

teach them by advancing troops will teach him what he must face. They will shock him, yes. But it will be a sort of vaccination against the greater shock of real combat. Norwegian physicians report that the Germans showed their horror pictures of war in Norway before the invasion in the hope of demoralizing the people. They had the opposite effect. In communities where the films were shown, the people stood up under the crushing blow of invasion much better than the people who had not had

this preparation for what was ahead.

In a way, this does not apply to American civilians. It is to be hoped that they may never have actual personal contact with the enemy and the horrors of battle in their own backyard. In another way, however, every one of us does have this contact through the ones we love—husband, sweetheart, brother, the boy next door.

We all need to know just what we must expect before the final victory is won.

*Science News Letter, September 25, 1943*

versus duty. Other common conflicts are with discipline, dirt and killing. In some individuals with much 'repressed aggression,' killing may lead to great anxiety and complete invalidism. It seems that their whole carefully built up education against cruelty broke down and gave them insight into what cruelties they might perform if let loose. This they recognize as entirely incompatible with the personal integration they have achieved, and the conflict becomes unbearable."

Fatigue, poor diet, sleeplessness and illness may lead to a state of exhaustion that predisposes to mental ills, Dr. Cobb points out. He lists the main sources of strain for the soldier as danger of death, guilt over killing, responsibility, separation from family and sexual deprivation. It has been found, he said, that the type of man most likely to break down is the unsociable fellow who is self-centered and overconscientious.

Prevention includes keeping the nervously unfit out of the armed forces, providing in army routine for proper periods of rest and recreation and shortening the periods of tension whenever possible. Early adequate treatment is essential.

But although it is wrong to let psychoneurotics into the Army in the mistaken idea that "the Army will do them good," Dr. Cobb points out, it is also a mistake to say that "no neurotics are wanted in the Army." If such a blanket order were given, many useful men might be excluded.

"Ruling out the 'nervous' men might take out some of those who give elan to the group," Dr. Cobb said. "Their quick reactions might be invaluable in scouting or even essential for some types of individual combat. . . . In civil life it is certain that elimination of all neurotic persons would cause inestimable loss to art, science and the professions."

*Science News Letter, September 25, 1943*

#### PSYCHIATRY

## Mental Borderlands

Six million Americans suffer from illnesses in "Borderlands of Psychiatry," a field for neither mental specialists nor doctors of physical diseases.

► SIX MILLION AMERICANS are suffering from illnesses that are not exactly mental diseases and yet are not wholly physical—they are in a sort of no-man's-land called "Borderlands of Psychiatry."

This is an estimate by Dr. Stanley Cobb, of Harvard Medical School and psychiatrist in chief of Massachusetts General Hospital. It is he who has named this field of medicine "borderlands" because it is a frontier territory of modern medicine; much of it is claimed by neurologists, general medical practitioners, psychologists and even teachers and preachers, but much of it is disclaimed by any or all of them.

The army of sufferers in the border-

lands includes: epilepsy, 650,000; other neurological ills, 600,000; stammering 1,200,000; psychoneurosis, 2,500,000 and those who "can neither get along with liquor nor get along without it," 1,600,000.

What might be called a guide to the borderlands is provided by Dr. Cobb in a new book, *Borderlands of Psychiatry*, just published by the Harvard University Press. Of particular interest now is the section on war neurosis, an illness that may be expected to add to the two and a half million already estimated to be suffering from neuroses.

The first World War, Dr. Cobb explains, shattered the notion that patients with a neurosis are "weak" and "ought to snap out of it if they only had the guts."

"In the first place," he said, "these symptoms often appeared in men who were considered brave and strong; excellent officers were often affected. The moralistic attitude was manifestly nonsensical."

Heredity, Dr. Cobb concludes, probably plays a part only in that some men are born with more sensitive nervous systems than others. But "if the strain imposed on the soldier is severe enough, an average, sound person can break . . . of course, because of past experiences and individual conditioning, what is strain to one man is not strain to another, or at least in the same degree.

"The main common denominator is the internal conflict of the soldier between the instinct of self-preservation and the social urge to 'carry on': fear

**LEARN SPANISH**  
THE LANGUAGE OF  
TOMORROW'S BUSINESS  
BY  
**PLAYING CARDS**



It's easy to learn to speak, read and write Spanish this popular new way...and it takes only 1/5 of the time usually required to master a foreign language. Play Solitaire or play the Course with a member of your family or while you entertain friends. Prepares for the thousands of post-war opportunities that will be available to Spanish-speaking men and women when trade with our Latin-American neighbors is at its peak. Remember...2, 3 or 4 persons can learn at no extra cost. 4 decks of cards and Cloth-Bound Text Book, only \$2 postpaid.

**Money back if you fail to learn.**

**French course... identical material... also \$2.**

**RODALE PRESS** Emmaus, Pa.  
Dept. SN-41

#### INVENTION

### Novel Bath Tub Doubles As Mattress Cover

► A CONVERTIBLE bathing apparatus, invented recently, is designed particularly for bedridden patients, and provides a shallow open tank the size of a bed mattress. It is made of rubber. When not in use as a bathing tank the sides are folded down over the edges of the mattress forming, with the bottom of the tank, a protective covering for the mattress. It is patent No. 2,329,326 to Maxwell H. Bloomberg.

*Science News Letter, September 25, 1943*