

## "Mind Cure" Now Scientific

*Psychology*

"Mind cure" is rising from the realm of quackery and becoming a part of scientific medicine, Dr. William A. White, superintendent of St. Elizabeth's Hospital, Washington, D. C., told physicians at the second annual Graduate Fortnight of the New York Academy of Medicine. In properly selected cases, properly trained physicians are able to cure disease by treating the minds of the patients, Dr. White explained.

"One of the most general functions of the human mind is to smooth out inequalities of emotional balance. The healthiest and most normal mind is the mind which is most continuously in a state of emotional equilibrium," Dr. White stated. "A person whose emotions are evenly balanced

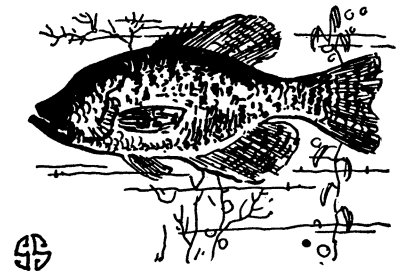
does not see things out of focus. He is not overly anxious or overly solicitous. He is not too severe nor too complacent. His emotions are reasonably adjusted to the situation as it actually is. He does not see enmity and antagonism where it does not exist, nor does he fear dangers which are only made of thin air." The psychotherapist should have a mind of such type.

"The whole psychotherapeutic movement is tending in the direction of facts rather than, as in the past, in the direction of mysticism," Dr. White said. He then explained the present trends followed by psychotherapy, the scientific "mind cure."

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## NATURE RAMBLINGS

By FRANK THONE



*Crappie*

A relative of the black bass but not so great a fighter, the crappie or croppie is more or less of a disputed fish. In the North fishermen do not care much for it, because it is found so much of the time in muddy water, and its flesh is flavored by its environment. But when it can be found in clear water it is really a first-class panfish, to which no person with a good palate for fish could possibly find objection.

Another objection advanced against the crappie is that it is "paper-mouthed", tearing out the hook easily when caught. But other fishermen, especially in the South, answer that this is really an advantage, necessitating real skill in the handling of one's tackle.

Since the crappie has a very wide range and is very abundant, it has acquired an imposing array of aliases. Jordan and Everman, in their book on American food and game fishes, list these: bachelor, campbellite, new-light, tin-mouth, paper-mouth, sac-à-lait, chinquapin perch, bridge perch, speckled perch, goggle-eye and John Demon. It has also borrowed the names of two other fish, being known as shad and calico bass.

In spite of the lack of agreement among fishermen over the merits of the crappie, the U. S. Bureau of Fisheries has no doubts about its value. Along the Mississippi and other central rivers their men spend a great deal of time each spring rescuing young crappies from drying-out overflow bayous and planting them in waters where their chances for survival are good.

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## "Rescue Vest" To Prevent Drownings

*Aviation*

A new oxygen-breathing device has just been perfected, intended to prevent the drowning of aviators trapped by seaplanes that crash in the water, or caught under their parachutes after a jump that brings them down into a river or the sea. It is the joint work of Chief Gunner C. L. Tibbals, well known for his inventions of submarine safety devices, and Frank H. Hobson of the Naval Bureau of Construction and Repairs. As yet it has received no official name, but is provisionally called the seaplane rescue safety vest.

Mr. Tibbals describes the new contrivance as "a sort of combined vest and belt equipped with two long pieces of rubber hose, through one of which the wearer inhales and through the other exhales; a nose-clamp to prevent the sudden rush of water from suffocating him; a tiny canister containing soda lime, which serves to purify the breath while eliminating carbon dioxide, and a bottle containing sufficient oxygen to keep a man afloat for at least half an hour after he has jumped into the water from his 'chute. However, if it so happens that the flier has not had a chance to use his parachute and therefore hits the water while in the plane, he can readily gain access to a larger bottle always carried as an emergency measure in the ship. This will supply a human being for about an hour and a half."

All told, Mr. Tibbals explains, there are eleven potential uses of the new

vest: for flyers whose parachute carries them into a body of water; for aviators who crash into the water while in the plane itself; for flyers trying for high altitude records; as an emergency apparatus for seaplanes that have regular water routes; for land planes that have to pass frequently over large bodies of water; as a gas mask in actual aerial combat; for army squadrons crossing narrow streams under conditions that make it advisable for the soldiers to duck under the water so as to stay hidden from the enemy; for aviators who tend to become asphyxiated from a sudden, large-scale leakage of gasoline; as an emergency rescue apparatus for accidents in the water, like those near speed-boat or swimming races; as a respiratory apparatus to be used in connection with flameproof clothing in case of fire; and as a rescue device for rescue crews going to the aid of seaplanes that have crashed.

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Porto Rico, which has only about five per cent. of its area in native forests, is rapidly being reforested.

An attempt is being made to save for museums the crude pictures scratched and painted on the rocks by Western Indians.

Success of the Belgians in domesticating elephants in African colonies has caused the French to undertake the same work.