

PSYCHIATRY

Hypnosis Urged For Speed-Up Treatment of War Neurosis

Combined With Psychoanalytic Skill It Provides Approach To Ills Caused By Recent Experiences

RECOVERY from war-caused nervous and mental disturbances among both civilians and fighting men can be speeded up by use of hypnosis, Dr. Leslie Farber and Dr. Charles Fisher, psychiatrists on the staff of Chestnut Lodge Sanitarium, told members of the St. Elizabeths Hospital Medical Society in Washington, D. C.

"Now is the time for young psychiatrists to avail themselves of our modern knowledge both of hypnotism and unconscious personality factors," these psychiatrists emphasized again and again.

Just as airplane and munitions manufacturers are giving up hand work on many processes in favor of machine methods that speed production for war, so psychiatrists working under war pressure to return mentally and nervously shocked men to efficient living as rapidly as possible must adopt short-cut methods of treatment, explained Dr. Farber.

He warned that hypnosis is only a means toward treatment, not the treatment itself. But when combined with modern psychoanalytic skill and knowledge, it can be a much more effective short-cut to treatment than it proved to be in the first World War.

"Nervous and mental breakdowns due to war conditions," said Dr. Farber, "lend themselves to short cuts in treatment because their precipitating cause is in the recent past, rather than in childhood. Hypnosis provides a quick method of uncovering recent conflicts and integrating them into the conscious personality."

Dr. Fisher described some of the experiments of recent investigators who have successfully combined psychoanalytic insight and techniques with hypnosis, to produce cures. Even cures of deep-seated childhood conflicts have been reported. Several cases, including depression, phobias, migraine headaches and sexual difficulties, have yielded themselves to a rapid course of psychoanalytic treatment carried out through hypnosis.

"During the last War," Dr. Farber

told the psychiatrists at St. Elizabeths, "hypnosis was used with few exceptions as a kind of magic." He mentioned Dr. Ernest Simmel of Los Angeles as an outstanding exception.

"Like Dr. Coue, these early psychiatrists believed that hypnotic suggestion was enough to produce a miraculous cure. Even today there are many popular hypnotists who imagine they are curing people by commanding their symptoms to disappear.

"In many cases this works temporarily," explained Dr. Farber. "Under hypnosis people are extraordinarily suggestible and will obey the hypnotist in so far as they are able. They will not of course do anything dangerous or alien to their moral code. This has been demonstrated in a recent series of experiments.

"You can suggest, however, to a paralyzed patient that he is able to walk and if his paralysis is due to some unconscious psychological cause, he may astonish you by getting up and walking.

"Many forms of faith-healing," said

Dr. Farber, "owe their success to a superficial or temporary removal of certain symptoms, while leaving the fundamental causes in the personality unchanged.

"The fault is not so much with suggestion itself as with the type of suggestions given. The more skill and knowledge the hypnotist has, the more thorough and effective will be the treatment. Getting rid of a symptom is not enough."

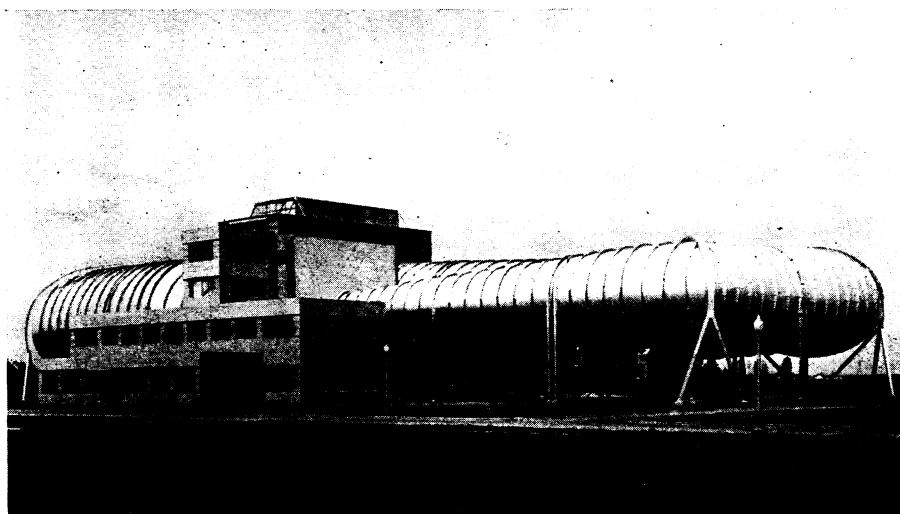
Science News Letter, February 14, 1942

PHYSIOLOGY

Average Person Can Give Blood Every Three Months

THE average healthy man or woman can safely give blood to blood and plasma banks for transfusions every three months, it appears from a report by Dr. Willis M. Fowler and Dr. Adelaide P. Barer, of the State University of Iowa College of Medicine (*Journal, American Medical Association*, Feb. 7.)

Second, third and subsequent donations to blood banks can be safely given as soon as the hemoglobin, the red coloring matter of the blood, has returned to normal. The average time for this after a donation of about one pint of blood is between 49 and 50 days, the Iowa investigators found from a study of 200 medical students, resident doctors and hospital employees. However, this can only be told by the blood test and the average healthy donor is likely to feel



NEW WIND TUNNEL

This 16-foot high-speed wind tunnel of the Ames Aeronautical Laboratory is devoted to urgent war problems. With another new wind tunnel at Langley Laboratory, this represents a 100 per cent increase in facilities for this purpose. Other wind tunnels are being constructed which will provide another 100 per cent expansion.

equal to giving a second pint of blood long before this. So unless the amount of hemoglobin in the donor's blood is determined regularly, the longer interval of three months between blood donations is advised.

Women need a little longer time than men to rebuild their hemoglobin stores, so the intervals between blood donations should be a little longer for them.

Hemoglobin stores are replenished at about the same rate after the fifth donation as after the first.

Small doses of iron increase the daily hemoglobin regeneration by nearly 50% and shorten the recovery time to 35.2 days, but the iron has progressively less effect after subsequent blood donations than after the first one.

Science News Letter, February 14, 1942

ARCHAEOLOGY

Finds Prehistoric Rag Is a Good Sterile Bandage

Cooperating Peruvian and U. S. Archaeologists Make Unusual Find Among the Debris in Ancient Trash Pile

COOPERATING with Peruvian scientists, United States archaeologists have been digging into a 10-foot-high trash pile of the Incas, which accumulated centuries ago beside the lofty Temple of the Sun at the holy Incan city of Pachacamac, in Peru.

In a first report of discoveries to the Eastern States Archaeological Federation, Philadelphia, Dr. William D. Strong of Columbia University said that masses of textiles, plant material and pottery recovered from the debris are expected to provide a long list of plants and animals that were used by this Indian civilization.

Heretofore, archaeologists have known the Incan Empire's cultural record mainly from what the Indians chose to place in graves.

Despite winter fog over Pachacamac, which is close to the Pacific Ocean, the temple debris was found amazingly preserved.

"I was astounded," said Dr. Strong, "to see a workman whose foot had been slightly injured reach into the wall of the cut we were digging, pull out and shake off an Incan rag and tie it around his foot with a piece of Incan cord. He went right on working before we could fetch the first aid kit."

"Since no Spanish objects occurred in the midden (refuse heap), it is obvious that this improvised bandage was made long previous to 1532, and, I may add, it proved to be quite sterile!"

Pachacamac, a Mecca for Indian pilgrims from distant places throughout centuries before the Incas formed their Indian empire, is a ruined site of tremendous interest for South American

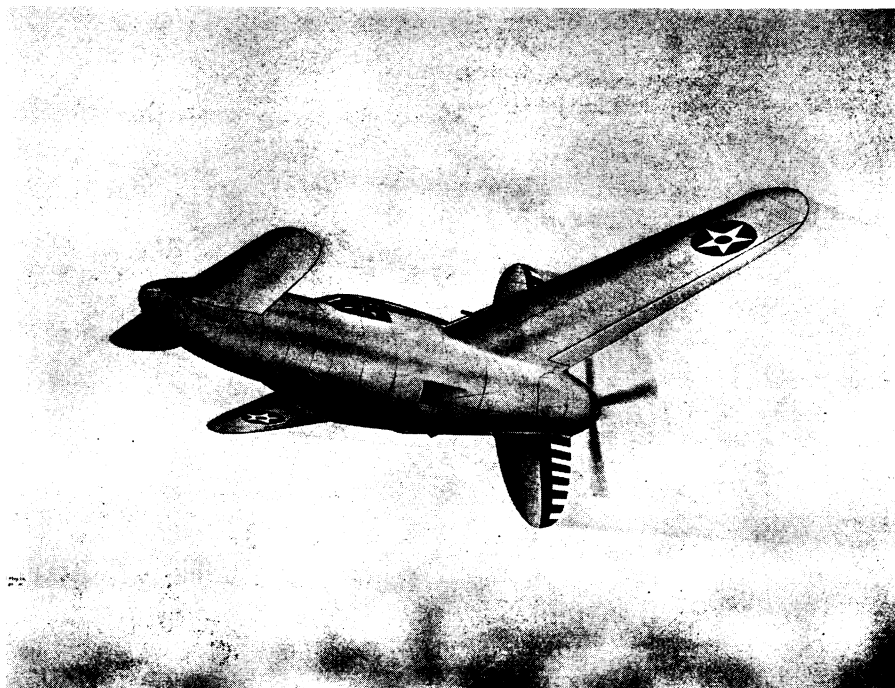
prehistory. It has been estimated that at least 60,000 Indians were buried there, and many graves have been examined. Recently, Dr. Julio Tello, one of Peru's outstanding archaeologists, has been making extensive and important excavations of the architecture, Dr. Strong reported.

From cutting vertically into refuse heap accumulations, layer on layer, it is possible to learn more about the time sequences of Indian cultures that Pachacamac knew. Below the Incan debris, Dr. Strong found no less than 33 feet more debris of pre-Incan times, dumped there perhaps by temple attendants and pilgrims.

Dr. Strong's address before the Federation is one of the first revelations of what is being achieved by the ten archaeological expeditions launched in the Americas by the Institute of Andean Research last summer. Financed by about \$100,000 from the Office of the Coordinator of Commercial and Cultural Relations between the American Republics, the expeditions are bringing together archaeologists in the republics to work on the difficult problem of establishing a clearer chronology for the high Indian cultures.

A framework of arranging events in order is needed, Dr. Strong explained, if we are to understand how the high civilizations of the Indians were inter-related, and how they have influenced modern history, geography, botany, and trends in our economics and sociology.

Science News Letter, February 14, 1942



THE "CANARD"

Don't be startled by the design of this airplane of the future from the drawing board at the Army Air Corps' Wright Field. "To the impartial physicist," one of the officers explains, "a propeller on the tail is no more odd than a propeller on the nose." Perhaps a tail on the nose should be no more surprising. Vision in this plane would be excellent, it is claimed. And having the propeller at the rear eliminates rough air over the airplane.