

PSYCHOLOGY

Are You Grown Up?

You May Be More Than Twenty-One Years Old, But You are Not Really an Adult Unless You are Emotionally Mature

By JANE STAFFORD

ARE you grown up? If you are twenty-one years old you probably think you are. But are you sure? How can you tell?

Twenty-one is the legal age for stepping over into adulthood, of course. Biologically you became an adult, fully grown and mature, by the time you celebrated your twenty-fifth birthday. Psychologically, you were grown up as soon as the intelligence tests rated you at a mental age of sixteen.

Even if you have passed all these ages, however, you are not really grown up unless you are emotionally mature.

You probably know people who seem childish in their emotions; women who burst into tears when things go wrong, or men who fly into a rage whenever they do not get their own way.

However, there are less obvious signs of emotional immaturity. A New York psychologist, Dr. Frankwood E. Williams, has drawn up a list of them in his recently published book, "Adolescence." Check yourself by them to see if you are really grown up. You might check some of your friends and relatives, too, or your boss.

To begin with, are you afraid to ask for a raise? This is one of Dr. Williams' signs of people who do not have grown up feelings.

Do you believe, if you are a woman, that your husband is never given a square deal by his boss? The chances are that he is. If you believe he is not, you show one sign of emotional immaturity.

Is your boss the kind of executive who "wants what he wants when he wants it?" Next time he exhibits this trait, it may help you to remember that the psychiatrist would find he had not grown up emotionally.

Is your husband more devoted to his mother than to you? Many women suffer with this sort of a husband, but probably few of them realize that their husband's attitude is a sign of not having grown up. Such husbands have not matured emotionally. Their affections are still on a childish level. Some psy-

chiatrists would say that these husbands are suffering from the Oedipus complex.

The condition gets its name from the figure in Greek mythology, Oedipus, who married his mother. Oedipus did not know what he was doing, as he had been kidnapped in infancy and neither he nor his mother recognized each other when they met years later. Oedipus' father, the king, had died and the city was in the hands of an unfriendly power. The kingdom and the hand of the widowed queen were offered to the man who would deliver the city from this unfriendly power. Oedipus saved the city and unwittingly married his mother, according to the legend.

Insidious Oedipus

Modern men who suffer from the Oedipus complex do not know what the matter with them any more than Oedipus of the legend knew he was marrying his mother. They do not realize that they have not outgrown the stage when love for mother is the supreme affection of a boy's life.

Do you know anyone who is always sending telegrams when there is time for a letter? It is done rather freely by undergraduates in colleges, but when men and women older than college age do it, they are showing that they have not grown up beyond the college age in their emotions, Dr. Williams would say.

Near the beginning of his list come unmarried men and women. This is hard on the bachelors and spinsters of the crowd. Usually these very unmarried people seem anything but childish. It may surprise you to learn that the mature and sophisticated bachelor, always in demand at social gatherings, may not be grown up emotionally in spite of his air of worldly wisdom.

The modern, independent bachelor girl with her own apartment and her important job, and even the old maid of an earlier generation, have often appeared more grown up than their young married friends who looked and acted not much older than their own babies. But these bachelor girls may not be emotionally mature.

You can probably recall a number of

famous personages of history who never married. Queen Elizabeth, England's virgin queen, for instance, refused all her suitors and preferred to remain single. She was 70 years old when she died and she has gone down in history as being a shrewd and able sovereign. Would you say that her remaining unmarried was a sign of her not having grown up emotionally? There have been many explanations of her refusal to marry. It may be that this one comes nearest the truth. Her behavior was peculiar at times and her boisterousness has often been described as being a sign of a masculine nature. Possibly it was only a reflection of the childish level of her emotions.

Of course, being unmarried is not necessarily a sign of emotional immaturity, Dr. Williams explained. But the burden of proving that he is grown up is upon the unmarried person, he says.

Other people who show signs of not having grown up emotionally are the men "who must love many women briefly and find it difficult or impossible to love one for any length of time." Don Juan, famous character of fiction, is the classic example of this kind of man. In the present age of easy divorces, a good many people are exhibit-



QUEEN ELIZABETH

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ing this characteristic. DeWolf Hopper is almost as well known for his many marriages as for his ability as an actor. This may be a sign that he has not grown up emotionally, or there may be extenuating circumstances.

Then there are the men and women who are greatly concerned over the salvation, one kind or another, of other people. The professional reformers and soul-savers, from the late Anthony Comstock to Aimee Semple McPherson and Billy Sunday, are no more than children, emotionally, according to the psychologist's standards.

Do you know a man whose wife does not understand him? Whether she understands him or not, you can understand him all the better when you realize that he is not really grown up emotionally, no matter how many birthdays he has had.

Ever so many people are living beyond their income for one reason or another. You may have friends whom you suspect of doing so. You doubtless think it is a bad thing from an economic standpoint, but have you ever considered that they do it because they are not grown up emotionally? Yet Dr. Williams says that people "living on Park Avenue on a Greenwich Village income" show one of the less obvious signs of emotional immaturity.

When you are at your office, do you ever say or feel that your desk must be clean by night? If you do, and the task is self-imposed, you are showing that you have not yet grown up emotionally, according to Dr. Williams.

Some of the other people on Dr. Williams' list are:

"Parents embarrassed by sex questions of their children.

"Men and women shy and self-conscious in the presence of each other.

"Individuals who force sex in one form or another unnecessarily to the fore.

"Physicians with a bedside or consultation manner.

"Social workers who wear out shoe leather rather than brain cells.

"Women who do not believe that women are inferior to men but who feel so and act as though they were."

The cartoonist who draws politicians as kneepants, mischievous school boys is not far wrong. In fact, he is a good psychologist, according to Dr. Williams' theories. Many people who hold positions of public trust and are much respected for their intellectual attainments have not grown up emotionally. This is unfortunate for all of us, because when people who are not grown up

Ask Yourself These Questions To Find Out Your Real Age

Are You Married?

Does Your Wife Misunderstand You?

Are You Afraid to Ask for a Raise?

Do You Send Telegrams When a Letter Would Do?

Are You Fickle in Your Affection?

Do You Always Want to Save other People?

Are You Embarrassed by Questions of Your Children?

Do You Live Above Your Income?

have to struggle with grown-up problems, they get into trouble and make trouble for others.

"There would seem to be no question that most of the ills we suffer from are man-made and not superhumanly inflicted, and that they come about through the emotional immaturity of people who have to wrestle with problems that are beyond their capacity even to understand, let alone to handle satisfactorily," said Dr. Williams.

Infantile Patterns

"The fact that men and women in high places as well as the average run of men and women in their daily decisions and relationships to others frequently merely reassert infantile and childish emotional patterns, is an important fact," he continued.

"We shall come to recognize," he prophesied, "that this business man, this school teacher, this judge of an important court, this publisher, this reformer, is an adult in years, has an adult physical development and a keen intellect, but emotionally lives the life of an adolescent, or of a child, or even of an infant.

"As the possibility of this situation comes to be generally recognized and these individuals to be identified, I am inclined to think that we shall be less patient with their judgments, that we shall not follow so blindly their decisions and leadership."

Such people have reached physical

adulthood and have unusually keen intellects. They could be very useful individuals, Dr. Williams points out. But their decisions in important matters are not made in accordance with the facts but in the light of the unsolved emotional problems of their own personal childhood. They act honestly enough, but they see the facts not as they truly are but distorted through these personal lenses. They cause difficulty and confusion. Their keen intellects make it possible for them to defend ably their improper decisions and their weak causes. They could easily solve many of the problems brought to them, if such people did not get the problems for solution mixed with their own personal problems which have nothing to do with the issue at hand. Therefore these people hinder rather than help, Dr. Williams finds. The fact that their high order of intellect has brought them to prominence and power in the community only makes them greater disturbers. The world needs these people, but it can only use them after they have grown up.

Sometimes you get exasperated by these people with the childish emotions and feel like telling them to grow up. The slang expression, "Be your age," was probably inspired by just such a grown-up person who had the feelings and emotional reactions of a child.

But these people cannot grow up just because you ask them to. It is not so simple as that. They cannot press a

button or turn on a tap somewhere in their brains or bodies and suddenly become mature.

"Efforts of this kind," said Dr. Williams, commenting on misguided attempts to grow up, "usually end in a situation just as childish and more deceptive because more sophisticated. One decides to grow up by ceasing to be prejudiced and ends merely in becoming heatedly prejudiced against prejudice."

As a matter of fact, no one is really mature, Dr. Williams finds. Some people have gained a relative maturity.

You may be wondering what emotional maturity really is. The list you have been checking yourself against is

rather negative, as it gives only signs of immaturity. Maybe you did not find yourself there at all. Here is what Dr. Williams has drawn up as a tentative standard of emotional maturity:

"An adult is (1) one who is able to see objects, persons, acts (realities) in the terms of what they are, cleaned of all infantile symbolic investments; (2) one who is under no compulsion either to do or not to do, but who is free to act or not to act in accordance with the realities of any given situation; and (3) one who is able to adjust to an inalterable situation with a minimum of conflict."

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ARCHAEOLOGY

Ancient Indians Introduced Building of Houses in Row

THE FASHION of building houses in a row with a party wall between was introduced into America, not by city planners, but by Indians of the Southwest, almost 2,000 years ago. This is one of the discoveries made by Dr. F. H. H. Roberts, Jr., of the Bureau of American Ethnology, who has been excavating at Indian ruins near Allentown, Ariz., for several months. Four students from the Laboratory of Anthropology, at Santa Fe, assisted Dr. Roberts in the expedition, which has just finished its work.

The site of the old settlement is a flat mesa. A pueblo stood there about 1000 A.D., as the ruins show. On three sides of the pueblo walls, and probably buried beneath them, are remains of pit houses built by earlier Indians who chose the mesa top for their homes.

In one place he found three adjoining houses in a row. A fire had swept the "block." The flames caused the entire roof of one house to fall in, and then, fortunately for archaeological research, the fire retreated, leaving the mass of charred timber, bark, and earth on the floor, so that the modern archaeologist can tell exactly how the roof of one of these old buildings was constructed.

Dr. Roberts restored this house to its original appearance, and visitors to the ruin can now see one of the oldest "row houses" in America. The two adjoining houses have been protected by sheds.

The pit house which has been restored consists of a foundation dug out to a

depth of five or six feet and then covered by roof beams of timber, thatched with bark and coated over with earth. The house is roughly circular, about 15 feet across. From the outside such a house looks like a hump of earth, except for the ventilator hole in the top of the hump and another hole which was the entrance and which sometimes had a ladder projecting from it.

Dates on Timbers

Some of the charred timbers from the pit houses have been sent to Dr. A. E. Douglass, of the University of Arizona, who first succeeded in dating Southwestern ruins by tree rings. Dr. Douglass' verdict as to the dates on the pit house timbers will show in precisely what years the houses were built.

Some of the pit houses which Dr. Roberts excavated belong to the earliest Pueblo period. But there are several houses which show signs of having been built and occupied even earlier by the Basket Makers.

Dr. Roberts and his assistants unearthed some of the skeletons of the Pueblos who lived at the site, and also some of the earlier Basket Makers. The two types are distinguished, not only by objects that accompany them, but also by head shape. The Pueblos had broad skulls, and they exaggerated the broadness by flattening the head in infancy. The Basket Makers were long-headed and did not have any fashion of deforming the head.

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PHYSIOLOGY

Swinging Children by Arms May be Cause of Paralysis

SWINGING children around by the arms should be taboo in every household, no matter how eagerly the children beg for this form of fun, warned Dr. Dwight F. Clark of Northwestern University Medical School at a conference of physicians at the Evanston Hospital, Evanston, Ill.

The nerves of the arm of a little child are too exposed at the neck and the armpits to be subjected to any unusual stretching, he said. Children have been known to suffer serious and sometimes permanent injury, including paralysis of the arm, when grown-ups, usually fathers, pick them up and swing them by the arms or with the fingers hooked in the armpits with the best intentions in the world of being playful.

The effects of slight injuries to the nerves are usually immediate, but may not show up until some time after the damage has been done and the circumstance forgotten. That is the reason, in Dr. Clark's opinion, that surgeons in many cases fail to discover the true cause for the paralyzed or partially paralyzed arms that come eventually to their attention.

The nerves running from the neck down through the arm are so arranged that at the point of union of the various branches (known as the brachial plexus) the cords are peculiarly exposed at the armpit. An overstretching or division of the fibers may lead to the interruption of the nervous current supplying the arm or may rupture one of the numerous blood vessels winding about the nerves. In either case, the arm may become useless even though no external injury is visible.

The experience of surgeons indicates that such cases may require operation if neglected, or may even prove incurable. However, if cared for in time, they can be restored to normal use through comparatively simple measures.

The recommended treatment is to consult a competent surgeon who will immobilize the arm in such position as will place overstretched and injured parts at rest, control impending internal hemorrhage and relieve pain. Sensation usually begins to return, sometimes within a day or two, and even in cases where loss of motion has been complete the function may be restored to normal in a space of ten days and the danger of permanent disability averted.

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