

PSYCHIATRY

Bachelors More Unhappy

Single men are more unhappy than single women and show more severe neurotic symptoms and antisocial tendencies than their female counterparts—By Edith Lederer

► THE CAREFREE BACHELOR shows more signs of maladjustment than the single girl, contrary to popular belief.

If marriage were a great triumph for women and a massive defeat for men, the single girl would be riding the crest of unhappiness while the bachelor rejoiced in his escape from responsibility.

However, recent studies indicate that single men are an unhappy group of people, three California researchers told the American Psychiatric Association meeting in New York.

Bachelors have more severe neurotic symptoms and antisocial tendencies than do their female counterparts, Dr. Genevieve Knupfer, project director, Drinking Practices Study, California State Department of Public Health, Berkeley, and two research assistants, Walter Clark and Robin Room, reported.

Why the difference? "Being unmarried is in fact a residual category of those who are never selected for marriage, either by themselves or by a partner," they pointed out.

Leo Srole, who conducted a study in Midtown Manhattan, suggested that if the eagerness of most women to get married is considered, a man can only be rejected for physical or personality deviations.

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Dream Phase Necessary

► DREAMING SLEEP, which seems to be a necessity for man, may also be crucial for cats, but scientists are not exactly sure of the kind of "dreaming" cats do.

All persons dream during specific periods of sleep characterized by rapid eye movements and a distinctive electroencephalograph (EEG) pattern.

If human subjects are continually deprived of this dreaming phase of sleep, Dr. William Dement of Stanford University, Stanford, Calif., found, they try to dream more often. When they are finally allowed to sleep normally without being awakened each time the dreaming pattern appears, the deprived subjects spend more time in the dreaming stage than normal sleepers.

Many of Dr. Dement's subjects also developed behavioral problems when they were deprived of sleep.

It is known that a sleeping phase similar to human dreaming sleep also occurs in chimpanzees, monkeys, dogs, cats, rabbits, rats and mice. However, scientists do not know exactly what function these periods serve in animals. For this reason, they call the phase paradoxical sleep.

Profs. Jerome Siegel and Thomas P. Gor-

The California researchers, who studied a group of adults in San Francisco, added that "the mere fact of having made the choice himself, that he is self-chosen rather than rejected, does not mean that the man is more adequate.

For the woman, "any number of accidental factors" might cause a delay in marriage.

"Women with strong, independent personalities, or with other especially gifted native endowments are by-passed more often than their sisters with less outstanding qualities," Mr. Srole said.

Dr. Knupfer said that the unmarried woman may also be less attractive sexually, less feminine, less loving and more selfish than married woman.

In the San Francisco study, a larger proportion of single men than single women had disturbed childhoods. The single men were found to be less dominant than married men, and the single women more dominant than the married women.

"If a man wants to be superior to his wife, it would follow that given a range of talents in both sexes, those left over after the pairing has taken place would be the inferior men and the superior women," Dr. Knupfer and her colleagues suggested.

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don of the department of psychology, University of Delaware, Newark, have found that a group of cats deprived of paradoxical sleep for a number of days will react the same way humans do.

The longer the cats were kept from paradoxical sleep, the more they tried to enter it. When the cats were finally allowed to sleep normally, there was a "dramatic increase" in the amount of time they spent in paradoxical sleep.

The cats did not show any behavioral changes, but the researchers caution that "the reliability and sensitivity" of the technique for judging these changes is not known.

These cats, like humans, move their bodies and are briefly aroused at the end of the paradoxical or dreaming sleep phase.

Paradoxical sleep, therefore, seems to be "necessary" for both humans, cats and perhaps other species, Profs. Siegel and Gordon reported in *Science* 148:978, 1965. However, the basic function of this paradoxical sleep, whether it be cat "dreams" or not, is yet to be determined.

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Smaller Mental Hospitals Set as Psychiatric Goal

► REDUCTION in the size of mental hospitals from 1,000 to 500 bed capacity by 1975 is set as a key goal of psychiatry.

Dr. Robert H. Felix, dean of the School of Medicine, St. Louis University, predicted that these smaller hospitals will become centers where complicated cases can get specialized care and treatment not now available in many communities.

Dr. Felix also projected that the family doctor would play a key role in meeting the increased demand for psychiatric service.

"Within the next 10 years, the comprehensive community mental health center will become commonplace," the physician added.

Another projected highlight for mental health in the next 10 years is insurance for both office and hospital treatment of mental illness.

Dr. Felix, past director of the National Institute of Mental Health, said that the next 10 years will find more psychiatric cases being cared for in general hospitals.

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Dreamers Are Examining The Day's 'Novel' Events

► THE PERSON who is dreaming is examining the "novel" events experienced during that day, two British scientists reported in London.

If a person has had many new experiences during his waking hours, he will sleep more and dream more. However, if his surroundings are abnormally constant, as in a space capsule, "the required period of sleep appears to fall off dramatically and may be reduced to as little as two hours."

In their sleep-dream theory, E. A. Newman and C. R. Evans of the autonomies division, National Physical Laboratory, Teddington, Middlesex, see dreaming as a process similar to clearing a computer program. As the problems a computer is supposed to solve become more complicated, programs that run the computer must be changed.

When the program on the computer becomes very complex, a new problem cannot be solved until the old program is cleared, or erased. In the same way, these scientists believe that sleep allows a clearing of the mind to occur without any outside interference. Dreaming takes place when the clearing process is interrupted by shifts in the level of consciousness.

"Prolonged deprivation of the opportunity to dream would inevitably produce a breakdown in human efficiency, most probably in the region where novel situations must be handled," the scientists stated in *Nature*, 206:534, 1965.

Although other experiments have shown that an individual dreams during periods of rapid eye movement, Mr. Newman and Mr. Evans believe that dreaming also takes place during periods when the eyes do not move.

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