



"That Which Is Tired"

THERE has been a great deal of discussion about the use of the words tortoise, turtle, and terrapin. Dr. Raymond L. Ditmars, noted student of reptiles, has handed down a ruling. Tortoises are the land-living forms, he says, and the name turtle should be reserved for the kinds that spend a large part of their time in the water. Terrapins of course are the particular tortoises that have a high reputation as "quality eats."

It is a little unfortunate that the confusion between tortoise and turtle should have arisen, for both words are originally the same. They come from the old French *tortue*, and back of that from the Latin word meaning twisted. The reference apparently is to the peculiarly turned feet of the tortoise of Mediterranean lands. Nor has turtle, as applied to our small friend in armor, anything to do with turtle, as applied to a dove. The turtledove's name comes from the Latin *turtur*, an obvious imitation of its own cooing note.

What impels us towards special friendship for the little tortoise that strolls on stumpy legs through the garden is not easy to guess. Perhaps, though, it is the fascination of something quite unlike ourselves yet still a living being. Per-

haps, too, there is the slight psychological elation we feel, unconsciously in the main, at our superiority over a creature so awkward and helpless-looking and so obviously harmless. Anyway, we do like him; and the Southwestern Indians' humorous name proves that the Indians liked him, too. They called him "That Which is Tired."

There is one belief about reptiles in general that has lately been proven quite false, and it may be of benefit to have it still more widely known, for the well-being of lizard, or snake, or tortoise that your children may capture and want to keep in a box for a while.

Whatever they do with their captives, do not let them put the poor thing in the full glare of the summer sun. The old idea that reptiles love to "bask" is only half true—and the higher-temperature half may result in a small tragedy if believed in too implicitly.

A California scientist, Dr. Walter Mosauer, has tried penning rattlesnakes and other kinds of serpents on bare rock and soil, so that they cannot find shade anywhere, and then leaving them to the full sunlight. Far from enjoying it, they soon show signs of discomfort, and presently die. They may like to bask in the sun when the weather is still cool, but there can be too much of a good thing. So if your kids decide to make pets of either Slip, the Lizard, or Slithery, the Snake, or That-Which-Is-Tired, see that they are not kept caged where the sun is too hot.

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### From Page 6

ful relationships between actual human beings, we commit personal suicide."

### Education Methods Blamed

OUR present educational methods were blamed for crime, marital unhappiness, and mental illness by Lawrence K. Frank, of the Josiah Macy, Jr.,

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Foundation in New York before the Symposium on Mental Health at Richmond.

"It is becoming clear," he said, "that the delinquents and criminals, the mentally sick, the sex offenders, prostitutes, celibates, unhappy wives and husbands, the harassed, insecure business men, politicians, professional workers, and those who are ill from anxieties and repressed feelings that they have turned against their own organ systems, are in most cases the products of the present educational programs in our homes and schools.

"They are the unhappy, frustrated anxious babies of yesterday, the misunderstood and neglected school children of yesterday, the bewildered and rebellious adolescents of yesterday, who are now expressing in these different ways what they suffered during their childhood and youth."

Mental hygiene gives no support for the doctrine of complete lack of restraint for the child, he said, but all the necessary deprivations and prescriptions should be made emotionally acceptable to the child since our whole social, economic and political organization is based upon learning these lessons without either resentment to endanger society or anxiety to defeat, if not destroy, the individual.

"The democratic aspirations of man cannot be achieved so long as individuals are warped, distorted and mentally sick," he declared, "since only the sane, integrated personalities, who have learned to accept themselves, can show that understanding and tolerance that is necessary to a democratic society.

"Whatever fosters and promotes mental health will guard and further democracy."

### Social Customs Important

SOCIAL conditions may contribute to an individual's mental breakdown when the social institutions are such that

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