

top of the temple by the Nunnery and found there some of the figures of the gods which the Indians had worshipped. Indians were still worshipping these idols, the priest feared, for he found offerings of copal incense and cacao which had been made there not long before his visit.

Even today, Uxmal is a place of religious reverence and fear to the modern natives of Yucatan. The ancient houses of Uxmal are invoked in a prayer of an Indian ceremony to the gods of the harvest. And at the Temple of the Magician and the Nunnery, rumor says, the carvings on the walls become animated at night and walk abroad. And that, like other paradoxes of Uxmal,

is said to be because Uxmal the religious was not religious enough. The old story goes that the god who reigned in the Temple of the Magician was long patient with his people when they neglected him. At length, however, his patience was outworn and he angrily turned the population of the city into stone, and waded them up to the walls to serve as decorations for the buildings. There they remain, except that at evening they are set free to wander about the ruins of their beautiful, lost city.

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This is done in various ways: by building up his physical health and strength so that he will have plenty of energy for meeting his standards; by correcting the standards themselves if they are impossible of achievement; by teaching him an improved technic for using what energy he has; by helping him to accomplishments in sports or work which he himself values; by encouraging him in personal cleanliness and neatness; and by giving him attractive surroundings and possessions in which he can take pride.

The attitude of others about him, nurses and attendants and relatives, should be sympathetic and respectful, Dr. Hoskins emphasized.

While many other factors enter into the cause and treatment of this deplorable condition, Dr. Hoskins' formulation of it is intended to give the general practitioner, nurses, attendants and relatives of the victim of dementia praecox a practical knowledge of the disease.

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PSYCHIATRY

New Self Respect Sought For Dementia Praecox Patients

A SIMPLIFIED method of handling patients suffering from the type of insanity known as dementia praecox has been reported to the American Medical Association by Dr. R. G. Hoskins of the Worcester State Hospital, Worcester, Mass. Dr. Hoskins has formulated the disease so that persons untrained in psychiatry can get a general understanding of what the disease is and how the patient should be treated.

About one-fifth of all the hospital beds in the United States are required for victims of this disorder. The economic loss in the United States alone is approximately a million dollars a day,

Dr. Hoskins estimated. The cost in human misery is incalculable.

Dementia praecox is a persistent dream state, Dr. Hoskins explained. It results from loss of self-respect due to failure to meet one's personal standards. It occurs in sensitive subjects as a defensive reaction. It is accompanied by a sense of isolation. Loss of self-respect makes existence intolerable in a world of reality and the sufferer escapes from it into the dream state as much as possible.

Methods to Follow

Treatment should be directed toward building up the patient's self-respect.

PHYSIOLOGY

Man Must Use Brains To Sleep Normally

NO BRAINS, no ordinary sleep. Dr. N. Kleitman of the University of Chicago came to this conclusion in experiments reported to the Federation of American Societies for Experimental Biology.

Use of the brain is necessary in order to sleep in one long stretch each 24 hours as human beings and most animals do in the more mature parts of their lives. This was shown by Dr. Kleitman's experiments on dogs. New-born puppies, little babies, and adult dogs completely deprived of the cortex of the brain through an operation sleep the same way. They eat and have a period of almost incessant activity and then the sleep, not just once in each rising and setting of the sun but several times.

People and dogs, Dr. Kleitman has concluded, must actually use their thinking mechanism, the cerebral cortex, and learn to sleep in the manner that most of us consider quite automatic and unconscious. Puppy or baby sleep or periodic napping does not need brain work, but keeping awake all day and sleeping all night soundly without waking is an acquired habit, in Dr. Kleitman's opinion, depending upon the brain's cortex for its establishment and maintenance.

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