

behavioral sciences notes

PSYCHIATRY

Tranquilizer Controls Sex Deviancy

One method of controlling sexual drive in male deviants has been treatment with estrogen, a female hormone. The hormone reduces sexual drive, but it also tends to feminize the patient when administered over long periods.

An Australian psychiatrist now reports preliminary success with a long-acting phenothiazine tranquilizer which does not have the hormonal side effects.

Dr. A. A. Bartholomew, psychiatric superintendent of the Victoria Department of Mental Health, used injections of fluphenazine enanthate once every 14 days on 26 patients. All but four had criminal histories of sexual offense.

The drug reduced sexual drive in 17 of the 26 patients, only one of whom was charged with a new sexual offense during 24 weeks of treatment and followup.

Dr. Bartholomew reports in the January issue of the *AMERICAN JOURNAL OF PSYCHIATRY* that longer tests are needed but says the tranquilizer which reduced both drive and anxiety should be useful in therapy and, in any case, seems preferable to estrogen.

GASTRONOMY

Food Temples for the Future

A Belgian sociologist and gourmet foresees "temples of gastronomy" in the future of advanced nations.

These restaurants and inns, says Leo Moulin, lecturer at the College of Europe, Bruges, "should become oases of tranquillity where the most precious, the rarest (and the costliest) possession a town-dweller can obtain will abound, namely, peace and quiet."

Gentlemen would be asked not to spoil a good meal with business and politics, says Moulin, and "As the epicure tastes his food as much with his nose as his palate, smoking will be banned and ladies requested to wear only faint perfumes."

The temple of gastronomy would not replace other types of restaurants but be a new breed with a clientele of its own.

Moulin sees trends leading toward this end. Family cooking is no longer the height of gastronomy, which today is as far removed from the everyday meal as leisure is from work.

This link between food and entertainment suggests that one of the main functions of eating may be to break away from hectic city life. In addition the middle classes are developing sophisticated palates in their search for authentic foreign food, says Moulin in the November issue of *EUROPEAN COMMUNITY* magazine.

SMOKING

Cigarettes: A Respiratory Addiction

Heavy cigarette smoking is a respiratory addiction, not an oral one, says a Philadelphia psychoanalyst.

Dr. Eli Marcovitz borrows from both history and imagination to explain the unconscious pleasure an addict receives from his cigarettes.

Cigarette smoking depends on inhalation as other forms of smoking do not, says Dr. Marcovitz. Irritating smoke enables one to feel more acutely the chest interior, he points out. This serves two purposes—a sensory pur-

pose which is linked to the pleasure of breathing and a more indefinite purpose Dr. Marcovitz describes as knowing the inner boundaries of the body.

In many primitive cultures, smoke inhalation has been a means of incorporating the spirit of a god. For smokers today, inhalation of smoke may also be an unconscious symbolic method of attaining power.

Because heavy cigarette smoking is a respiratory addiction, pipes and cigars are not good alternatives, says Dr. Marcovitz. Deep-breathing exercises, however, might help defeat the habit.

CHILD PSYCHIATRY

Checklist for the Vulnerable Child

A checklist for screening infants on their vulnerability to later retardation, delinquency, neurosis and other emotional ills was published this month in a book, "New Perspectives in Early Child Care" (Atherton Press).

The vulnerability index is a long listing of minor defects which could, in combination, lay the groundwork for later emotional or mental trouble. The list covers the field, from mild defects in hearing, vision, coordination, to slight physiological problems, such as elimination difficulty, to emotional tendencies such as hypersensitivity or under-reactivity.

Even so the list is probably not complete, says Dr. Reginald Lourie, leading child psychiatrist at the Children's Hospital in Washington. Dr. Lourie helped edit the new book; Dr. Lois Murphy of the Menninger Foundation developed the index.

The underlying theory is that several minor defects—none important in itself—may so interfere with a child's well-being, especially if environment enhances the defect, that he becomes vulnerable to trouble, whether retardation, criminality or neurosis.

Ideally, says Dr. Lourie, every child in the country should be screened for risk. He recommends a network of parent-child centers where infants could receive specific therapy before trouble escalates.

SOCIOLOGY

Routes to Civil Order

Self-policed ghettos and community unions are among the recommendations being made to the Commission on Civil Disorders for staving off city riots.

Sociologist Dr. Herbert J. Gans at the Center for Urban Education told the Commission that the majority of ghetto inhabitants are not yet desperate enough to believe militant arguments. But repression and delayed action could change all that, and then the nation could look forward to a "long and bloody guerrilla-type civil war between the races."

For law enforcement, the best temporary solution might be for the ghettos to police themselves under Federal grants. "The police force is saddled with keeping the lid on the angry poor and segregated, and its task is insurmountable until poverty and segregation are eliminated," said Dr. Gans.

Union representative Paul Schrade of the United Auto Workers called for community unions capable of political action on behalf of ghetto residents.

Other witnesses called to testify have recommended reform of welfare laws and termination of urban renewal projects that work to the disadvantage of the poor. The National Advisory Commission is expected to release its report with recommendations in March.

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