

PSYCHIATRY

Need Psychiatric Help

MANY MORE Americans have emotional disturbances or face problems needing psychiatric help than ever see a psychiatrist.

In many cases they never call on anyone for help, neither psychiatrist, nor minister, social worker, family counselor, or even their own family. They try to work out the problem by themselves or wait hoping it will go away. A few resort to prayer.

This was revealed when personnel of the University of Michigan's Survey Research Center interviewed 2,460 Americans over the age of 21. Those interviewed were scientifically selected to constitute an accurately proportioned miniature of the "normal," stable, adult population of the United States.

They were typical of the whole population in age, sex, education, income, occupation and place of residence. No one was a transient or in hospital, prison or other institution at the time of the interview. The interviews lasted from one to four hours and averaged nearly two hours.

Asked whether he had ever had a problem in which professional help would have been useful, nearly one in four said he had had such a problem. Only one in seven actually went for help, and these were mostly women, younger people, and the better educated.

One out of five reported that at some time during life he had felt that he was going to have a nervous breakdown. In such a crisis, almost half consulted a professional source of help. Nine out of ten seeking help went to a doctor.

Surprisingly perhaps, the hydrogen bomb,

international tensions, summit blow-ups or presidential elections do not figure importantly among the things that Americans report as troubling them.

A major source of both happiness and also unhappiness is money—or the lack of it. But when they mention money as fundamental to happiness, the typical American is not thinking of great wealth. He means ability to pay his bills and possession of a "good home."

In other words he is thinking of comfort, not luxury. Economic and material considerations represent the only category frequently mentioned as a source of happiness and also a source of unhappiness.

Children, marriage and the family are of outstanding importance as sources of happiness but they are much less often considered as sources of unhappiness.

In general, worriers are "not too happy" and those who are very happy do not worry very much. And frequently the same sources are cited for unhappiness and for worry. But there are differences.

Worriers have a different view of the future from the unhappy. Those who are "not too happy" are more frequently pessimistic about the future than are the happy. But the people who "worry all the time" look forward to a better future.

Worrying implies to some extent a positive and hopeful view of life; unhappiness, a negative, passive view.

Detailed results of the survey, which was made under the direction of Dr. Angus Campbell, will be reported in "Americans View Their Mental Health" (Basic Books) by Drs. Gerald Gurin, Joseph Veroff and Sheila Feld.

Science News Letter, July 2, 1960

GENERAL SCIENCE

Research Budget Increases

THE UNITED STATES will spend 15 billion dollars or more on research and development in 1962 if present trends continue.

The analysts, most of them connected with stock brokerages, project the 1962 expenditures from present expenditures, including statistics just released by National Science Foundation in Washington, D. C., on research and development in 1958.

They speculate that the research will begin to have a major impact on business in the mid-1960's.

Their predictions are based on these statistics:

1. Research and development is increasing at a fast clip. Money spent on these purposes by both Government and private industry was less than two billion dollars in 1945, the peak war year. In 1953, a little more than five billion was spent. Estimates of 1959 expenditures set these at about \$12.4 billion.

2. Government funds for basic research alone represented 23% of all research ex-

penditures in 1956. In fiscal 1960, basic research has risen to about 31% of the total. In basic research, the more revolutionary discoveries are generally made.

3. The 1961 budget is shaping up so that Government expenditures for research and development will be nearly eight and a half billion dollars.

4. From past years, it can be estimated that these Government funds will be 60% of the total money spent. Thus, total expenditures should be about \$14 billion in 1961.

Government funds began increasing sharply after Korea.

The 1961 Federal budget requests for basic research total \$600,000,000—20% more than in fiscal 1960. This pure research may bring new knowledge that will permit new products to come to market from 1965 to 1970.

While the Government supplies the money for its research projects, about 75% of the work may be done by private firms.

For instance, according to the final

breakdown by the National Science Foundation, the Federal Government financed more than four and a half billion dollars worth of industrial research and development in 1958. Much of the money went into defense projects. (The money spent was three times that spent in 1953.)

The Foundation reports that industrial research and development in 1958 accounted for three-fourths of the \$11 billion total spent in 1958.

But the Federal Government put up the funds for 56% of the industry total and perhaps about 60% of the total used by industry, universities and other groups, including those of the Government itself.

Businessmen estimate that of the total research and development in the next year, 1959, two and a half billion dollars or 20% was spent in electronic fields such as transistors.

Because of their high research and development expenditures, these industries are particularly watched by business analysts: atomics, chemicals, electronics (including information systems and infrared), pharmaceuticals and rare metals.

Science News Letter, July 2, 1960

AEROMEDICINE

Take First Course In Space Surgery

THE FREE WORLD'S first course for space surgeons is now under way at the Air Force Missile Test Center at Cape Canaveral, Fla.

A select group of medical officers from the Air Force, Army and Navy will be the first doctors to be qualified for this specialty under this new program.

The course was introduced by Gen. Oliver K. Niess, Surgeon General of the Air Force, and Col. George M. Knauf, staff surgeon at the Air Force Missile Test Center, who planned the intensive two-week project. Its purpose, according to Col. Knauf, is to make available a pool of qualified medical officers from the three services who will be able to perform duties as space surgeons to support the requirements of NASA's Project Mercury and future man-in-space programs.

Subjects for study will range from the history of astronautics to acceptable metabolic aberrations in space operations. It is estimated that 50 doctors will be qualified as space surgeons this year under this pioneer medical program.

Science News Letter, July 2, 1960

BIOLOGY

Shovel-Nosed Snake Found in Australia

A SHOVEL-NOSED snake that burrows into the ground has been found near Alice Springs, Australia. A dwarf snake, previously unknown, it is light gray with black marks on its snout and neck. The specimen found was five and one-half inches long. It has been named the Australian "Hognose."

Science News Letter, July 2, 1960