests of intelligence are *not only quite equal, but also of a remarkably higher level than would have been expected* from their actual school curriculum. In this case we may say that two identical twins reared apart have remained equal in almost everything connected with their intelligence, but grew up differently in their emotional reactions. Marriage on the one hand, and celibacy on the other, proved to be a great differentiating environmental influence.

Identical Twins Reared Together

THE next case is that of a pair of identical twins, two charming American girls (of French extraction), but reared together. They are jolly, happy and sweet creatures. Their father was a building contractor in the United States, their grandfather a general in the French army. Their health record is absolutely identical, and their school certificates throughout the first years of schooling report identical progress in practically all subjects. They lived in the same environment, until in their last year Benita continued at college, while Minette went home. They never disagree in their tastes, though Benita always takes the lead in the council of the two. Such slight dominance of the one twin over the other is usual in identical twins. There is alway some slight mental superiority of the one over the other. Benita's artistic sense is apparently more developed, and this makes her the leader in fashions, likes and dislikes. They are very popular indeed, and their good looks have been the pride of California, where they were awarded the first prize in a beauty competition. But all those observations and remarks, which they make themselves, or which their friends have made about them, would not count for very much, were it not that we have objective scientific means to show the complete mental identity of these twins.

We have seen with our preceding twin pair that their intelligence when tested in a university laboratory was found equal; but in my own studies I am trying to supplement the intelligence and other psychological tests by the study of the handwriting of twins.

Now, out of 320.8 children born there is only one pair of identical twins, and I have found that out of twenty such pairs only one shows an almost identical handwriting of both twins. Therefore we can expect in a population of 6,416 only one case of a pair of identical handwritings.

The handwriting is quick, natural and fluent, expressive and rhythmical; and when the expert examines any of those hundred features whose assemblage makes a handwriting the typical product of one definite personality, he is nowhere puzzled by any irregularity or inconsistency of the expressive writing movements. Now the surprising thing about a handwriting specimen of these twins, which I have in my possession is that it does not originate from one, but from two persons. The first six lines have been written by Benita, and the last six by Minette. Here we are confronted with one of those rare cases where identical inheritance and identical environments have produced identical personalities.

If such a rare freak of creation is possible, should we not expect that the identity of two human beings must be even more striking when Nature decides to go a step further, indeed, the last step imaginable, by bodily conjoining two creatures into one? Once only in about 40 or 50 years such a strange thing happens. Then the world once more begins to talk about a new pair of Siamese twins.

Siamese Twins

SUCH is the case of the famous Hilton girls, Daisy and Violet. Their body junction consists of a connection at the base of the spine, 6 inches in diameter. The back of each is normally formed to a point just above the base of the spine. The jointure consists of skin, muscles and nerves, with arterial and spinal conjunction. Their blood is mutual. The girls were born in a small English town. Their mother died immediately after their birth, and their father was killed in an accident shortly after. They were adopted by foster-parents and taken to the U.S.A. There they enjoyed a liberal education, travelled a good deal, and spent two years in college. They dance well, play several musical instruments, are good at physical games.

One would expect that in Siamese twins Nature would have produced the greatest similarity imaginable in living creatures, particularly so when they live on one blood-stream, and could not possibly have spent a fraction of a second separately. Given an absolutely identical environment, their personality should be really equal. But though only very few Siamese twins have been examined so far, since there are hardly more than two such pairs alive in each generation, we know that Siamese twins are never really quite identical. To begin with, the stature of the twins differs in all known cases, and so do many other physical traits. The reason is that the slightest difference in the position of the two embryos causes a difference of pre-natal environments; for instance, a richer supply of food, or a greater freedom of growth and movement, for the one, and a proportionately more restricted chance for the other.

THE RESEARCH done so far rather suggests that on the whole there is a greater resemblance in intelligence than in other personality traits in identical twins. It is striking that even when reared in dissimilar environments identical twins are more alike in their intelligence than fraternals reared together; the actual figures being 7.7 points of intra-pair difference for identicals reared apart and 9.9 points for fraternal twins reared together. Therefore intelligence seems to depend far more on heredity than on environmental influences.

Current Events

Soviet Twins with Unique Speech Defect

A unique series of experiments in psychology, made possible by the discovery of identical twin boys, who speak a primitive spontaneous language of their own, has begun in the Medico-Biological Research Institute of Moscow," writes Harold Denny.

"The mere discovery of these twins is of scientific importance, for they are the first recorded identical twins having 'autonomic speech'— that is, speech which is spontaneous, not imitative. Single children of autonomic speech have been known and studied since the time of Darwin, but identical twins multiply the possibilities of study.

"After several weeks under observation at the institute, they were separated. One was retained at the institute, where he will be taught Russian; the other was sent back to his parents in an extremely ignorant worker's family, where he will get no training. After six months they will be compared.

"The twins, 5 years old, are not inherently defective mentally, but are retarded linguistically, so that their speech and consequently their mental development are about those of 2-year-olds.

"They understand Russian when it is spoken to them, but do not speak it except for isolated words or corruptions of words. They use words based on Russian exactly as they do their own autonomic words without a trace of grammar, Each individual word does not have a fixed meaning, but can be used to denote a wide variety of things, acts or emotions, the meaning varying with the situation and particularized by gesticulation.

"Emotionally the children are about on a level with the higher apes, and their speech is a pre-human tongue nearer animal than human. For instance, their word 'peepeet,' which obviously is based on the Russian word for 'drink,' means not only drink but 'cup of tea,' 'teapot,' 'spoon' and 'water running from faucet.' Another word, 'N-tsa,' which is wholly autonomic, means 'toys,' especially toys that the twins particularly like.

" 'Kiska,' which is the Russian equivalent of pussy, denotes any small furred animal, fur itself or anything soft to touch. The autonomic word 'ee-ee' means 'come here' or 'Let's play' or 'Give me that.' 'Top-top-top' means 'high' or 'much.'

"Dr. A. R. Luria, who is in charge of the study of the twins under the general direction of Dr. S. G. Levit, the head of the institute, explained that because of their lack of developed speech they were almost as incapable as animals of abstract thinking. Speech not only is a product of mentality but produces it. It is by means of speech that men generalize.

"By using the twin who is being returned to his family as a control the development of the twin who will be trained is expected to throw much light on the development through speech of mentality and character."

"Too Much Mother" Causes Insanity

When psychiatrist Hugh Malcolm Gailbraith, assistant physician at the New Hampshire State Hospital, lectured last month on how to keep out of the institution for mental diseases at which he is employed, someone asked him, "What do you think is the greatest single cause for insanity?"

Answered Gailbraith: "In my opinion, if it could be traced back to its source, I should say that the greatest single cause is too much mother.

"Many a child is spoiled for life by the mother who does not allow the child to develop naturally."

Wild Instincts Tamed by Extracts

How some of the basic instincts and psychological behavior of an animal may be changed from a natural desire to kill to an attitude of tender solicitude by the injection of organic chemicals was demonstrated recently in motion pictures before the American Philosophical Society.

The demonstration, presented by Dr. Oscar Riddle of the Carnegie Institution of Washington, showed a full-grown unmated female rat tenderly nursing and mothering two helpless pigeon squabs which had been placed in its cage after a few injections of hormones from the pituitary gland had been given to the rat, which, under normal conditions, when hungry, would have devoured the birds.

One of the hormones injected was prolactin, the pituitary substance recently demonstrated by Dr. Riddle to produce the maternal instinct in animals. Prolactin by itself, however, was found insufficient to produce the personality changes observed in the animal. The ground for the changes had to be prepared by previous injections of another hormone.

"The administration of this hormone to an otherwise adequately developed rat obviously endows the animal with a quite new normal and necessarily psychological experience," Dr. Riddle explained. "The apparently necessary and legitimate inference from the induced behavior is that the introduction of the hormone temporarily adds to such a rat a new element of consciousness."

By the word "instinct," Dr. Riddle added, was meant "an elaborated response, which can occur without previous learning, conditioning or habit formation."

Hypnotism Cures Stuttering

Hypnotism has been successfully used by United States Public Health Service doctors at the Marine Hospital in San Francisco in curing patients of stuttering, Dr. Victor H. Vogel, United States Public Health Service, reports.

The method includes revelation and aeration of the cause, and suggestion to the patient under induced hypnosis. It is especially applicable when the cause is psychic injury, such as severe abuse or fright occurring early in life, when the mind is most impressionable.

In some of the cases the causative incident remains only in the patient's subconscious mind and cannot be recalled during the normal waking state; but when hypnotized, the patient readily relates all details. The suggestion is then given to the patient while in the state of hypnosis that, knowing the cause of his stuttering, he can overcome it. Success is not so marked when the cause is not revealed.

One patient, who could not recall the causative incident before hypnotized, readily related it under hypnosis and recalled it to mind after being awakened. In this case the patient when about seven years of age had been severly whipped. While under hypnosis he spoke without stuttering. He was cured by three treatments.

—Science Service

in Psychology

Uncle Sam Treats Drug Addicts

The recent authorization by Congress of two institutions, says Dr. Irving S. Cutter of the *Chicago Tribune*,—one near Lexington, Ky., and the other at Fort Worth, Tex.—in which drug addicts who are Federal prisoners may be treated, again calls attention to the widespread, clandestine trade in habit forming drugs (morphine, cocaine, etc.).

It is probably impossible to determine accurately the number of confirmed users of narcotics. Estimates vary from 125,000 to 250,000 people.

In certain conditions, such as great pain, extensive burns, or surgical shock, narcotics must be used. They may prove life saving, but their employment must be in skilled hands and the indications clear and unmistakable.

The normal person who is emotionally stable rarely becomes an addict.

Medical treatment is sometimes blamed by the drug user, but investigation has shown that few individuals indulge because they have been started along the drug-sodden path by physicians. Nevertheless physicians have a real responsibility.

The victim of drug addiction, as a rule, is unable to "snap back" to normal under his own power. Some moral and mental withering may have occurred and the unfortunate individual needs hospitalization under intelligent supervision.

No taxpayer with the least semblance of civic consciousness will begrudge all the funds necessary to subdue the surreptitious, soul destroying traffic in habit forming drugs.

What Makes You Moody?

"Moods are much like the measles," says Donald A. Laird, Colgate University, psychologist. "No one knows whence they go, but one has them, and gets over them. To most people moods are eternal puzzles, inscrutable and inexplicable.

"Science, however, has recently discovered that our periods of intense gloom and despair, on the one hand, and our periods of enthusiasm, pep and go, on the other develop or grow within us, independent of the outside world, and as a direct result of the rise and fall of our emotional energy.

"When this energy in us is at its peak, according to latest revelations, we are invariably in a high, ambitious, confident mood, and when it is low we are correspondingly moody, pessimistic and defeatist. Not understanding this fact, or ever having heard of it, we have simply gone along all these years finding excuses for the moods in outside incidents, or as we say, "pinning our moods on this or that good or bad happening."

"Pregnant with interest as that is, it is by no means the most striking knowledge of ourselves and our moods which the investigations have revealed. Conclusively enough, it also has been proved that our bodies and minds produce, store up and spend our emotional energy in *regular* cycles.. Each one of us has his own peculiar production and expending cycle. In one person this cycle may be as short in duration as a week, while in another as long as three months. The average, however, as Havelock Ellis, the brilliant British sex psychologist, suspected but did not prove, runs somewhere between four and five weeks.

"In other words—and here is the really startling and enlightening part of this whole new business—all through life the individual human is alternately and at regular intervals "way down in the mouth" and "up in the clouds" in his attitude toward relatives, friends, situations, jobs, plans or prospects. He cannot avoid this regular ebb and flow of hope. But he can learn to predict what his mood may be at a given future time, much as the weather man predicts the weather. Thus he can prepare himself for varying moods, and discount their often baleful, sometimes suicidal, effects.

"What causes in us these regular cycles—this ebb and flow of our energy?

"That question science cannot yet answer."

New Personality Tests

A new test which gives a clue to a man's personality by showing just how he reacts to a baffling situation was described by Dr. Saul Rosenzweig, of Worcester, Mass., State Hospital.

The new test may also throw further light on certain mental disorders, since in these conditions patients react in one of three ways to baffling situations.

Instead of asking questions to find how the patient takes defeat or failure, the psychiatrist using the new test gives the patient a number of problems to solve within a limited time. The problems are chosen so that the majority of them cannot be solved within the time limit.

As a result the patient finds himself up against the type of situation which psychologists call frustration. How he meets this situation is what the examining psychiatrist wants to know. The new test, Dr. Rosenzweig believes, will give the answer more truly than the old method of asking the patient what he would do under such circumstances.

When a person experiences frustration, Dr. Rosenzweig explained, there are, in addition to the objective way, three common subjective ones in which he may react.

"For one thing, he may blame the external world (other people or things), display anger, and await an opportunity for revenge. This sort of reaction may be called 'extrapunitive.'

"Again, he may blame himself when frustrated and have feelings of unworthiness, humiliation or guilt. This kind of reaction may be called 'intropunitive.'

"Finally, there is a sort of subjective reaction of frustration in which the person attacks neither the external world nor himself and is more interested in condoning than in condemning. He attempts to pass off the unhappy occurrence as an accident, something that no one could have helped and that no one was to blame for, even if doing this involves a certain amount of self-deception. This manner of reacting to frustration may be termed 'impunitive.' All three designations are derived from the Latin root meaning to punish; the prefix indicates the attitude toward and the direction of the punitiveness.

"Studies are being made to determine whether individuals follow some one of these types of reaction consistently, at least in a given kind of situation. In the first instance, these types, it will be noted, are intended to apply to particular reactions rather than to total personalities. Whether they can be extended in the latter direction remains to be seen."

—*Science Service*

Cure-All *Coueism*

By S. H. Jones
Eminent Experimental Psychologist

Coueism is a cure-all; and cure-alls are suspect.

The vendor of a patent medicine who advertized his nostrum as being a cure for asthma, rheumatism, paralysis, neuralgia, ulcerated stomach, gout, and eczema, as well as dozens of other ailments not in anyway related, would be dubbed a fraud and a fool—a fool for imagining that even the medicine-buying public was silly enough to fall for such an obvious imposture.

Emile Coue, however, was neither a fool nor a fraud. The system which bears his name is capable of curing, or alleviating, all the ills mentioned. It is a scientific cure-all of enormous possibilites and it was a tragedy that Coue only obtained world-wide notice when he was practically at the end of his life. In the short time that remained to him he was unable to establish his system as a younger man would have done, and on his death public interest in it died away.

The Famous Phrase

Yet Coueism did not depend upon Coue. He always declared that he had never cured anyone. His patients cured themselves.

Briefly, here is Coue's argument.

The subconscious is the grand director of all bodily functions. Therefore, anything that can influence the subconscious must inevitably exert a most powerful influence on bodily health. The imagination undoubtedly influences the subconscious. Therefore a means of controlling the imagination can be used to influence health beneficially. Auto-suggestion is such a means.

Coue's chief claim to fame rests not so much on this argument, which was understood centuries before his time, but on inventing a way of making the curative auto-suggestions.

He declared that all a patient has to do is to repeat twenty times, this little phrase: "Every day, in every way, I am getting better and better." He is to repeat this twice a day—on getting into bed at night, and before rising in the morning. The phrase should be spoken monotonously, dreamily, without any particular expression, and in a voice just audible to the patient himself.

Twenty is a convenient number of times to repeat it, but the actual number is without any significance..

While speaking the phrase the patient should make no attempt to think of what he was saying. If his mind wandered so much the better. The sound of the words in his ears and the movements of his lips will influence his subconscious the easier.

Coue confidently declared that it was not essential for the patient to have faith in the phrase. If he had, so much the better. If he had not, then the beneficial results of practicing the auto-suggestion would, after a few days, become so obvious that he could not fail to believe in its efficacy. He would be convinced in spite of himself.

It is not to be expected that a sufferer practicing Coueism by himself will immediately become well. The harmful suggestions and ideas with which he has been flooding his subconscious require time to overcome. His mental outlook, however, will at once improve. He will *know* he is getting better, and so he will rapidly do so.

In his own clinic Coue obtained marvellous results with this system. Some people are, of course, more suggestible than others. But Coue found that only about 3 per cent of those visiting him failed to benefit. These consisted chiefly of the mentally defficient, who could not understand, and the few who resolutely refused to understand.

Before he actually proceeded to treat his patients Coue used to give them a little lecture on auto-suggestion and to demonstrate everyday examples of it.

Demonstrations

It is impossible, he used to explain, to think of two things at once. Two ideas may be in juxtaposition, but they cannot be superimposed in our mind. Every thought entirely filling our mind be-

comes true for us for the time being and tends to transform itself into action.

Perhaps the most effective of his demonstrations was the hand-clasping one.

Coue would ask a patient to clasp his hands together as tightly as possible. When the subject had his hands firmly interlocked Coue would instruct him (or her, for he found women excellent subjects) to gaze fixedly at them and at the same time to imagine that he could not open them. To assist the imagination Coue made the subject repeat rapidly: "I cannot open them, I cannot, I cannot, I cannot . . ."

As long as the subject continued to repeat "I cannot" he literally could not unclasp his hands. Indeed the more he attempted to do so the more firmly he locked them together, so that it was no uncommon thing to see the knuckles turn white under the pressure.

After a few moments of this Coue would instruct the subject to cease saying "I cannot" and to say "I can open my hands." Immediately, of course, the hands unclasped.

Coue would then explain to the assembled patients that as long as the subject's mind was filled with the thought "I cannot," he could not in fact open his hands and that the more effort he made the more firmly they clasped together.

Each patient was then called upon in turn to perform the same experiment. The more imaginative and suggestible among them were as a rule at once successful, and cases were not unknown where a patient having forgotten that she must change the formula if she wished to unclasp her hands sat looking ruefully at her interlocked fingers as if she was doomed to pass the rest of her life in that condition.

Occasionally a patient would open his hands without difficulty. In such a case Coue would ask a patient what he was thinking when he did so. The patient would usually answer he was thinking that, of course, he could open his hands, or make some such reply.

"Exactly," Coue would explain. "You thought you could, therefore you could. Now, try again. But remember you must *think* that you cannot." Few patients after one or two attempts failed to grasp the idea.

Anyone can try this little experiment for themselves. It is instructive.

Another of Coue's experiments, and one even simpler than the foregoing, was to instruct the subject to think of a sour, juicy, lime or other citrus fruit, and to point out immediately afterwards that his salivary glands had begun to function and to secrete saliva and his mouth had begun to water.

Imagination All-Powerful

AUTO-SUGGESTION is, of course, no new thing. Physicians have long realized its immense importance in the art of healing. There is scarcely a malady that cannot be induced or imitated by wrong auto-suggestion. It is not surprising, therefore, that very many serious complaints can be cured by right auto-suggestion. But the matter goes far deeper than merely bodily health.

"To the timid," said Sir Walter Scott, "to the timid and hesitant everything is impossible because it seems so."

We are irresistibly impelled by our imagination. What we think we become. The will is impotent when it works against the imagination. In Coue's words: "When the will and the imagination are antagonistic, it is *always* the imagination which wins."

Hence a sufferer must not say: "I will get better," but "I am getting better." Coue found his general formula "Every day, in every way, I am getting better and better," to be far more successful than any specific suggestions. A person suffering from asthma, for instance, as a rule obtained quicker relief with the general formula than one referring to his particular malady.

Coue in his various books records many cases of people coming to him suffering from one complaint who on repeating the formula for a few weeks found themselves not only cured of their primary complaint but also of another trouble which they had not seen fit to mention to him. And he suggested that the subconscious knows far better what is wrong with us than we do ourselves, or rather, than we do consciously!

In this he may have been carried away by his unbounded enthusiasm, as he undoubtedly occasionally was, but so little is known of the subconscious mechanism of the mind it is possible that he was right.

Asthma and Ulcerated Stomach

THE unthinking are inclined to scoff at the idea that the imagination through the subconscious rules not only over our thoughts but over our character, habits, and very largely over our health.

They cannot believe that once you can persuade yourself that you can do a certain thing, you will do it no matter how difficult it may be, provided it is not impossible. If on the contrary you imagine that you cannot do the simplest thing, you will in reality find it impossible for you to do it.

More than half the chronic invalidism about today exists only in the imagination. Neurasthenics believe themselves ill, therefore they are ill.

It must be remembered, however, that harsh, unsympathetic treatment is quite useless in such cases, although the patient merely imagines himself or herself ill. To nurse a neurasthenic back to health demands as much attention as it does to nurse a victim of diptheria. "A person who is not ill, yet who imagines himself ill, must be very ill indeed."

Coue found neurasthenics more difficult to cure than those suffering from purely physical troubles. Some ailments respond particularly well to his system. Asthma, varicose ulcer, ulcerated stomach, and muscular lesions provided Coue with many spectacular cures. Cripples and the partially paralyzed were quite often able to leave their crutches behind them after their very first attendance at his clinic.

The imagination has been described, grimly, as the "madman at home." Coueism provides us with a means of controlling the madman—at least to some extent.

ARE YOU ONE OF THE "HALF MAD?"

WE ALL know many individuals who are "a little mad" but who never become actually insane: these are modifications of the manic and depressive personalities who manage somehow to stay within bounds. The go-getter, the super-salesman, the overactive citizen who serves on all committees and is forever making speeches; the club pest who "talks you deaf, dumb, and blind;" the women who never stop talking or interfering in everyone else's affairs; the people who cannot listen to anyone but themselves,—these are the cycloids, or cyclothymics. They often go through life as if on the verge of an attack of cyclic insanity, but some saving grace within them keeps them within limits.

A well-known radio artist, who cannonades his talks and whose dynamic personality and constant search for new thrills and experiences are retailed to worshipping thousands, is an excellent eample of the *hypomanic* who remains balanced. The spark in his kind, however, not infrequently dies down, and the morbidness of mania or depression appears. People always ask how the hypomanic "keeps going." The answer is, they don't—always. We are familiar also with the dire prophets, the Cassandras, the "gloomy Guses." These individuals always expect the worst; in boom times, they predict a slump; in depression, they look for the panic.—*Louis Berg*

WHAT IS A NERVOUS BREAKDOWN?

EVERYONE knows what a knock-out is. A prize-fighter takes a terrific punch on the chin. He lies unconscious in the ring while the referee slowly counts him out. The prize-fighter has been so badly hurt that his body cannot function normally. Nature in her infinite wisdom has suspended his vital activities to keep him from killing himself. While the pugilist lies prostrate and insensible to the world about him, nature is carefully restoring his physical equilibrium. However ignominious the knock-out may be from the prize-fighter's personal point of view, it is a life-saving device so far as nature is concerned. The prize-fighter considers his knock-out as if it were a physical disaster. If he were only as wise as nature, he would understand that his knock-out is an emergency measure designed to save him from the untoward results of his own physical folly.

A nervous breakdown is a personality knock-out. In the arena of life we are sometimes exposed to sudden or intolerably severe shocks. In a physical knock-out the body alone quits. In a nervous breakdown the whole personality declares a moratorium of normal activities, and both body and soul join in a cry for help. Both the knock-out and the nervous breakdown are merciful provisions of nature. The physical knock-out warns the prize fighter that he has overstepped his physical powers of endurance. The nervous breakdown is a similar warning that you have broken the basic laws of human conduct.—*W. Beran Wolfe*

MANY impulsive acts are executed with all the psychological features that characterize the drug addict—with the alternation of deed and remorse—and thus make the impression of a "drugless" addiction.—*Otto Fenichel*

WHAT IS THE REALITY OF PSYCHIC PHENOMENA? THE EDITORS OF THE MODERN PSYCHOLOGIST OFFER BOTH SIDES OF A SUBJECT WHICH STILL LEAVES MUCH FOR INVESTIGATION.

Is Spiritism *a* Fraud?

By EDWIN F. BOWERS
Prominent writer and lecturer on psychic phenomena.
Statement by
JOSEPH JASTROW
Author: *Wish and Wisdom*

ONE of several discarnate intelligences who utilize the ectoplasm of Frank Decker in order to demonstrate certain phases of physical phenomena is a spirit called "Patsy," a youngster who passed out of life some years ago, at the age of sixteen.

"Patsy" is a personality—witty, jovial and exceedingly well informed in many matters in which the greatest physicist might prove to be a veritable dunce.

Patsy delights in demonstrations of telekenisis (the moving of inanimate objects without mundane physical contact) and in producing sound from a music box, harmonica, or other small instrument.

A short while ago Patsy gave us a varient of his harmonica demonstration. Mr. John O'Neill, Science Editor of the *New York Herald-Tribune,* was present. O'Neill had never before known that sound could be elicited from a mouth organ while the little instrument was cupped tightly in one's hand, and completely shielded from any contact with a pair of lips and a respiratory apparatus capable of blowing air through the "reeds" of the instrument.

Mr. O'Neill suggested to us that we ask Patsy, if he would be good enough to demonstrate this for him. Patsy who must have anticipated his wish by mind-reading—frequently done by the controls at the Decker seances—immediately handed O'Neill a harmonica, telling him at the same time to put it in his coat pocket, but to keep his hands tightly closed over it.

Within a few seconds we all heard the muted sounds of this little instrument, while Mr. O'Neill informed the circle of some twenty people that he could distinctly feel a warm breath on his hand.

Then Patsy said "Now, John, take the harmonica out of your pocket and put it under your foot, so it'll be completely covered. But don't step on it too hard and crush it."

Mr. O'Neill said, "What are you going to do with it now, Pat?"

Patsy replied, "I'm going to blow in it, of course."

Hardly were the words "out of his mouth" when we all heard the characteristic sounds of the harmonica—produced by the alternate blowing and sucking in of the air currents—quite as distinctly as though any enthusiastic child—interested in making the greatest possible amount of noise—had exhaled and inhaled into the apertures of the instrument.

I asked Patsy how this was done, and how he could possibly blow the mouth-organ while it was under Mr. O'Neill's foot.

Patsy replied in his characteristically off-hand manner; "Oh, that's easy. Whenever you want to do this, you merely materialize a very small voice box, instead of a regular size one. Then you can get right down under the shoe, and blow the harmonica. Try it sometime, Doc."

Mr. O'Neill, I am sure, would be glad to verify the facts concerning this very interesting demonstration, as will more than a score of others—all of whom were sober at the time, and infinitely more sane than are the hammer-headed legislators who pass laws, making the practice of spiritualistic mediumship a criminal offense, and the pitiably stupid and utterly uninformed judges who enforce these inquisatorial laws.

However, this harmonica jugglery and hypnotization is another little "trick" our magician friends might like to practice. After which, they might be interested in duplicating these feats under conditions identical with those under which Patsy "performed."

Just at present, however, I am inclined to believe that, no matter how much wind our prestidigitating friends may utilize in ballyhooing their prowess, there would be no way of directing this hot air so that it would vibrate the brass reeds of a mouth organ, tightly held in one's hand, or in a closed hand, thrust into a coat pocket, or in the instrument held firmly under one's foot.

My Spirit Brother "Shows" Me His Scar

WHILE I have frequently spoken with my brother, Dr. Adolph, who passed into spirit life some ten years ago, and have, on one occasion, embraced him in full materialized form and kissed him on the forehead, I had an additional demonstration from him, shortly after the Christmas holidays of 1934, which furnished a remarkable piece of evidence respecting the survival of personality. And also of the ability of the spirit to manifest in the *identical physical* condition in which he "passed over."

On this particular evening Adolph appeared and, in direct voice (speaking without the aid of the trumpet) announced himself by name, as is the usual custom.

After I had greeted him, and enquired concerning the progress of our father, mother and brother Otto, he said, "Stand up, Ted. I want to show you something."

I stood up as requested. He then took my right hand, lifted it, and drew my fingers lightly across his forehead. When it touched the left temple his fingers manipulated mine, so that he was using only my right index finger—as a sort of pointer.

He moved this index finger back and forth three or four times, pressing it firmly on the scalp, directly over the right parietal bone.

I was at a complete loss to understand the significance of this action, until Adolph said, "Do you feel that scar, Ted?" at the same time rubbing the tip of my finger into what I distinctly felt to be a slight indentation in the scalp.

After a moment I responded, "Yes I do, Adolph. But what does it mean? And what are you trying to show me?"

Adolph said, "Do you remember when we played William Tell—and what happened at that time?"

"Good Lord," I exclaimed, "Of course I remember. It must have been forty-five years ago. You put an apple on your head and I tried to shoot it off with an arrow. I came within an ace of putting your eye out, old man. But now I remember distinctly, the barb *did* tear quite a gash in your scalp. We had to call in old Dr. Hauser to sew it up."

"Well, here it is, Ted. I just wanted to give you another little piece of evidence — for your book."

Will some megalomaniac please perform this "trick" or "illusion" for me, at the same time duplicating my brother's voice, so that all in the room can hear our conversation distinctly?

And, while he is about it, he might as well

ECTOPLASM AND PSYCHIC STRUCTURES

By Joseph Jastrow

PSYCHICS, like politics, makes strange bedfellows. There are slum mediums and there are "Metapsychical Institutes." The case of "Margery" is presented in an elaborate, though specious discourse to an academic audience as an important subject of research. The process of naturalizing the supernatural has occupied the best minds for centuries. The urge to rationalize still finds a strong expression in the pursuit of the same interest, which from cave-man days peopled the world with spirits and found or demanded evidence of their presence.

Ectoplasm is presented as organized cellular matter in the first stages of the production of a living being. Accompanying its formation from the body of the medium are violent muscular actions, groans, and gasps, as if in childbirth, and thus called "mediumistic labor." The theory is expressed in the terms of biology and even embryology; but the data are stumps, rods, limbs, efflorescence, mobile clouds—reminiscent of Hamlet's "much like a camel or a whale."

Strangely enough for a biologically creative energy, the ectoplasmic process can also fashion clothes. "The garments are usually veils and draperies, white, like muslin, or cloud-like." At times—but under lax conditions, particularly when Madame Bisson was alone with the medium and the cameras — there appeared flat faces as if drawn on crinkled tissue or paper; and under still other conditions, full-length phantom-like flat forms duly appareled in modern dress. The modernistic ectoplasmic stage-effect, while losing some of the personal appeal of the old-time materializations, is far more impressive to the scientific mind. By recourse to ectoplasm one may believe in marvels and save one's face.

The glory and repertory of ectoplasm under the artistry of Eva C. and her imitators is presented in hundreds of photographs. Whatever it may be as a stuff, as a theory it created a super-world. A gauze produced a cosmos. Upon it Professor Richet erected a **metapsychics,** transcending all physics and biology and psychology.

It is not Eva C. but Charles Richet who created ectoplasm. She but made the substance, which would have commanded slight interest; he made the theory which arrested the world's attention. The theory was a challenge——a challenge of the rightness and adequacy of the laboratories and the concepts of science, which with all their apparatus, method and research, their analyzing, synthesizing, explaining, discovering, never found a trace of ectoplasm or of a psychic structure. Ectoplasm precipitates an issue. Either Eva C. and her ilk are frauds, or the physicists, biologists, and psychologists of our enlightened age have missed the unsuspected climax of their pursuits. In this instance, we must believe one way or the other—and in the other, madness lies.

persuade this "illusion" to give us a few more personal details concerning the boyhood exploits of my dear brother and myself. And of our reckless deeds of derring-do, which helped turn our poor mother's hair gray prematurely.

Manhandling the Medium

WHILE it is true that there are many quacks and fakers among mediums—perhaps almost as many as there are among lawyers, doctors and preachers—it is also true that there is a large percentage of honest, sincere message bearers and psychics, who are utterly incapable of deliberate deception.

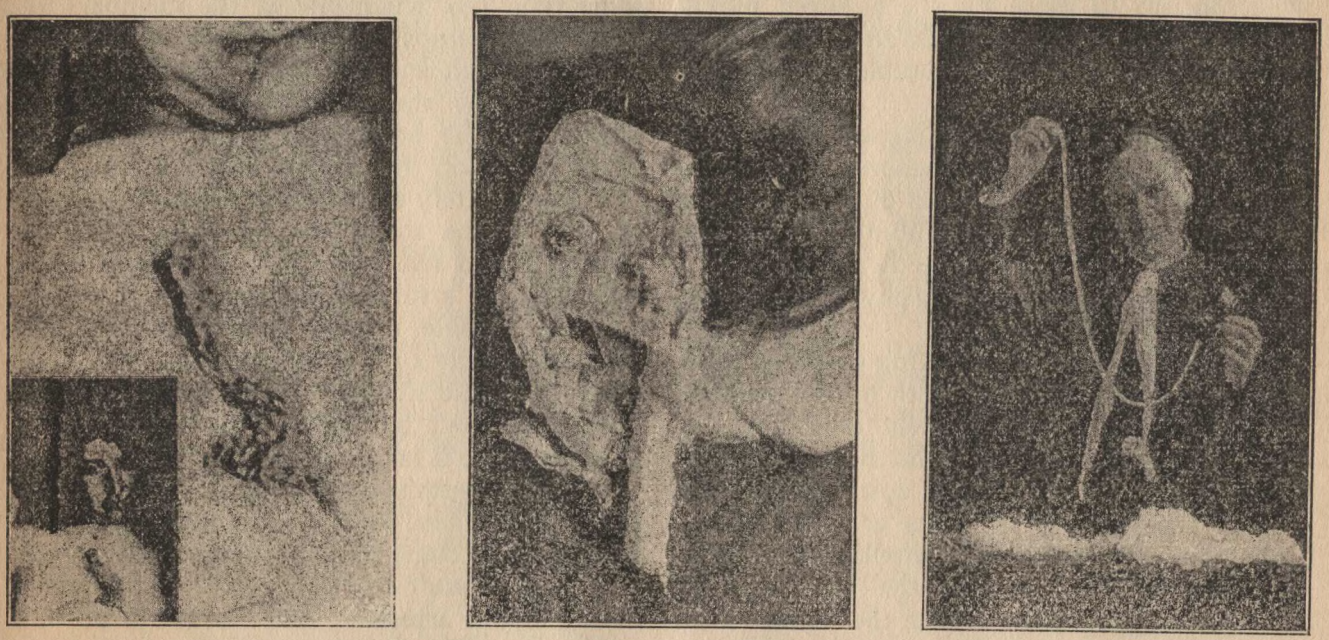
Nevertheless, communications which are little more than a tissue of lies are frequently given—and in absolute good faith—by honest mediums. But this is usually because the spirit imparting the message is mistaken in his premises, or in his facts. Or else he is deliberately lying.

For remember, when a liar, thief or scoundrel is translated into the next phase of experience, he doesn't don wings immediately—or at any other time, for that matter. He remains the same liar, thief and scoundrel he was when he was in earth life—until he learns the lessons of decency, honesty and sincerity he should have learned while here.

If the medium, acting sincerely—as the innocent dupe of a mischief-making spirit—transmits messages thus received he is naturally discredited. He loses reputation and clientele. But he doesn't lose his health, or sustain some shock or injury that might be permanently crippling in its effects.

The materializing medium, however, usually entranced, in order to facilitate the utilization of his ectoplasm by the form-molding spirits, labors under a far more serious handicap.

For any drastic change in the conditions under which he must work—such as grasping or tearing at the etheric or materialized body the medium's guides have developed, or changing the vibratory intensity impinging on the body of the medium by suddenly switching on an electric light or flash—might create a profound disturbance in his organism.



THE WONDERS OF ECTOPLASM

Left, Madame Bisson's earliest photograph of ectoplasm materialized by Eva C.; center, Eva C. with draped face evolved from ectoplasm; right, Father de Heredia demonstrating how ectoplasm could be concealed in a false finger and in a comb, both of which objects appear in photographs of Eva C.'s materializations.

These photographs are reproduced from Wish and Wisdom by Dr. Joseph Jastrow, by permission of the Appleton-Century Co.

What Is Ectoplasm?

REMEMBER that the ectoplasm and the sensigol gas, from which the materialized entities are built up, is developed largely from the epithelial structures of the medium's body. This material, of which ten specimens were examined microscopically by Shrenck-Notzing, gave the following composition:

"In the first nine preparations examined there are cellular granulated structures, about the size and shape of white blood corpuscles, or mucus corpuscles, and also bodies resembling epithelium without nuclei, and true epithelium. In Preparation No. 10 there were sharply defined nuclear aggreg-

ates of leucoctes and clearly marked epithelium.

"The result of the examination of Preparation 10 justifies the assumption that the cellular granulated structures found in other preparations also represent leucocytes whose nuclei are concealed by the granulation, and the unnucleated ephithelioid bodies represent epithelium with its nuclei already decomposed."

Thus, with characteristic German thoroughness, Professor von Shrenck-Notzing has proved beyond a particle of a doubt the *material nature* of this substance.

In the case of Willie S— a young Austrian medium, with whom much splendid scientific work was done—Dr. von Shrenck-Notzing was able to show ectoplasm to more than a hundred picked observers, *not one* of whom could afford to stultify himself by denying the indisputable evidences of his own senses.

Among the scientists who signed affirmations as to the genuineness of the phenomena produced were professors and ex-professors of Jena, Giessen, Munich, Heidelberg, Upsala, Tubingen, Freiburg, Basle and other universities, together with quite a number of famous neurologists, physicians, chemists, physicists and biologists.

In brief, the most pains-taking study of ectoplasm and its characteristics—both microscopically and chemically—has so definitely established its *material status* that anyone who now denies its existence merely writes himself down as ignorant of all the multiplicity of facts garnered. And entirely incompetent to discuss intelligently any of the phenomena attributed to the utilization of ectoplasm and its combinations in the seance room.

Jeopardizing the Life of the Medium

UNFORTUNATELY it has been found that people of this type, either through ignorance or maliciousness, are those most likely to cause serious injury, (perhaps even death) to the entranced medium, who is connected by what might correspond to an umbilical band of ectoplasm with the entities his guides are helping to create.

As Dr. Gustave Geley, late Director of the Institute Metapsychique puts it:

"During the whole time of the materialization phenomenon the product formed is in obvious physiological and psychical connexion with the medium. The physiological connexion is sometimes perceptible in the form of a thin cord joining the structure with the medium, which might be compared with the unbilical cord joining the embryo to its parent. Even if this cord is not visible, the physiological *rapport* is always close. Every impression received through the ectoplasm reacts upon the medium and vice versa. The sensation reflex of the structure coalesces with that of the medium; in a word, everything proves that the ectoplasm is the partly externalized medium herself."

Sometimes this built up substance is extraordinarily sensitive, appearing and disappearing like lightning.

Therefore, it follows — and for very good reasons — that if the materialized entity be roughly grasped, or if the lights are suddenly turned upon it, the spirit will quickly dissolve—the ectoplasm snapping back into the body of the medium with all the force of a giant rubber band.

Such an accident happened to Frank Decker some time ago, when one of the members of the group, in attempting to secure the curtain over a window which had not been properly closed, accidently drew the curtain aside, permitting the light from the bright arc lamp in the street to strike full upon the body of Mr. Decker.

Immediately the medium uttered a deep groan of pain. His stertorous breathing stopped, as though he had suddenly collapsed from shock, sustained during a surgical operation.

For a tense minute there was dead silence. This was finally broken by the voice of his guide, Patsy, who said sharply: "Keep your seats, everybody, and don't be afraid. The medium will be all right. We'll take care of him."

We all breathed a little more freely after this assurance. Then, after a long moment, Patsy requested me to come up and take the medium's pulse.

There *wasn't* any pulse, either in the radial or in the caroid arteries. And no sound or sign of respiration. This fact was confirmed by Dr. Murry Sturm and his surgical nurse, who were at the seance.

After what seemed to be a minute or more the pulse gradually returned. It was of a fibrillating or fluttering character, about fifty to the minute, with a blood pressure in the neighborhood of ninety. A shallow respiration, of about ten to the minute, was then heard and felt.

Finally Patsy, who was "standing" right by the chair, in some way unknown to us caused the pulse and respiration to cease again, after which he brought it up once more.

This juggling with pulse and respiration was repeated two or three times, until Dr. Sturm and I begged Patsy to restore Frank to consciousness and functional normality, which he did. After coming out of his trance condition the medium suffered a severe attack of vomiting. Then, for forty-eight hours afterwards he was in a state of great debilitation. In fact, it was almost a week before Frank was himself once more.

Forced Retirement—From Interference with the Medium

MADAM D'ESPERANCE, one of the greatest and most versatile mediums of the nineteenth century, spent the latter part of her life in a state of wretched ill health, brought about by shock, sustained through an attempt at "exposure."

An injudicious researcher forcibly seized Madame d'Esperance's little entity, Yolande, the charming spirit of an Arab girl—almost as well developed as was Katie King.

Harry Boddinton, writing in the London, England, *Psychic News* gives us in some detail an account of this experience. He says: "On one occasion Madame d'Esperance told me she felt someone grab at the drapery that was forming," and continues, " 'At first I did not understand it, but as the sensations of being drawn downward continued, it flashed across me that a spirit had materialized behind me and at that moment some one had grasped it and was surreptitiously drawing it from the cabinet.

" 'In horror I cried to my friend (her hostess) who was sitting beside me, that some one had grasped the form, but she only moaned and leaned heavily against me. In an instant all was confusion. I angrily ordered the delinquent to loose his hold of the white drapery, but it was not till the order was repeated with a threat from the others that he obeyed.

" 'Order was restored and the meeting brought to a close. My friend was taken to her room, which she was scarcely ever able to leave again, until the welcome end came and she was relieved from her sufferings, not the least of which lay in the knowledge that they had been caused by the act of her own son.' "

It may be of some interest to state here that Madame d'Esperance possessed the same encyclopedic gift of knowledge displayed by May Vanderbilt Pepper.

In fact, one phase of her mediumship was even more astounding than that of Mrs. Pepper. For while she readily answered, by automatic writing, questions dealing with almost every branch of science or literature, many of her answers were written out in beautiful *German* and scholarly *Latin,* languages concerning which Madame d'Esperance had absolutely no knowledge of any kind whatsoever.

Also, when she gave her demonstrations in materialization she would frequently sit *outside the cabinet,* in complete control of all her faculties. In this way she could clearly see the spirits that had been built up and derived, in part, from her own ectoplasm.

Loss of Weight by Mediums During Materialization Phenomena

As another evidence of the formidableness of the huge masses of ectoplasm sometimes extruded from the body of the medium, consider the experiments made by Dr. W. J. Crawford, Extra-Mural Lecturer in Mechanical Engineering at Queen's University, Belfast.

Dr. Crawford conducted an extensive series of experiments from 1914 to 1920 with the medium, Kathleen Goligher. The results of his painstaking work are incorporated in three books: *The Reality of Psychic Phenomena, Experiments In Psychic Science* and *The Psychic Structures at the Goligher Circle.* These valuable books have probably done as much as anything ever written in helping to firmly establish psychic science *as* a science.

Crawford paid particular attention to the ratio of loss in the weight of the medium, and the corresponding gain in weight of the ectoplasmic entity that had been developed from the substance extruded from the body of the medium.

Dr. Crawford found that the medium usually lost from ten to fifteen pounds during a sitting, which weight was immediately restored to her when the ectoplasm had retracted.

On one occasion the loss of fifty-two pounds was recorded by Dr. Crawford on the auto-registering scales.

However, in the experiments with Horatio Eddy, recorded by Colonel Olcott, one of the materialized entities, an Indian squaw, by the name of Honto—was weighed four times. These four different weights registered eighty-eight, fifty-eight, fifty-eight and sixty-five pounds—and all during the same evening.

Honto, when measured by Colonel Olcott, proved to be five feet, three inches in height, and would ordinarily be expected to weigh somewhere in the neighborhood of one hundred and thirty pounds.

I emphasize these facts in order to impress upon the reader the serious danger of catapulting even a considerable fraction of such masses of ectoplasm back into the body of a medium, by dragging at a trumpet or snatching it out of a spirit's hand, by seizing and attempting to hold any of the entities materialized, or by suddenly flashing a light into the room.

When the ectoplasm, disturbed by these drastic actions, flies back into the body of the medium and impinges on the mucous surfaces from whence it has its egress, the result may be a severe hemorrhage or profound shock, as it did in the case of Madam d'Esperance.

How Are We to Prevent Frauds Without Injuring the Medium?

GRANTING then that any radical interference with the orderly processes by which psychical phenomena are produced may cause serious injury to a medium, what should be our attitude respecting his concededly supernormal activities?

Obviously, we cannot insult our own intelligence by the exhibition of stupid gullibility, and accept as true, phenomena that almost make us doubt the evidences of our own senses.

A person would be unfair to himself, and equally unfair to the medium, who would not insist on some adequate control of this medium during his seances. Or demand from him some authentic record of past demonstrations, done in the presence of competent observers, and under strict test conditions.

However, when a medium like "Margery" is searched by a physician, fastened in a box or crate, with only her head and arms protruding—both her hands being held securely—and her brother Walter, in spirit life, whistles, jokes with the professors and grave and reverent seignors present, in direct voice, and produces his well-known demonstrations in telekenises, any person of ordinary intelligence and only the usual amount of obstinacy should admit that these demonstrations are not produced by legerdermain.

When Frank Decker is stripped naked and, in the presence of members of a branch of the New York Society for Psychical Research, nailed in a box, with only his head protruding—or else sealed in a heavy, canvas mail-sack, head and all—and nevertheless levitates several trumpets simultaneously, produces two or three voices—either direct or through the trumpet—and develops or helps to bring about, physical phenomena of an astounding character, there can be no doubt as to the ability and the sincerity of such a medium.

When Schrenck-Notzing or Professor Charles Richet—working at different times and places—bring the medium Eva C., into their laboratories naked, or else previously stripped, searched and clad in a skimpy garment belonging to one of the ladies present—and yet are privileged to cut a lock of luxurient hair from different female entities, materialized in their presence by Eva C., there can be no question of honesty and factual evidence.

And so with thousands of similar experiences, equally well attested and equally well controlled, —experiences which have converted millions to an acceptance of the fundamentals of spiritism. And which have caused Dr. Hans Driesch, Professor of Philosophy at the University of Leipzig, during the course of a lecture at London University in 1924, to say "The actuality of psychical phenomena is doubted today only by the most incurable dogmatist."

Granting that the medium has established credibility, he should be given a "sporting chance" to do his best—without let or hinderance.

Properly Secure the Medium

THOSE mediums who have not established a reputation for honesty and credibility should be fastened, hand and foot, to a comfortable chair—preferably with adhesive. For it is just a bit difficult for the medium to untie a two-inch strip of adhesive tape with his teeth, and then after he is through hoodwinking and bamboozling the sitters fasten it in its original position again on wrists and ankles.

And also, while we are about it, we might fasten a strip of adhesive over the medium's mouth, in order to silence any contention that two or three voices, talking or singing together—perhaps in some language utterly unknown to the medium—could emanate from some chronic attack of ventriloquism afflicting the psychic.

It would seem that to demand more than this from a medium would have no greater justification than to demand that all priests should be obliged to say mass for the repose of the soul, or administer the last sacrament, while standing on their heads.

Or that all judges should render decisions in an improvised recitative and aria, while accompanying themselves on a harp. Or that all investigators should eat their meals while thumbing their nose with the right thumb and a lot of wriggling fingers.

In any event, the point to be emphasized is that, when we presume upon the courtesy and kindness of our spirit friends, we should conform to the requirements laid down by them.

And we should carry with us into the seance room that most human and universal of all admonitions. "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."

IN CATALEPSY THE PATIENT IS ALIVE, BUT THE VITAL PROCESSES ARE SUSPENDED. A PERSON EMBALMED AND BURIED IN THIS CONDITION IS TRULY BURIED ALIVE.

People *Are Still* Buried Alive

By GARRETT STARMER
San Jose State College

ONCE every twenty-four hours a man is buried alive. These are the statistics embracing the world.

It is said that in the United States, on an average of not less than one case of Catalepsy a week is discovered and reported. This statement, alone, shows the importance of the subject; however, some allowance must be made for possible exaggeration. Be that as it may, the appalling possibility of a premature embalming, so probable, invests a pressing interest in the subject.

Dead enough to be buried, yet alive enough to live—such is the situation in cases of Cataleptic Sleep, or Suspended Animation. In such a sleep,—and it is, in every respect, purely a sound sleep—all the vital processes are practically suspended. They are suspended to such a degree, in fact, that doctors invariably pronounce afflicted patients—dead!

Catalepsy belongs to the domain of Hypnotism. I employ this statement, because no matter how the condition is induced, it is purely a sleep of the objective senses, a suspension of the vital functions, a rest of all vital organs. It can be induced in perfectly healthy persons by the hypnotic process of suggestion. Ot it may follow a long illness or nervous exhaustion. In either case, the phenomenon is the same—balmy sleep.

In certain diseases, especially nervous disorders, a period of Cataleptic Sleep often marks the crisis. It is here, the supreme effort of nature to give the exhausted nerves their needed rest. The patient in that condition is enjoying absolute rest, free from all pain. With the vital processes relaxed, he is enjoying a refreshing sleep,—a sleep so profound that it is truly like its twin-brother, death. The duration and depth of the trance will be proportional to the severity of the patient's illness and consequent need of rest and recuperation.

When caring for a patient so afflicted, the greatest mistake anyone can make is to try, by physical, hectic methods, to revive him to consciousness. If such an attempt is successful, it not only causes a harmful shock to the nerves, but also thwarts nature's effort to relieve the patient and give rest to his already over-strained nervous system. On the other hand, if the patient is not revived, and Catalepsy is not suspected, he is threatened with the ever-lurking danger of being embalmed while still alive. Until we realize that an advanced stage of decomposition is the only infallible test of death, the human race will continue to be menaced with the horrors of premature embalmings.

The Cataleptic Patient Is Conscious of What Is Happening

IT IS interesting to note concrete examples of Cataleptic cases. The following case has been investigated and proven to be of authentic fact.

Some years ago, a certain young lady, living near Indianapolis, was restored to life after 14 days of Suspended Animation. Six doctors had applied the usual tests and had pronounced her dead. Her little brother, however, day after day, clung to her, declaring she was not dead. On the 14th day, quite by accident, the girl's jaw fell open, and the brother fancied he saw her tongue move.

"What do you want, Sister?" cried the little fellow.

From the supposed corpse came the faint answer, "Water."

Water was administered and the patient revived. She continued to live for many years.

Many other cases might be cited. Suffice it to say that such a phenomenon is not an unusual occurrence.

An interesting thing about such cases is that at all times the afflicted patient is entirely conscious of, and able to understand to the fullest degree, all that is going on about him. In many testimonies, however, the recovered patients state that they felt the utmost indifference to all that occurred—even to the burial preparations.

There are two erroneous impressions regarding Catalepsy that should be corrected. One is that depriving the subject of air will cause death. The

other is that Catalepsy is a disease. Both of these assumptions have been clearly disproved.

That depriving a subject of air will result in death, has been most clearly disproved by experiments of East India Fakirs. Certain of these men have been buried in air-tight tombs—nostrils and ears filled with wax—for periods of months. At the end of such times, they have been successfully restored to consciousness. In all the cases, the bodies of the subjects, when disinterred, were found to present all the characteristics of death, except decomposition.

That Catalepsy is a disease can readily be shown false when it is realized that such a phenomenon terminates the disease, acting as nature's healing process. It may be a symptom or direct result of disease, but Catalepsy cannot be called a disease in itself.

The Patient Should Be Restored By Suggestion

Now let us view a few general suggestions regarding the course of procedure should Catalepsy be suspected. Because the patient is subjectively conscious, appreciating and understanding with unusual acuteness every word uttered, it is obvious that all allusions to, or suggestions of, death should be avoided. It should be remembered that since suggestion can induce Catalepsy, so also can suggestions towards death deepen and prolong the period of its duration. Conversely, suggestion of the correct type is the most potent means of restoration. Other restoratives should rarely, if ever, be resorted to. Violence, certainly, should never be employed. The essential thing in such a case is a cheerful, confident attitude at all times in the presence of the afflicted. Time should be allowed for nature to complete her work of healing and recuperating. If so managed, the patient, in due time, will awaken. Or, if suggestion is used, the sufferer will "arise and come forth." In either case, the subject will be saved from a ghastly death by the blade of the embalmer's knife.

The purpose of this article will be reached if it has guided, in any degree, the attention of the reader to this ever present problem of the Cataleptic patient—the "Living Dead." It is a repulsive but true fact that subjecting a person, so afflicted, to the process of embalming is nothing less than *murder!*

WHAT IS ANGER?

HAVE you ever been angry—furiously angry? What sensations do you experience when you are furiously angry? You feel your heart pounding away, violently and rapidly. You find that you are breathing hard and fast. Your eyes are glaring. Your jaw is set. Your teeth are clenched. Your hands are clenched. Your brows are drawn together in a frown. Every muscle of your body is braced taut. You may even feel "a rush of blood to the head" causing you literally to "see red."

What does it mean? It means that you feel certain things happening in your body—you feel your body doing, and straining to do, some particular thing. All these sensations you experience (which we call Anger) means that your body is "preparing for battle."

The fighting instinct, when aroused, produces a feeling of Anger. It also produces a want—the want to attack, to injure, to hurt, to humiliate, to subdue. In a state of nature, probably, it can be fully satisfied with nothing short of killing.

On its physical side this "want" consists of a certain organic condition. There is tension in some parts of the nervous system which can be relieved only by the banked-up nervous energy being discharged in action. The liver has liberated an excess of sugar into the blood stream, ready for violent muscular action. The flow of the digestive juices is stopped. The blood contains an extra amount of adrenalin—partly designed to check bleeding in case the body is injured in the coming battle for which the whole body is automatically preparing.

Once our bodies are in this state of anger (that is, when once the fighting instinct has been aroused), the organic condition does not subside until the excess energy has been discharged and the excess sugar used up. Of course, the best plan is to go out for a sharp walk, or to do some hard digging in the garden, and use it up that way. Otherwise we shall go about in this condition for, perhaps, several hours; and we may be tempted to work off our anger on the wrong person in order to relieve ourselves. Everybody knows how a man may be irritated and angered, say, at the office—and then go home, still in this organic condition, and vent it on his wife, or his children, or his dog.

IT IS THE OPINION OF THIS WRITER THAT MASTURBATION CAN, AND SHOULD BE, PREVENTED.

The Prevention of *Masturbation*

By LOUIS SAYLES POPICK
Social Worker

MANY parents believe that because masturbation is such a universal practice and problem, it is perfectly natural for their son or daughter to indulge in this secret vice. They say that they will probably in all instances outgrow this habit. So they say. They will wonder as the years roll by, why their child shuns crowds, fails in his school studies, develops an inferiority complex and other mental and physical ills.

All this undue suffering could have been prevented in early childhood, were it not for the false modesty and prudery of the parents. But first, just what is masturbation? Here is what a nationally known sexologist says: "Masturbation, also called 'self-abuse,' is the practice of handling or rubbing the genitals, in secret, to produce erotic sensation." Man undoubtedly, is more highly sexed than the lower animals. Yet, man is not the only one who masturbates.

You will find monkeys, cats, dogs, and other animals resorting to this practice. Preventing masturbation in animals is practically impossible, but in man it can be prevented! You will pobably say that is incredible. What is incredible about it? We take precautions in preventing colds and other contagious diseases. The same applies to masturbation. If we take steps to prevent this evil habit in early childhood, the final results will be that the child will not indulge in the degenerating practice.

Masturbation in adults is an entirely different matter. There is always some psychological or physiological reason. Many men and women acquire this habit in early childhood and continue it up to and after maturity. In many instances there are unsatisfied wives, who after the sexual embrace are left unsatisfied. These women will excuse themselves by going to the bathroom and there through masturbation, will satisfy their sexual cravings. There is the man who has a frigid wife. He will resort to masturbation to satisfy his sexual appetite. These types of masturbators are for the psychiatrist or medical doctor to diagnose. Then there are the widows, who through the death of their husbands, will resort to masturbation to satisfy themselves. They may not always be satisfied but they are sufficiently satisfied to maintain their mental and nervous stability.

Masturbation can also occur in men and women who either from illness or some other condition are unable or unwilling to perform the sexual act. It may occur in individuals who have some abnormal condition of the genital organs producing constant irritation. It may be induced by abnormal sexual desire, etc. But whatever the causes are, a reliable physician should be consulted at any cost.

The Infant

THE aim of this essay is the prevention of masturbation in early childhood, so that children can grow up into healthy mature adults, without ever experiencing masturbation.

Let us commence with a child one week old. First let me state that it is the writer's opinion that all parents should have their male children circumcised. Among the Jews, it is an old biblical tradition to circumcise the child, seven or eight days after its birth. Many cases of masturbation can be traced to a tight foreskin. This skin covering the body of the penis is thin, dark-covered, contains no fatty tissue, and is loosely connected with the deeper parts of the organ. At the neck, the skin leaves the surface and becomes folded upon itself to form the prepuce or foreskin. Now when this foreskin becomes too tight, this condition causes an irritation around the glans penis, and many times causes an erection. Many individuals, because of these erections, believe they are over-sexed. They then seek relief either in sexual intercourse or by masturbation. Then the individual finds himself suffering from one or more nervous disorders. All this undue suffering could have been prevented if circumcision had been administered in early childhood. The operation is a minor one.

The same applies to many women and girls.

Masturbation in females can be traced to an abnormal clitoris, or lack of cleanliness of the sexual organs. The clitoris is anatomically so situated that during coitus the dorsum or the back of the male's penis rubs against its head. The friction thus produced hastens the climax.

The size of the clitoris differs in many women, the average being somewhat less than one inch in length, and about one-fifth inch in diameter. A large and easily excited clitoris is often the cause of masturbation. There are cases in which circumcision or amputation of this organ is indicated because of its size and abnormal susceptibility to excitement from friction against the clothing. This condition, unless relieved, is likely to leave the individual nervous and irritable.

Now to get back to the child. If an abnormal clitoris is found in the child it would be advisable to take the child to a reliable physician to correct this condition before the child resorts later in life to masturbation. The girl baby's genitalia should be cleansed at least twice a day, with absorbent cotton dipped in boric-acid solution. If there are any discharges, which are not uncommon, the solution should be used several times a day until the condition is remedied. The same can be applied to the male infant's penis.

Sometimes we see a happy-smiling mother diapering her six month old daughter. Before applying the diaper, the mother stoops over and cuddles her nose between the child's thighs. This is an unwise thing to do. I grant you that the mother just adores her young daughter. But, did you ever notice the reactions of a child when a mother does a thing like this? The writer did on several occasions. The little tot swings its little chubby fists around in circles, while its eyes are fixed on certain objects on the ceiling or wall. The writer has seen a mother, while diapering her baby son, stoop over and take the penis and scrotum in her mouth! Disgusting but there are many mothers, and for that matter, nursemaids, who to stop the child from crying, will gently rub the child's sexual organs. The child as it grows older will soon discover that by stimulating his organs himself, he gets the same thrill and reactions. Thus the mother and nursemaid unconsciously initiate the child into the practice of masturbation.

If the child's hands stray to the genitals, take them away! Some times however, some form of mechanical restraint will be necessary. Tying the hands is often resorted to. Children may form the habit of completed masturbating at any time from one to six years of age, but of course many do not begin until after this age. So mother, for your child's sake, if you love him, find a different way of expressing your love.

The Inquisitive Age

THE youngster is now in his fifth year. At this age the child will ask questions or probably explore his body. He will go to a mirror and there explore his nostrils, ears, mouth and other parts of the body. This might be called the "inquisitive age." Curiosity is his stock-in-trade. No observable detail is apt to escape the focus of his wide-open eyes. If he wishes to know what his nose, ears, and mouth are for, explain to him how and why these parts of his body function. He will probably want to know (and over ninety-five per cent do) where babies come from and why his sister is different than he. The former question is often prompted by the arrival of a new baby in the household, or in the home of a relative or neighbor. The latter question is perfectly natural on the child's part. His sister is either undressed before him (also the reverse) or probably they are both given a bath in the same tub. Naturally, a child soon discovers sexual organs. When these questions are asked by a child, it is of course, desirable that the questions relating to sexual phenomena be answered plainly and truthfully. Do not delay it! The child is seeking legitimate information from the proper source. Do not disappoint him!

The average child receives answers to his questions somehow. He will get the information he seeks in the school yard, playground, or from his misinformed friends. If parents lack the proper way of telling their offspring sex facts, it would be a wise plan for them to take him to a reliable physician. There he would receive the proper answers to his numerous questions.

When a child at this age, or even up to twelve years of age is discovered handling, or rubbing his genitals (this may be due to itching, or lack of cleanliness of the pubic region) he should be sternly told to keep his hands away. Another cause of self-abuse in young children up to twelve years of age, is putting the child to bed before its bedtime, to punish him for something he has wrongly done. When a child is chastised this way, parents are playing with fire. For under these conditions the child is more likely to abuse himself and acquire the loathsome habit, because he has no other sufficiently appealing occupation for his body and mind. The child under any circumstances, should never be disciplined this way. There are numerous other ways. An excellent idea is to stop his allowance, or put his toys away for a few days. Speaking of toys reminds me of another cause of masturbation in young children. When a child is suffering from some common ailment such as measles, cold, mumps, etc., the child is required to spend several days or weeks in bed. Wise parents should see that

their youngster has plenty of toys and games. This will tend to keep his mind on his playthings, rather than on his genitals, while convalescing. Another wise plan on the parents' part to prevent masturbation, is to see that the child empties his bladder before retiring, because, physiologically, a full bladder may cause an erection, and this in turn can and will cause the child to abuse himself. If such steps are taken, the results will speak for themselves.

The "Peeping Tom" Stage

THE child we will now discuss is between the ages of eight and twelve. During this period the young boy enters a stage known as the "peeping tom" stage. A "peeping tom" will trek through dark streets or alleys and peek through various windows to get a glimpse of a woman or girl undressing. Many boys will immediately acquire an erection on observing a scene like this, and will end up by masturbating beneath the window or elsewhere. These boys will fix the scene of the object they saw, in their memory, and on retiring the following night, the boy revives the scene, and acquires an erection. Through this mental picture and thought he follows up by masturbating. Many children wishing to get a thrill out of seeing the opposite sex in the nude in their own home, will peek through the keyholes of the bedroom or bathroom doors. But a vast majority of young boys become "peeping toms" just to satisfy their curiosity in regard to sexual differences, and over ninety per cent of these "peeping toms" are deliberate masturbators.

These boys could have been prevented from becoming "peeping toms" in early childhood, were it not for the false modesty and prudery on the part of the parents. Many sexologists and physicians state that young children from the ages of two to seven, should be present when mother or father are bathing or undressing. This will tend to satisfy the child's curiosity as to what the opposite sex is like. Later in life he will not go powling around windows to get a peek of the opposite sex.

The Young Girl

NOW TO get back to the young girl who is between the ages of eight and twelve. Many a young girl between these ages (and also up to and after maturity) will, through curiosity, explore her vagina. Many times she does this to receive a sexual thrill. This is done by inserting the fingers, pencil, or some other elongated object into the vagina. Lack of cleanliness or itching of the pubic region also will cause the young girl to explore her vagina.

Whether or not the child is discovered inserting various objects into the vagina, parents should warn their young daughters that it is just as dangerous to insert elongated objects in the nose, mouth, or ears as it is in the vagina. A vast majority of vaginal troubles can be traced to this sort of practice. There was a case of a young girl, who suffered from an inflamed vagina. Pus was already forming. The parents became alarmed and took their daughter to a doctor. The physician's examination disclosed the source of the infection to be a small lead pencil hidden in the vagina. The cause was removed, and several days later the girl was herself again.

The "Pubescent Period"

OLDER girls and women, especially the sexually perverted, have introduced the ends of candles, broom sticks, and similar objects for purposes of masturbation. As I said previously, self-abuse in adults is caused by some psychological or physiological reason. Apparently this is the last stage we shall discuss concerning the prevention of masturbation in children. The individual is a child no longer. He (or she) is now between the ages of thirteen and twenty-one. The young girl at the age of thirteen or fourteen, some times earlier, passes into a stage known as the "pubescent period." It is now that the menstrual flow begins to commence. As a rule, blondes commence menstruating later than either brunettes, or red-haired girls; city bred females sooner than their country-raised sisters. It is a natural function, but many ignorant girls become greatly alarmed on the beginning of the "monthlies" or menses as they are commonly called. The ignorant girl will not only suffer physically but mentally as well.

Nature has given young girls and women "menses" as a means for eliminating certain products that are only needed during the time of pregnancy. The mother of the young girl has a great responsibility when the girl approaches this stage. The girl is no longer a child, but is approaching womanhood. Her figure, previously little differentiated from that of the boy, now undergoes a great change. The young girl's breasts round out, the arms and legs become more shapely, the hips enlarge, and she otherwise gives evidence of the physical charm and gracefulness of young womanhood. Cleanliness during and after menstruation is an important factor in preventing masturbation. The girl at this age has already acquired a fine growth of hair around the pubic region, and lack of cleanliness of this part will cause itching and irritation thus leading to self-abuse. A warm bath with the temperature of the water about one hundred degrees Fahrenheit, taken for a few minutes

just as the period commences, helps to prevent the feeling of aching and discomfort. A lukewarm shower or bath after "menses" is advisable. Strenuous exercise should never be taken at this period. Walking is advisable. Remember mother, you can play a big part in banishing all the fear in your daughter, when she approaches this period. Menstruation is a blessing—not a curse to womankind.

The young boy likewise passes into this "pubescent period." At this stage (between the ages of twelve and fourteen) the young man's voice begins to change; hair commences to sprout on the upper lip, on the cheeks, under the armpits, on the chest, and around the pubic region. Girls are not the nuisances they were to him a year ago; at this time the glands of manhood are commencing to function for the first time. Cleanliness at this time is also an important factor in preventing masturbation. Whether the young boy is circumcised or not, the sexual organs must be kept clean; the gonads and associated parts of the sex-system, when kept under constant irritation by uncleanliness, are not only irritated into over-activity, but, by virtue of this itching and irritation, become highly sensitive and over-sensuous. The young man through this irritation, acquires an erection. As I have said before, the boy believes he is oversexed, and he resorts either to masturbation or is influenced by his friends to seek relief by coition.

The fact that the external parts of both the boy and the girl are very sensitive, makes it necessary for the parents to see that they use undergarments that are free from stiffness, starch, raw and ragged seams. Many young boys through the friction of the penis against tight garments have acquired an erection. The centers of passion in the boy and girl are erogenous areas and are subject to two forms of stimuli which will excite them into activity. One is normal, brought about properly through nerve response; the other entirely the result of localized irritation.

An Ounce of Prevention

Most boys at this age will experience a discharge or evacuation of fluid from the penis, and many become frightened at this loss. This is nothing to be alarmed about, for it signifies the development of the sex glands. If this loss is frequent, it would be best to take the boy to a physician. Many boys do not masturbate until they have reached or passed the "pubescent period." At this age the boy's (and girl's) sexual organs are very sensitive. The boy's friends will probably initiate him into this practice. His friends will call him a "sissy," or a "fraid-cat," or anything in the world, for that matter, to get him started on a vicious practice, that they themselves have made habitual. The father here, should take severe measures and explain to his son the pitfalls of masturbation. He should also remind him that he is robbing himself of his greatest asset, just to be a "regular fellow." Parents should see that their son selects right and upstanding friends, for many a boy's so called "friends" like nothing better than to introduce him into that wrecker of many lives, masturbation.

Before concluding this article the writer wishes to state that parents have a great responsibility when their child is in the middle or late "teens." It would be wise on the part of the mother to see that her young daughter or son organizes or joins a club. The parents should also see that their children get plenty of fruits and vegetables. A proper diet can and will prevent masturbation. Parents have a great responsibility on their shoulders. Sometimes they fail to realize it. Remember your child did not ask to be born. It is your duty, if you are a parent to bring up your child into a healthy, mature adult. Masturbation can and should be prevented! It is up to you, parents, to prevent your child from acquiring this habit which results in dire psychological consequences.

THE EXPLORING INSTINCT

THE "exploring" instinct gives rise to a feeling of *curiosity*. Curiosity—the feeling that accompanies the "want" to find out—to know—to understand! It is another of the great primary forces in human nature. Like all other primary motives it finds innumerable different modes of expression and means of gratification. *There is mere "idle curiosity"; which is a great and potentially invaluable motive-force going to waste. The same urge, when directed elsewhere, may drive us to acquire—and find satisfaction in acquiring—real knowledge.* It is one of the great motives behind scientific research. It is a mighty force in many, many ways making for the extension of man's domain and the advancement of mankind.

Yet curiosity may run to waste. It may express itself only in picking up petty gossip; or perhaps in spending hours of desultory reading every column of every page of the newspaper. It is one part of the explanation of our enjoyment of fiction, both in novels and on the screen—the gratification of a desire to see "what happens next" and to find out "how it all ends."

Your Problem and Mine

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Afraid of Thunder

I am so afraid of thunder that I always dread the coming of Summer. Is there anything I can do to overcome this fear?

A friend has suggested that I move to California, where thunder is unknown. Is this a good idea?

ANSWER

A move to California might afford you relief, but it would be a flight from reality. Such flights are unwise, as they suggest to the individual in question that the best way to solve a problem is to run away from it.

To-day you are thinking of fleeing to California to escape thunder. If you carry out this plan you might suddenly find yourself leaving the Golden West to escape the rumble of earthquakes or "black widow" spiders. In other words, no matter where you go you will find something to plague you and suggest another flight and still another.

The proper way to combat the fear of thunder, or astraphobia, as it is known to psychologists, is to analyze it and realize that it is foolish to permit it to torment you. In the first place, it is only noise, and noise, having no power of its own, cannot harm you. This realization in itself should suffice to overcome your unreasonable fear; it is conclusive; no sound argument can be offered against it.

It is possible, however, that what you fear is lightning, and not thunder. If such is the case, remember that once you hear the thunder you are perfectly safe. Surely, you know enough about physics to realize that by the time the rumble of the thunder reaches your ears the lightning has already struck and all danger has passed.

Has "Dusting" Compulsion

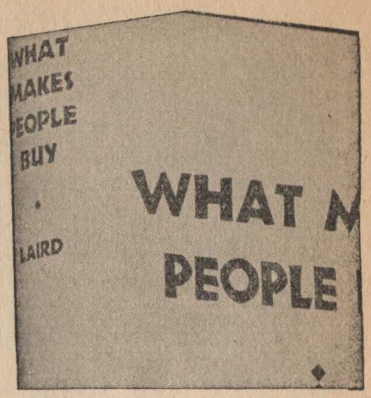
I wonder if you can tell me why I insist upon dusting the seat of a chair as soon as it has been vacated by my husband or any male guest at our home. It is embarrassing to do this in the presence of a guest, but something

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within me drives me to it and all my efforts to desist have been unavailing.

ANSWER

It appears that you are horribly afraid of contracting a venereal disease. Hence, your constant dusting of seats, which, in your mind, are so closely associated with the spreading of such disease.

It is quite possible, however, that this compulsion has an even deeper significance. Close analysis may reveal, for instance, that what you are really trying to avoid is the normal role of wifehood.

Your letter states quite clearly that you are compelled to dust the seats of chairs that have been occupied by *males.* I take it, therefore, that if a woman occupies a chair your compulsion lies dormant. This would indicate that you fear you will contract a disease from *men* but not from *women.*

You must realize, of course, that when I make these statements I am dealing with your *unconscious* thoughts. To your *conscious* mind, such thoughts may appear absurd.

Consciously, you may love your husband and enjoy his embrace. Unconsciously, however, you may loathe sexual relationship with him. In fact, it appears that this fear of contracting a venereal disease from a male is merely an excuse by which you are trying to escape from your marital role.

I know of a similar case in which the patient's behavior revealed homosexual tendencies. But this should not alarm you. Any honest psychoanalyst will tell you that up to a certain stage all of us incline to homosexuality. Those who are unfortunate enough to remain at this stage (emotionally, of course) grow into adulthood as homosexuals; the others emerge as normal men and women.

It is, of course, quite impossible to psychoanalyze one through the reading of a letter. I would suggest, therefore, that you visit an analyst. No doubt he or she will find the solution to your problem.

Is Hypnosis Dangerous?

I am hampered by a phobia and a local physician has suggested that I undergo hypnotic treatment. He says that he knows of several cases in which similar phobias were eliminated through this process. He admits, however, that he knows very little about hypnosis and he can give me no defin-

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ite answer to a certain question that is in my mind.

I am wondering what would happen to me if I were hypnotized and the hypnotist died before I regained consciousness. Some friends have told me that no one but the hypnotist can awaken the hypnotized subject and that if my hypnotist died I would sleep on and on and finally die of starvation.

I will greatly appreciate your advice on this matter.

ANSWER

I have no doubt that your friends mean well, but they are dealing with an old canard. That the sudden passing of the hypnotist would result in the death of the hypnotized subject was once the theme of many short stories and novels. Unfortunately, many excited readers gave credence to these fantastic yarns and passed them on to their children and their children's children as true-to-life examples of the horrors of hypnosis. As a result of this lurid fiction, the science of hypnosis has suffered irreparably and many persons who could be helped by its beneficent influence recoil in terror at the very sound of its name.

Hypnosis, in its final analysis, is nothing more than sleep artifically induced. It is by no means dangerous and there is nothing mysterious about it. In fact, every truly scientific investigator of this phenomenon realizes that the hypnotic state is actually effected by the subject and not by the hypnotist. The hypnotist gives certain suggestions to the subject's subconsciousness and the said subconsciousness acts upon them in a manner that is akin to autosuggestion.

A certain authority has explained the difference between sleep and hypnosis by saying that when one goes to sleep at night he is *en rapport* with himself, but when he is hypnotized he is *en rapport* with the hypnotist. In other words, the hypnotist merely produces, by artificial means, that which occurs night after night as a natural phenomenon.

If your hypnotist died while you were in the hypnotic state nothing untoward would happen to you. You would merely continue to sleep for a few hours and then regain consciousness.

I must add, however, that if he gave you the post-hypnotic suggestion that you were to sleep for a full day, or even several days, you would not awake until such time had expired.

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I Have Discovered a Secret That Startles Me

It Has Proved to Be an Aladdin's Lamp It Gives Me Anything I Want

I AM not a psychologist, amateur or professional. I am an average American business worker, with an average education as a background, and I have given no more thought to metaphysics, mental sciences and religions than one runs across in the ordinary course of casual reading and human experience.

"Perhaps," said I to a friend who is a practitioner of a well-known mental science, "I have stumbled across a new idea in metaphysics.

The Key to Happiness

My friend smiled. Said he, "You have revealed to yourself the last, ultimate *secret* of every religion, every system of metaphysics and mental science on the face of the earth. You have hte *secret*, the KEY to happiness, health, wealth and the things you desire. If everybody knew what you know, there would be no need for religions, or systems, or codes—no need for books, or lectures, or courses. All new thought sciences are based on a central idea so simple that it can be expressed in one sentence. The difficulty that confronts teachers is in making their religion, or system, or science difficult!

'Experience proves that there must be a lot of preliminary talk, or study, or reading. If this is not given, the student would feel he had not gotten his money's worth . . . or, having come upon your *secret* so easily, would have too little respect for it."

Nothing You Desire That You Cannot Have

This startled me, you may be sure. I spent some time wording my precious *secret* into plain language, and went to some trouble to look up leaders of a dozen other metaphysical systems and religions. Each one, in turn, on reading my paper, reacted in much the same manner—"Certainly," each said, in effect, this is the *secret* of happiness on earth. Put that to work in your daily life (and it is easy) and there is nothing on this earth that you desire that you cannot have!"

Well, this amazing *secret* has done wonders for me—and all the friends I have told about it. It is actually like an Aladdin's lamp! I merely have to desire a new car, or a trip to Europe, or relief from pain, or a solution of business, domestic or household problems —and behold, I have it! My *secret* is not a new religion, a new system of mental science—it is the spark, the enlivening spirit of every religion. *Every* follower of *every* system of thought will immediately realize the *full* benefit, the complete promise of his religion, if he uses this *secret*, amazing revelation that I discovered quite by accident. My *secret* clarifies, beautifies, strengthens and endears the chosen religion of science to the student.



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By A. A. Roback

DR. ROBERT SAUDEK was born in Kolin, Bohemia, now Czechoslovakia, April 21, 1881. He was the descendant of a Jewish family that had played a leading part in the community since the sixteenth century, and whose services were recognized by royalty. Upon graduation from the Gymnasium and the German Academy of Commerce in Prague he studied at the University of Prague, Leipzig, and the Sorbonne. As a young man he traveled extensively, spending some time in France and in Germany. On one of these trips he sailed as far as Japan, writing *feuilletons* and travel pictures for a German language newspaper. For a time he engaged in business, and during the World War he maintained an intelligence bureau in The Hague. At the close of the War, he entered into diplomatic service for the Czechoslovakian Government, in Holland and in England, finally settling in London.

Dr. Saudek's versatility was extraordinary. To psychologists he is known as a graphologist, but he is the author of numerous literary essays, epigrams and aphorisms, plays and novels.

His most successful novel and the one, curiously enough, which gave him the impulse to leave belles-lettres and devote himself to science was *Die Diplomaten.* This narrative, which was written immediately after the World War, deals with a graphological problem.

In 1925 appeared his monumental work *Psychology of Handwriting*, and soon after (1926) his *Experiments with Handwriting*, both of which were destined to lay the foundations of a new graphology. These volumes won for the author a recognized place as an honest and lucid exponent of a study which heretofore had been looked upon as a pseudo-science in company with phrenology.

On the other hand, he never lost interest in social and political problems. His surveys of world events in the *Prager Presse* were contributed regularly until his recent illness. His brain was like a large universal receiving station, intercepting everything that was in the air. Since he could foresee eventualities he was in a position to adjust himself accordingly.

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He had an abundance of patience with people who antagonized or heckled him. His reaction to Freud's diatribe on his analysis of his (Freud's) handwriting, which I sent him, drew only a matter-of-fact explanation.

Two qualities which by some could be regarded as weaknesses were his readiness to compromise—a weakness common to most practical organizers —and a consuming ambition, which in all probability shortened his life.

PROBABLY one question will suggest itself to the readers who have taken it for granted that Saudek was the leading authority on graphology, and that is: Upon what foundation does this reputation rest?

Saudek, to begin with, did not assume that handwriting was invariably a function of the person's individuality. He was too internationally minded to overlook the fact that education, national *milieu* and tradition, writing material and other considerations enter into the problem. Saudek never dodged an issue, and would occasionally admit that some of the graphological signs cannot be established other than empirically, or that some of his findings were inferences based on putting "two and two together," the result, in other words, of a combinational process that could not be taught to others.

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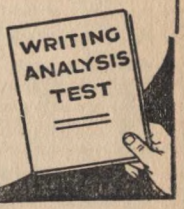


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