



HATE TO SHAVE?

This is one of the unpleasant duties that distress those who are feeling low.

PSYCHOLOGY

Test Your Own Rating of Your Happiness or the Blues

Psychologists Now Have a Way to Assign a Numerical Rating to Your State of Mind; Your Ups and Downs

AT LAST a measuring stick has been devised for happiness. Psychologists now have a way of putting a numerical rating on your state of mind.

If it is Blue Monday, and you are in the dumps; or if your mother-in-law has just set out for a long journey, and you are walking on air, this new test rating will show it right up.

The test is known technically as a quantitative correlate of euphoria. Euphoria is the uplifted state of mind that in its extremes in the mentally ill cause them to go down town and buy the Empire State Building and order it sent right home. It is something more stirring than bliss—it is that top-of-the-world, wings-on-your-feet feeling that hits you when you are at the top of a high hill or riding a boom in Wall Street.

Easily recognized by any bystander is euphoria. It makes the life of the party and is as invigorating to those about as is a cold swim on a sultry day. That is, unless it happens that one is exposed to it too long and often. Then it can be very tiring.

But euphoria, however easily recognized, proved to be an elusive quality to measure or rate. In the case of mental patients it is often desirable to state, with scientific exactness, the state of mind. Is the patient excited, or is he depressed? Is he happier than he was yesterday, or has the thermometer of his emotion gone precipitately down?

In devising the new test of euphoria, the experiments were conducted not on mental patients, but on college students, who are also subject to their emotional ups and downs. As developed by Drs.

W. A. Bousfield and H. Barry, Jr., of Tufts College, the test is a simple one, easily given to groups or individuals, and suitable for repeated administration as often as desired.

Do you want to test your own euphoria? Just how happy are you today?

All that is necessary is a nice large blank sheet of paper and someone to time you, preferably with a stopwatch.

First write down your own impression of how well you are feeling. Give yourself a rating on a plus five to minus five scale. Plus five means feeling as well as possible—up in the clouds. Minus five means badly as possible—the “morning-after” low. With your own estimate set down, you are ready for the test. When your timekeeper gives the signal, start making a list of pleasant things. Make your list as long as possible.

Life's Pleasant Things

You might list such things as ice cream, winning a game, vacation, friends, and money—whatever appeals to you as desirable, good, pleasant.

Time is up in exactly one and a half minutes. Lay aside your list. The timekeeper calls a second starting signal, and you start listing, this time unpleasant things.

Here is where you set down your headache, loud noises, being thought stupid, or falling. List anything that pops into your head as a grievance, an unpleasant thought, or a dreaded task. Make your list as long as you can in the minute and a half allowed.

When time is called, repeat the process for both pleasant and unpleasant things.

Now for the score. It is found by simply counting all the pleasant items listed and then all the unpleasant ones, and finally finding the ratio by dividing the number of pleasant by the number of unpleasant.

Well, how did your estimate stand up? Most people are able to rate pretty correctly their actual state of mind, the investigators found. If you are feeling in good spirits, you know you are, and your mind is filled with the pleasant aspects of life. The sun is shining. All's well with the world. If you are in the dumps, the outlook is sour. Everything has gone wrong. The world is out of step.

Here is a sample test paper of a person, whose anonymity is preserved under the initials N. N. F. This person was an optimist, at least at the time of the test.

Pleasant items: Riding, walking, eat-

ing, resting, looking at trees, conversation with a friend, smelling of flowers, working, laughing, reading, joking, shopping, freshening up after shopping, looking over a magazine.

Unpleasant items: Headache, nausea, argument, tiredness, loss of appetite, pains, financial worry.

Notice how objective and external, comparatively, were the pleasant matters listed, how tied up with physical condition were the unpleasant. The score on this person is plus five.

For contrast, here is the list of a poor unhappy soul, whose life for the moment was ruined by a howling toothache and the absence of his adored one. Listing pleasant items he rather imagines the absence of the unpleasant ones that dominate his thoughts. The list follows:

Pleasant: Seeing my girl friend, eating ice cream, relief from my present tooth trouble, candy, 10 gallons of free gasoline, a good drink of cool milk, my quarterly payment, money, a good movie, a job given to me, not to have to shave, today being tomorrow, a letter from Philadelphia.

Unpleasant: My tooth trouble, the damned noise in my radio, work tonight, cleaning the kitchen, having no money, going to psychology class, having no gas in my car, having to read

for English, my girl friend is away, no meat for dinner, having a tooth out, having to reline my brakes, having to polish a car, having to listen to lousy radio program, the fellow I work with, have to go to Hartford tomorrow, not graduating in June.

Here is the record of a student more nearly average in his spirits:

Pleasant: Golf, winning match, watching baseball game, watching football game, playing ice hockey, skating, cold drink, good food, vacation, fishing, good show or movie, seasonable weather, pleasure driving.

Unpleasant: Late for train, late to class, examination, writing thesis, flat tire, poor sportsmanship, bad show, engine trouble, bodily ailments or illness, poor food.

Aside from the toothache, sleep and worry were the conditions most definitely related to high or low spirits, the investigators found.

The highest average euphoria was reported by those who had had eight to eight and three quarters hours of sleep during the previous night. Amounts of sleep below or above the optimum were associated with definitely lower average euphoria, it was discovered.

Those who worry have low spirits.

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PHILOSOPHY

Belief In The Miraculous Still Has Large Place

By DR. WILLIAM E. RITTER

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WHAT is known as the "industrial revolution" is not merely industrial and economic and due to science, invention and industry. It is also philosophic, theologic, and religious—at least in its import. For it has almost completely revolutionized the conception of the external world held by the greatly dominant portion of the human species. It has proved that a prodigiously large part of that world is what we call natural. As a result belief in anything called supernatural in that part has faded from the picture almost entirely. One scans in vain the parts of modern civilization, which are held to be "objective," for traces of what in ancient and recent backward civilizations have flourished under such characterizations as "miraculous," "magical," "occult," or "supernatural."

Today even though there may be professions of *belief* in forms and powers of this sort, when it comes to the test of life-or-death *action* the beliefs cut little or no figure. Understanding begotten of much common experience has come to perceive too much of what is involved in the notion of miracle.

It sees for example that the military injunction about trusting in Providence but keeping the powder dry really involves recognition that even Providence can not win battles with water-soaked powder.

No civilization has yet fully realized that the cherished inner world of humanity itself is natural in the same sense that the outer world is natural.

Belief in the supernatural and the miraculous still has a large place in the way of life of the most advanced civilizations.

Natural knowledge and understanding have contributed vastly to man's good so far as external nature and much of his own corporeal nature are concerned. But they have not yet been extended to the whole of his nature in accordance with the great discoveries of Charles Darwin.

Evolution as conceived by Darwin is not yet understood and accepted by more than a minute fraction of the human species, even by the most culturally advanced members of it. The revolution



AH-H-H!

Here is a treat to be listed among life's pleasant things