

## PSYCHOLOGY

# Combat Fatigue Lasts

**Combat fatigue symptoms in many veterans, instead of disappearing, seem to become more severe with age and to reduce the victim's ability to cope with stresses of everyday life.**

► **THE SWEATY HANDS**, jumpiness and nightmares of combat fatigue still plague many veterans of World War II.

Although 20 years have passed since they came home, combat fatigue victims still suffer from the combat symptoms they experienced during the traumatizing events of war.

In fact, instead of fading away, these symptoms seem to become more severe as the men get older, two California researchers reported in the *Archives of General Psychiatry* 12:475, 1965.

"The combat fatigue syndrome, which was expected to vanish with the passage of time, has proved to be chronic, if not irreversible in certain of its victims," said Dr. Herbert C. Archibald, chief of the mental hygiene clinic of the Oakland, Calif., Veterans Administration Hospital, and Dr. Read D. Tuddenham, professor of psychology at the University of California, Berkeley.

There is even a distinct possibility that changes accompanying aging are increasing the combat veteran's problems and reducing his power to "cope with the stresses of civilian life."

In a study conducted by Drs. Archibald and Tuddenham, combat fatigue veterans over-reacted to the noise of jets and pro-

pellor planes, firecrackers, cap pistols, combat scenes in movies or TV, and travel through a highway tunnel.

Of 157 combat veterans studied, three-fourths reported that there were times when their symptoms interfered with family responsibilities. Many had given up hobbies they previously enjoyed.

Almost half of these veterans from World War II and the Korean War said that their sex lives were "unsatisfactory," and admitted that they were "unduly irritable" with their children.

Who are these men? Drs. Archibald and Tuddenham suggest that they are the "loners" who actively avoid communication and therefore have never vented their feelings. These veterans may have been susceptible to stress before they went to war. However, there is "no objective way to measure the intensity of the traumatic events which these patients experienced," the researchers noted.

Since these men developed close group ties in their combat units, Drs. Archibald and Tuddenham believe that recreating the "band of brothers" atmosphere in group therapy sessions may help them overcome the combat fatigue syndrome which has become more serious over the years.

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## PSYCHOLOGY

## Attentive Care Needed By Child After Surgery

► **MAJOR SURGERY** such as an operation on the open heart can leave a child so despairing and hopeless that he can die without any known physical cause. This is where the nurse's traditional "tender loving care" would be required to save a life.

Miss Florence G. Blake, professor of pediatric nursing at the University of Wisconsin, says in her publication, "Open Heart Surgery—A Study of Nursing Care," that preparing the child ahead of time for all he will experience and encouraging him to express his feelings can prevent the resignation and despair that prevent his recovery.

Mrs. Katherine B. Oettinger, chief of the Children's Bureau of the Welfare Administration, Department of Health, Education and Welfare, commenting on the new study released by the Bureau, said that at a time when modern surgical techniques involving the heart-lung machine are being widely used to repair heart defects in children, this study should have particular value.

Copies of the publication are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, at 35¢ each.

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## Subtle 'Talk' of Animals Gives Clues for Humans

► **THE SLIGHT SHIFTING** of eyes as animals meet and walk past each other with small, fast steps may shed light on subtle gestures between human beings. Dr. Margaret Altmann, who has been studying animal communication for the past three years in Colorado, draws this conclusion.

The long-range study of animal behavior will provide more information about human non-verbal communications and about the development of children, says Dr. Altmann of the University of Colorado, Boulder. She is ending a three-year grant from the National Science Foundation for studying interspecies communication and social behavior among elk and moose.

When animals meet and look past instead of directly at each other, any tension is reduced and even nullified, Dr. Altmann reported. The lesser or frailer animal is usually the originator of the shifted glance.

Most nonvocal communication signals escape the average observer, said Dr. Altmann, but a whole range of snorts, facial expressions and changes in postures give definite messages of danger, friendship, courtship and other activities.

These messages are transmitted not only between animals of the same species, but also between those of different species. For instance, a nonaggressive grizzly bear foraging for berries or clover blossoms conveys temporary tranquility to nearby grazing mule deer and elk. But a change in the bear's gait and gestures instantly spreads alarm to those animals and they bolt.

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Lockheed-California Company

**LONG ARM OF HELICOPTER**—The XH-51A helicopter of Lockheed-California Company demonstrates its ability to carry a load laterally outside of its body without danger of upset. Two of these vehicles were built and assigned to the Naval Air Test Center, Patuxent River Naval Air Station, Md., for military research evaluation.