

PSYCHIATRY

New Theory of Complexes

► PEOPLE with inferiority complexes also have superiority complexes. The two go together, like the two sides of a coin. The superiority is not put on to make up for feelings of inferiority, as most people believe.

This view, differing from that of earlier psychiatrists, is presented by Dr. Harrington V. Ingham of the Student Health Service, University of California at Los Angeles.

The neurotic benefits from both complexes. If he assumes the superior attitude, he gets praise and does not have to prove himself worthy of it in competition, which he dreads. If he assumes the inferior attitude, he does not have to compete, because everyone knows he will fail and gives him sympathy without his having to compete.

An example of double attitude, given by Dr. Ingham in a report to the California Medical Society in CALIFORNIA MEDICINE (Nov.), is the case of Miss A., "an attractive young woman of 20 who has difficulty in her relationship to the opposite sex."

She complained of feeling repulsive to men and had actually been unable to please them. She made herself unattractive in clothes, voice, choice of words, mannerisms and overeagerness. At the same time she denied that she did this.

Later, it came out that she also felt herself so fascinating that she stayed away from men so as not to hurt them. She had to be careful to avoid being a siren.

Also she was afraid of flirting because it

might fail "and prove her devastating powers non-existent."

"She could still hope her inferiority was unreal if it were not put to the test," Dr. Ingham pointed out. "She could no more tolerate success than failure."

Improvement in her case involved discussion of both her extremes of opinion. When one was discussed, she would bring up the other. But she finally was able to get a more realistic view of herself after which she improved and her behavior changed.

The inferiority-superiority complex occurs, Dr. Ingham stated, in persons who "cannot meet their world face to face, because they have not found sufficient gratification."

A child's opinion of himself is derived from his mother's and father's attitude toward him. The child whose parents show him a lot of affection is not likely to have a double, superior-inferior feeling about himself because he has had gratification and can meet his world face to face.

But a child who is constantly praised by one parent and criticized by the other gets so much contradictory information about himself that he may well be unable to know his true worth. Similarly, a child with foreign parents who finds standards in his home very different from elsewhere may become confused. Confused and uncertain, the child may well develop superiority and inferiority complexes instead of arriving at a real appraisal of himself and his abilities.

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PSYCHIATRY

All Posture Has Meaning

► EVERY little posture has a meaning all its own—to the psychoanalyst.

How a patient on the analyst's couch moves and holds his hands, fingers, arms, and legs, whether he crosses his left leg over his right or the reverse, and whether he tucks his thumb inside his fist all may give clues to understanding of his unconscious motivations.

Results of a five-year study of "how the body speaks" were reported by Dr. Felix Deutsch of Boston at the New York Academy of Sciences in New York.

"Every person has a basic posture," he stated.

"Every posture is meaningful and consists of a combination of well-determined postures of single parts. All postures of different parts of the body are attuned to each other and the change of one partial posture leads to a rearrangement of the total configuration."

One patient, Dr. Deutsch said, through

three years of psychoanalysis, assumed a strange hand posture, building with her fingers "the prettiest architectonic edifices," until she became conscious that these fingers represented family members, two sisters, father, mother and brother, whom she led through movements like puppets in a show. Her aggressive, destructive and hostile feelings as well as friendly ones toward them were acted out in continually changing positions of the fingers of both hands.

Another example was a woman with strong masculine tendencies. Unconscious fantasy led her always to place her right hand on top of her left, until the second year of analysis when feminine tendencies broke through and her left hand was then put on top of her right.

A four-year-old, prematurely born, blind boy who could not talk and could stand only with difficulty was another patient. He made rhythmic pounding movements

of his left hand against the wall and against his own head. In spells of crying out loud he suddenly turned in a protective attitude with his right hand toward his right ear while the left hand tried to attack and tear this ear.

"It seemed," Dr. Deutsch said, "as if the right hand had taken over the protective defensive attitude whereas the left hand played the destructive aggressive role. The boy, who had been frustrated in his relationships toward the outer world, and had been deprived of the love of his mother who rejected him, used his hands on his own body for acting out his ambivalent (for and against) feelings in assigning the positive feelings to the right hand and the negative feelings to the left hand."

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AGRONOMY

Sagebrush Can Be Licked by 2,4-D

► THERE'S moonlight on the sage tonight. And there is a good chance there will be 2,4-D on it also.

But the sentimental need not despair, for when the weed-killer has done its work and the sagebrush is gone, it will be replaced by love grass, little bluestem, and other grasses.

This came to light when the U. S. Southern Great Plains Field Station put on a demonstration of the effectiveness of 2,4-D in eradicating sagebrush, which for stockmen and ranchers is an expensive weed pest.

Spraying the chemical from airplanes, at a cost of \$2.25 per acre, station scientists found that they killed up to 90% of the sagebrush plants. They then planted a variety of tall native grasses, sand love grass, little bluestem, sand bluestem, switchgrass and Indian grass. Profits from range treated in this way have been double those from sage-infested pasture, figures over a seven-year-period indicate.

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ASTRONOMY

Sixth Comet, 1949F, Is Fast-Moving

► THE year's sixth comet, 1949-F, is a fast-moving one. This first important discovery of the sky survey being made at Palomar Observatory was first observed in the constellation of Pegasus, moved speedily into Pisces, and was reported on its way to another constellation.

The comet was discovered by Dr. A. G. Wilson, astronomer in charge of the sky survey. It is a sixteenth magnitude comet, not visible to the naked eye, and is moving away from the sun and east and north.

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