

up a lot of water as they cook, so watch the pot and add more from time to time.

Because the beans themselves have a very mild flavor, they take careful seasoning to make them tasty. The home economists suggest serving them with something salt or sour, something fresh

and crisp, or something bright and spicy. Cold cooked beans can be made into a salad for the main luncheon dish by serving on lettuce with sliced raw apple, chopped cabbage, or cress and carrots and salad dressing.

*Science News Letter, February 13, 1943*

## PSYCHIATRY

## Medicine for Sick Minds

**Psychiatrists urged to favor physical means such as diet, medicines and electric shock as treatments for mental disease.**

► **TREAT MENTAL** sickness by physical means such as diet, medicines and electric shock rather than by psychological methods alone, Dr. Abraham Myerson, Harvard professor of clinical psychiatry, urged fellow psychiatrists meeting to discuss mental sickness among civilians at the Neuro-Psychiatric Institute in Hartford.

The power of psychoanalysis to find the cause and hence the cure for neurosis was denied by Dr. Myerson.

"No line of cause and effect can be established in this way," he declared, "since every experience has bodily accompaniments which are much more likely to cause a later state of mind than the initial experience itself.

"It is not so much the emotional experience as the result in the body which gives either fear, disgust or any other emotion its importance in bringing about illness.

"No mind floats in thin air," he pointed out in stressing the importance of treating the body as well as the mind even when the patient is suffering from mental sickness.

"There are medicines which increase energy, others which help produce sleep, still others which improve nutrition. These are as frequently necessary as the psychological measures and in fact, in most cases of real mental sickness, they are far more important so far as immediate value is concerned.

"Many mental diseases are due to bodily disturbances and this is probably more important than the correlating fact, namely, that mental disturbances create bodily sickness."

The repressive disorders, he said, are much more easily treated by "the crude method of electric shock" than by psychological approach, even though scien-

tists have not yet been able to find why this is so.

Every resource available must be used for successful treatment, Dr. Myerson stressed. This includes psychological measures because they represent the development of faith and self-confidence, the reinforcement of will, the growth of self-control, the development of purpose and such simple fundamentals.

*Science News Letter, February 13, 1943*

## PHYSIOLOGY-AERONAUTICS

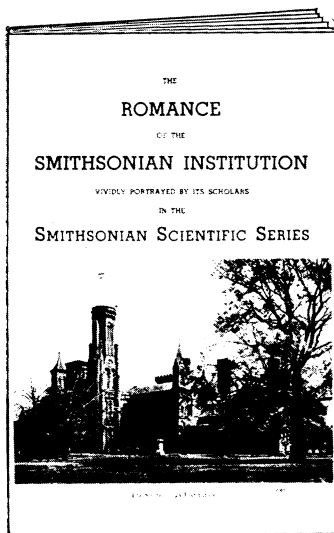
## Jap Aviators' Coiffures May Be Shock Protectors

► **JAPANESE AVIATORS** captured on Guadalcanal and shown in recent newsreels had long bushy hair standing up all around their heads in a very unusual manner. They resembled the frizzy-haired Papuans of nearby New Guinea more than they did the usually sleek Japs.

Anthropologists have suggested that the aviators let their hair grow long as a head protector or additional helmet. The Zero is known to be very maneuverable and the aviators wear bands around their waists to minimize shock to their internal organs. The long hair is thought also to minimize shock around the head.

Old-time football players in this country used to let their hair grow long as a protection to their heads, and it is recalled that prize-fighters often grew beards before a fight to help their faces withstand the impact of their opponents' blows.

*Science News Letter, February 13, 1943*



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