

PSYCHOLOGY

Photos Help Alcoholics

➤ **ALCOHOLICS** who claim they cannot remember their behavior while on a binge can be helped to see themselves as others saw them by pictures taken during their periods of intoxication.

The idea is to shame them into better behavior or, in other words, "to influence their motivation."

Psychiatrist Dr. Alfonso Paredes used motion pictures of intoxicated patients, but any wife or husband could have a flash bulb ready for home use. Dr. Paredes reported work done at Jefferson Medical College, Philadelphia.

This was one of several suggestions for treatment, ranging from the drug antabuse to LSD and hypnosis, made at the American Medical Association clinical meeting in Philadelphia.

LSD, or lysergic acid, seems to make alcoholics more willing to undertake the total program necessary for recovery, Dr. Ruth Fox, medical director of the National Council on Alcoholism, New York, found after treating 20 patients.

"By breaking down the barriers between the conscious and the unconscious mind and the uncovering of early traumatic events in their lives," Dr. Fox said, "LSD seems to help alcoholics give up their rigid defenses against treatment."

PSYCHOLOGY

Solo Flyers Not Lonely

➤ **INTENSE LONELINESS**, anxiety and a sense of isolation do not necessarily occur in men flying alone at high altitudes.

For several years, scientists have suspected that the confinement and monotony of solitary high altitude flights produce "break-off" phenomena—feelings of separation from earth or total aloneness. These in turn were expected to lead to anxiety, bewilderment and disorientation.

However, a recent study of high altitude aviators in Pensacola, Fla., found data to refute at least part of the theory. The findings have significant application to long-duration space exploration.

Dr. John A. Sours of the Columbia-Presbyterian Medical Center, N.Y., discovered in tests with 37 jet flyers that those with greatest experience at high altitudes were least apt to report sensations of separation and isolation.

"Break-off" phenomenon, or separation from earth, is more than the loss of familiar surroundings. It also refers to the considerable sensory deprivation experienced by the pilot who sees little more than the sky and hears nothing but the whine of the engine. Moreover, unless the air is turbulent, body sensations are also lost in smooth supersonic flight.

Depending on the individual, a break-off sensation is exhilarating or extremely distressing.

Dr. Sours found the great majority of

"After LSD many of the patients seemed willing to take antabuse, attend group therapy and psychodrama, and affiliate with Alcoholics Anonymous," Dr. Fox observed. "Those who at the same time were undergoing an analytic form of therapy seemed to make more rapid progress."

Doctors were advised to go farther than merely suggesting that alcoholic patients join Alcoholics Anonymous.

"I make a personal contact with an individual member," Dr. Fox said, "introducing the patient to him over the telephone. It is wise for (doctors) to keep contact with the patient even after he goes to AA, for there may be many problems to iron out, and of course not all persons are amenable to AA type of experience."

Local health departments were called upon to put doctors of medicine into public health directorships, which can help control alcoholism.

"Just as the specially trained astronaut is needed to maneuver a missile in orbit," Dr. Ralph E. Dwork, Pennsylvania Deputy Secretary of Health, Harrisburg, said, "so a specially trained physician is needed to guide a community in public health. More than one health department in this country is directed by a non-physician."

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flyers who experienced such "break-off" were men with some outstanding psychological disorder.

Before gathering information on "break off," Dr. Sours separated the flyers on the basis of psychological health.

Seventeen of the 34 men demonstrated a variety of personality disorders. Six of them had experienced "break-off" and only one found it pleasurable. He felt aggressive and invulnerable at high altitudes and said the desire to fly higher and faster forced him to take alert and strict control of his aircraft.

The others experienced jumpiness, shortness of breath and, in some cases, dreaminess.

Two men without obvious psychiatric illness experienced "break-off." One of them reported euphoria tempered by objective understanding of his condition.

Dr. Sours concludes that the separation sensation itself is not enough to bring on anxiety. But it may seriously disrupt and add to mental problems already existing in a flyer.

More significant was his finding that "break-off" does not increase in frequency with an increase in altitude.

The application of his research to space exploration is obvious, Dr. Sours reported in *The Archives of General Psychiatry*, Nov. 1965.

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PSYCHOLOGY

Study Shows That Twins Are Slower Than Others

➤ **A MEDICAL SUSPICION** that twins are slower than other children has been supported by a university study in Tallahassee, Fla.

Thirty-five pairs of twins of preschool age were tested for development in language, intelligence, social interaction, graphic expression and other skills by Prof. Ralph Witherspoon, director of the Institute of Human Development at Florida State University.

After testing the children at regular intervals with the help of scientists in seven different fields, Prof. Witherspoon concluded that twins in the three-to-six age group were slower than non-twins.

The slowness is not due to heredity, thinks the psychologist. Twins, because of their unique closeness, are less likely to be challenged by other people. They have less need to develop mental and social skills because communication and psychological reinforcement between themselves is so easy.

Dr. Witherspoon supports this thesis by pointing to twins in the study who are placed in a more stimulating environment with other children. They depended less on each other, consequently no achievement difference between these twins and non-twins was found.

The study also showed that differences do not appear until about age three. Before that, twins appear to develop at the same rate as other children.

Preliminary results of the research have been included in the newly published book "Methods and Goals in Human Behavior Genetics," Academic Press, N.Y.

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NUTRITION

Latin American Drink Has Value of Good Steak

➤ **A THIN VANILLA** "milkshake" with the protein value of a good slab of meat seems to have attained the success its creators hoped for.

The "milkshake" is one of the most popular drinks in Central America and Panama. Known as *avena*, *atole* or *colada*, depending on the country, the drink is actually made of vegetables in a sophisticated mixture containing 25% or more protein.

Ten years of research went into the development of this vegetable base called *Incaparina*. Since it was introduced six years ago, *Incaparina*, as a drink, has attained the popularity of the cola fountain in a drug store.

School children drink it regularly every mid-morning in a government-sponsored program to make up for the meat they lack.

Incaparina is derived from a variety of grains and seeds. Besides the tasty milk drink, it is also added to soups, puddings and cookies.

The Institute of Nutrition of Central America and Panama (INCAP) developed *Incaparina*.

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