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1957 Annual Report

SOCIETY FOR THE INVESTIGATION  
OF HUMAN ECOLOGY, Incorporated



71-58 AUSTIN ST., FOREST HILLS, 75, L. I., N. Y.

# *1957 Annual Report*

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## HUMAN ECOLOGY

The attitude of the naturalist is crystallized in the study of ecology, the branch of science that deals with the interrelations between organisms and their environment. The work of Darwin provided the impetus for research in this area, which was first developed by Ernst Haeckel in 1868 as an aspect of his studies of plant life. Those biologists who have taken the broad view of ecology have seen it as embracing the study of any of the pertinent features of living organisms in their natural habitat. They see the ecologist as properly concerned with any aspect of the environment to which the organism must adapt and with any of the adaptive mechanisms that the organism utilizes in dealing with its environment. He may consider the physiological and biochemical adaptive mechanisms within the organism and the anatomical structures upon which these are based, as well as the behavior of whole organisms and of the colonies and societies which these organisms develop. In a given instance, he does not attempt to study all of the variables, but only those which appear to be pertinent; he is constantly aware that a multiplicity of factors are operating and feels free to make use of any pertinent body of knowledge, tool or method. A number of biologists, among whom J. W. Bews has been outstanding, long ago suggested that the ecological discipline and the concepts associated with it might be profitably applied to the study of mankind.

The complexities of life require that the scientist see man as a sentient organism, a persona in a social group, constantly coping with the changing circumstances that are an inescapable feature of living. The scientist must feel free to concern himself with all of man's relations to his environment and to consider his behavior, his health, and his social



organizations in the light of biological background and make-up, the physical milieu in which man lives, and the many-faceted position which he occupies in the structure of his society. He should be prepared to use the methods and knowledge of the physical and biological sciences helpful in the study of the individual man as well as those of the social, political, and geographical sciences helpful in the study of human societies.

It should be emphasized that such an orientation does not impose upon the investigator a paralyzing pluralism or the necessity of an intensive investigation of all of the factors involved. Indeed, it does not even necessitate the concurrent operation of a "team" of workers with different disciplines, although it requires that such workers be called upon for specific information. Human ecology is, first of all, the study of man in his proper setting. It assumes in its practitioners an awareness of the operation of multiple factors, even though only a few of the most pertinent be selected for special investigation.

The study of Human Ecology encourages investigators to draw upon any body of knowledge that is pertinent to the problem at hand and to use those investigative tools that are most applicable. It requires no arbitrary distinction between the "natural" sciences and the "social" sciences; it brings scientists of various backgrounds together not simply to exchange views in academically remote fashion as representatives of different disciplines but to work together in the study of living man in his natural habitat.

The ecological approach is essential to the understanding of problems of great present concern, such as the effect upon the individual of the social and cultural changes that are occurring in an age of rapid technological advance. Several studies sponsored by the Society suggest that extensive social changes may be readily assimilated by indi-

viduals, provided the change is shared with a larger social group. Social change appears to have its greatest effect upon health and behavior when it impinges upon intimate interpersonal relations. Social mobility by an individual within a society seems to be much more difficult to cope with than is general social change. In all cases, it seems necessary to provide new ideas, new values, and new frames of reference for those who have discarded the old, if they are to remain healthy as they assimilate the new.

Recent events in the political arena have highlighted the drastic, though apparently temporary, effects of highly controlled environments on human behavior. Basic beliefs have apparently been altered by Communist indoctrination methods. It must certainly be recognized as a distinct possibility that the human personality is not as stable as we often assume; that, in fact, it is susceptible to marked change if the right environmental conditions exist. It is possible that man's capacity for such change is precisely what makes it possible for him to adjust to a rapidly changing society.

The increasing possibility of physical mobility in the modern world has created an increasing need to study the changes commonly called "acculturation." Recently, the United States has had to face the problem of integrating a sizeable group of Hungarian refugees without, however, having a systematic body of knowledge to draw upon which would permit an accurate assessment of the effects of such drastic relocation upon either the refugee group or the host country. Something akin to acculturation is no less a problem within a given society when one considers the effect of the occupational and social changes brought about by technological advances and changing concepts of the proper social order.

As health and behavior are influenced by man's relationship to his environment, so therapy directed at helping

those who are unable to adapt must take the form of changing the individual's relationship to his environment or changing his perception of this relationship. Evidence from these studies suggest that changing the actual social environment is sometimes of more and sometimes of less importance than changing the way that this environment is perceived; but the study of both the man and the milieu must proceed together if an adequate understanding is to be obtained.

## THE SOCIETY

The Society for the Investigation of Human Ecology was organized in May, 1955 and incorporated as a non-profit organization under the laws of the State of New York.

Dr. Harold G. Wolff, President of the Society, for a number of years has been involved in investigations in the general area of Human Ecology at Cornell University Medical College in New York City. These studies originally were concerned with the investigation of the physiological and behavioral reactions to experimentally-contrived life situations and the evaluation of the relationship between life situations, emotions, behavior and the occurrence of various diseases as demonstrated in the lives of ill people. The Cornell Human Ecology Study Program was an outgrowth of these studies, which also led to the organization of the Society.

Up to the present, funds have been obtained from gifts by private individuals and, in one instance, from the Foresight Foundation, which restricted the use of its funds for a specific project. A major portion of the money has been expended in support of the Human Ecology Study Program at the Cornell University Medical College. During the past two years, however, it has



JAMES L. MONROE

*Mr. Monroe joined the Society as Executive Secretary and Treasurer in February, 1957, after a tour with the Air Force Research and Development Program during and following the Korean War. His last assignment was with Headquarters, USAF.*

been possible to make grants to help support promising work of individuals at other universities and to individuals for research in fields related to Human Ecology. Because its present limited resources do not make it possible to cover the entire field of Human Ecology, the Society has taken as the focus of its interest and efforts the support of investigations of man's relationship to his environment and its effect on his health and behavior.

As a corollary to its concern with interdisciplinary effort as it applies to ecological studies, the Society has an interest in the development of the individual scientist, particularly the young scientist. The investigator who has demonstrated his skill and his productivity, regardless of the institution with which he is affiliated, finds willing consideration of his research proposals by the Society for the Investigation of Human Ecology. This philosophy reflects the growing awareness of the Society's Board of Directors that much productive thought and energy have been lost through research based upon rigid protocol and that the contributions of the individual scientist are sometimes lost in the task force approach to research.

The Society, through the wide interest of its Directors, hopes to continue its program by:

1. Selecting and stimulating research relevant to—
  - a. Studies of marked behavioral change and the conditions under which it occurs, including political indoctrination, psychotherapy and other forms of therapy, education and training.
  - b. Studies of the features within social groups that lead to the development of group patterns of adaptation and the way that these are used to deal with social change.
  - c. Studies of the effects of physical or social dislocation and of acculturation.



- d. Laboratory and clinical studies of the function of the nervous system, as well as studies of adaptive reaction patterns involving other organ systems and their pertinence to health and behavior.
2. Collecting, integrating and publishing research results within the ecological frame of reference.
3. Providing a physical meeting ground for investigators from different disciplines interested in common problems, through the sponsorship of meetings, seminars and working groups.

This program is designed to examine some of the areas of interaction between men and their environment that have an impact of immediate importance. While it is not necessarily exhaustive or permanently designed, it offers from limited funds a framework within which the phenomena of political and social affairs, health and other aspects of modern life can be brought into focus for systematic investigation by the scientific community.

Inquiries concerning Society grants or fellowships should be addressed to:

Executive Secretary  
Society for the Investigation of Human Ecology  
71-58 Austin Street  
Forest Hills 75, L. I., N. Y.

## REVIEW OF PROJECTS

### *Studies of Impairment of Highest Level Human Brain Functions Following Prolonged Stress*

Dr. Harold G. Wolff, Cornell Medical College

### *Relationships Between Health, Personality and Environmental Factors in Groups*

Dr. Lawrence E. Hinkle, Jr., Cornell Medical College

Dr. John W. Riley, Rutgers University

Dr. Richard Stephenson, Rutgers University

Mr. Jay Schulman, Rutgers University

Dr. Beatrice Bishop Berle

Mr. Albert D. Biderman

### *Experiments in Techniques and Methods of Psychotherapy*

Dr. D. Ewen Cameron, McGill University

Dr. Robert W. Hyde, Butler Health Center

### *Personality Studies*

Dr. David R. Saunders, Educational Testing Service

### *Publications*

Dr. Eric D. Wittkower, McGill University

Dr. Jacob Fried, McGill University

## CORNELL UNIVERSITY MEDICAL COLLEGE

### *Human Ecology Study Program*

During the academic year 1956-57, activities of the Human Ecology Study Program at Cornell University Medical College were primarily concerned with a study of the higher integrative functions of the central nervous system, and two studies of the health, personality features, and adaptive reactions of groups of displaced persons, one Chinese and the other Hungarian.

### *Studies of Impairment of Highest Level Human Brain Functions Following Prolonged Stress*

In previous studies, understanding of disease has been furthered by application of the principle that disease often represents a state in which normal adaptive responses to threat have gone awry, being inappropriate either in amount or in kind. Thus, many of the body's organ systems are damaged as a consequence of prolonged striving for adaptation in circumstances perceived as threatening.

With a recognition of the central importance of the brain in over-all adaptation, the staff has attacked the problem of defining the highest integrative functions, the effects of damage or loss of brain tissue, and the effects of prolonged life stress on the functional capacity of the brain. In this way, increased understanding has been sought for disease states characterized by prolonged disturbances of mood, thought and behavior—including not only the neuroses and psychoses but also a wide variety of "bodily" diseases. Accordingly, subjects with well described loss of tissue from the cerebral hemispheres were studied first, and consequently, with the same methods, subjects after prolonged life stress. They were studied both in terms of their adaptive capacity in the setting of their daily lives and in terms of an elaborate battery of laboratory procedures including the



Halstead Battery, Conditioned Reactions, Rorschach Ink Blots, Frustration Tolerance, and Reactions to Failure.

The problem of whether the highest integrative functions of man represent the action of the entire mass of the cerebral hemispheres acting in concert, or whether the individual components stem from separate specialized regions, was attacked by amassing quantitative evidence demonstrating that it is the amount of tissue lost rather than its site that determines the degree and kind of impairment in highest integrative functions.

Study of those subjects with tissue loss indicates that the concept of the functions of the cerebral cortex must be broadened to include not only learning, memory, perception, etc., but also the capacity to express needs, drives, and motivations, the capacity to maintain function during stress, and the ability to maintain effective and appropriately modulated defense reactions (denial, projection, withdrawal, phantasy, etc.). Defects in these capacities occurred even when the damage was mild or moderate, while the defects in memory, orientation, judgment, etc., characteristic of "dementia" or "organic brain damage," as conventionally understood, were seen to represent the consequences of relatively large tissue loss.

These methods were then applied to the study of a group of persons with long standing and severe anxiety, a hospitalized group of patients with chronic schizophrenia, and a group with such diseases as peptic ulcer, ulcerative colitis, arterial hypertension, and frequent severe vascular headaches. It was found that individuals in these groups exhibited limitations in adaptive capacity similar to those that were observed to follow major loss of tissue from the cerebral hemispheres. Also, it was apparent that much more of the symptomatology of individuals with prolonged disturbances of mood, thought and behavior now could be understood as aspects of a failure in the functioning of the

cerebral hemispheres of the brain.

The study has established that the brain like other organs may be damaged in its functional capacity during long maintained efforts to adapt to adverse life situations. This concept has served as impetus for a broad program of further study.

### *Chinese Study*

The study of the Chinese, begun in 1954, was largely completed during the past year, and various research reports were prepared. This study was initiated after previous investigations of two population groups of American working people had indicated that members of these groups showed marked differences in their general susceptibility to illness, and also had indicated that illnesses of all sorts tended to cluster during periods when an individual was having difficulty in adapting to his social environment. The Chinese studied were expatriate graduate students and professional people stranded in the United States after the Communist Revolution in 1949. One hundred of these were studied intensively and in parallel by investigators representing medicine, psychiatry, psychology, cultural anthropology, and sociology.

The lives of these Chinese had been characterized by social dislocation, geographic mobility, and physical hardship, taking place in a setting of rapid culture change. Differences in general susceptibility to illness, like those found among the two American groups, were exhibited among these Chinese, and the clustering of their illnesses during periods of hardship and difficult adaptation was clearly demonstrated. The study of this group yielded findings of interest in many fields. For example, in spite of the fact that these informants came from a society and a culture greatly different from our own, they nevertheless exhibited reaction patterns generally similar to those seen in Americans. Likewise, in spite of the difference between the tradi-

tional Chinese family structure and that seen in the United States, it was found that the interpersonal relations within Chinese families and the personal influences acting upon these Chinese as children had been in many respects similar to those seen in people from western societies. The rapid cultural changes in China during the past 50 years had led to a cleavage between the older and younger generations of the educated upper classes, leaving the younger with no adequate guide to the values and concepts of western society which they have adopted; for this and for other important reasons, members of the younger generation have found the present Chinese Communist regime to be much more attractive than one would have expected, and they are much more susceptible to the propositions of Marxism than they would appear to be upon the surface.

The parallel findings of the psychologists, the psychiatrists, and the anthropologists obtained during this study have supported the validity of the cross-cultural use of a number of psychological tests not hitherto so validated.

### *Hungarian Study*

The events of October and November, 1956, made it possible to study a group of 70 Hungarian students, workers, and intellectuals, most of them in their 20's and 30's, who took part in the Revolution and then fled the country to become refugees in the United States. The methods used with the Hungarians were similar to those used with the Chinese. Most of these Hungarians had survived through extraordinarily difficult circumstances, including periods in concentration camps and in secret police prisons. They had suffered from exposure and deprivation, and had participated in the Revolution. Often those who had gone through these experiences with the least difficulty and with the smallest amount of symptomatology were people with markedly aberrant personality patterns, as judged by the

psychiatrist and clinical psychologist. This observation has added to the evidence that healthy people are not necessarily "normal," but are people peculiarly adapted to their special life situations.

The results of the Hungarian study have not yet been completely evaluated, but it can be said that it was relatively easy to delineate the personal and social factors behind the participation of each person in the Revolution and his subsequent flight. Probably the most significant finding was that the continuity of Hungarian cultural values and their transmission from parent to child had led to a preference for the traditional Hungarian institutions and value systems, even among the youngest members of the group. This, as much as anything else, seemed to be responsible for the rejection of Communist concepts and values by the students, workers, and intellectuals who had been most benefited by the regime and who had been the recipients of its most intensive efforts at indoctrination. Reports of various phases of this study are in preparation.

## RUTGERS UNIVERSITY

### *Hungarian Study*

As a part of the Society's interest in the effects of social ferment and the impact of geographical dislocation on the health and well-being of displaced persons, funds were made available to the Department of Sociology, Rutgers University, for a sociological study of refugees of the 1956 Hungarian Revolution, using the same population under study by the Cornell Human Ecology Study Group. The Rutgers investigation is concerned with those expectations of the Hungarian populace which were violated by the Communist regime and which thus contributed to disaffection, revolt and ultimate flight from the country by the group under study. Corollary to this, is an inquiry into the



group's response to deprivations experienced under the Communists. The primary focus here is on the refugee's salient group membership— family, friends, church—which supported or failed to support the refugee's views of the regime and the extension and withdrawal of such support when the individual participated in demonstrations or revolutionary acts and then elected self-exile. How the social groups with which the refugee identified himself conditioned his perception of and behavior toward the Communist regime is also receiving emphasis.

Not all change instigated by the Communist regime failed of acceptance or was deemed undesirable by the Hungarian populace. The Rutgers group is investigating those areas in which the Communists were successful in effecting changes in the Hungarian social structure, including the impact of industrialization, the raising of certain cultural values, and the results of increased opportunities for education under Communism.

Data obtained from these interviews have been coded and tabulated in terms of the major dimensions: (1) sources of disaffection from the Communist regime, (2) types of adaptive techniques and their consequences, (3) salient group memberships, and (4) the nature and intensity of the individual's activities during the revolution, including his exodus. In addition, examination of the relationships among these categories will allow exploration of a number of sociological problems, including the effects of social isolation upon group behavior.

A number of short papers are under preparation for presentation before interested societies and associations. Eventually, this sociological analysis of Hungarian refugees will be incorporated with the medical, psychological and anthropological studies of the same group by the Cornell Human Ecology Study Program and published in a final report of joint research by these disciplines.

## *Puerto Rican Study*

The forthcoming publication of *Eighty Puerto Rican Families in New York City* (Columbia University Press) by Beatrice Bishop Berle, M.D. is an account of observations on the illnesses, manner of living and behavior of a group of 420 individuals living in a Manhattan slum. A small office located in one of the tenement buildings served as the field station from which Dr. Berle and her associates provided out-patient care to a group of families living within a radius of a few city blocks. The study was made from 1954 to 1956, under a grant from the Foresight Foundation.

The Society for the Investigation of Human Ecology has sponsored studies of several population groups, including Chinese exiles and Hungarian refugees, with a view to determining the association between illness incidence and events in the individual's life. These have considered the culture from which the individual came, his biography and medical history, and his performance on various psychological tests. Dr. Berle's work with Puerto Rican families offered a singular opportunity for a prospective study, an inquiry into health and disease in the context of the individual's environment. With funds provided by the Foresight Foundation and administered by the Society for the Investigation of Human Ecology, Dr. Berle and her associates began a two-year study in November, 1957, as an extension of her previous work.

Tentative plans for this project include approximately 75 families. These are to be examined and treated on an out-patient basis where it is felt that treatment is possible; where it is not, referral to the proper medical and social agency will be made while maintaining contact with the family. Therapeutic relationship with the families and acquaintance with their background and current situation will enable the investigators to observe and record episodes of illness and attempt to evaluate the degree of disability of

all members of selected families as they occur. In many instances these illnesses will be treated through out-patient service by Dr. Berle and her staff at the clinic. Information concerning the incidence of untreated minor illnesses will be obtained through a nurse's visits to the home; records of hospitalization will also be available.

From this project, a number of questions for which answers will be attempted suggest themselves. What is the effect, for instance, of long term chronic illness in one member of the family on the illness rate in other members? And, again, where several members of a family have a high incidence of illness, what characterizes this family when matched with a comparable family with low income? Does the incidence and type of illness in small children in tenement families differ from that found in families in new housing projects?

Many of the families under study migrated to this country in recent years and are presently adapting to new and often difficult life situations. The design of the project enables the observer to study illness episodes in context as they occur and to note the manner in which illness is handled by the families, by medical personnel and by the community.

### *Prisoners-of-War Study*

Albert D. Biderman, sociologist and author of several papers on Communist methods of interrogation and indoctrination, was associated with United States Air Force studies of the prisoners-of-war problem since the beginning of those studies in 1952 and until 1957. An authority on the coercive methods Communists use to elicit compliance from their captives, he is currently engaged in deriving and reporting findings which may be of general scientific interest from research he originally conducted for the Air Force on Communist exploitation of Air Force prisoners of

war. Research previously analysed from a narrowly practical point of view is being re-analysed by Mr. Biderman, using more general formulations. Primary attention is being given to analyses of factors affecting prisoner-of-war behavior and the consistency and inconsistency of such behavior in terms of the individual's value system and his major needs. The study will also emphasize the attempts of the captor to control the behavior of the prisoners and the prisoners' response to these attempts. A series of interviews and questionnaires administered to the 235 Air Force members who returned from captivity in North Korea or China are available for study. Documentary materials, including captured documents relating instructions to troops on handling American prisoners of war, will be the sources of further information on former prisoners, their prison experiences, their captors, and information regarding more or less comparable experiences of other prisoner groups.

The project was undertaken with a grant from the Society in July, 1957 and is tentatively scheduled for completion in August, 1958.

## McGILL UNIVERSITY

### *Heteropsychic Driving*

At the Allan Memorial Institute of Psychiatry, McGill University, Dr. D. Ewen Cameron is directing research that explores the effects of repeated verbal signals upon human behavior. The technique is known as heteropsychic driving and is being used experimentally in the treatment of seriously disturbed persons suffering from paranoid schizophrenia. The study had its beginning in June, 1954, when investigators learned that a striking degree of penetration into a patient's problems could be obtained by playing back repeatedly excerpts of recorded material from psychotherapeutic interviews. The playback produced an increase of dynamic material from the patient. During the year that



followed, it was also learned that repetition established a "psychic implant," that is, a tendency for the patient to return to the area which had been stimulated by the playback. The proper communication could be used, for instance, to prompt the patient to relive one of the great formative relationships of his early life, such as childhood relationships with his father. Psychic implant further identified the patient's problems by bringing additional material into consciousness and thus increased the possibility of reorganizing his behavior patterns.

The next step, and one that brought Dr. Cameron's group to the Society for the Investigation of Human Ecology for financial aid, concerned a study of the effects of verbal signals not derived directly from the patient's own statements, but devised by the research team. The plan was to study the effects of pre-determined signals both on physiological functions and on patterns of behavior.

Some experience in changing physiological function by repetition of verbal signals was already at hand. Dr. Cameron and Dr. Robert B. Malmo had succeeded by this method in changing arm muscle tension, measuring such change by electromyograph. It was decided next to attempt to influence physiological functions which could not be thought of as being under voluntary control. The two functions selected were the blood pressure in the brachial vessels and the temperatures of the ear lobes and of the toes.

The heteropsychic driving experiments have achieved changes in the desired direction by verbal stimuli in all three physiological functions: temperature, blood pressure and muscle tension.

Although the results at the behavioral level are less clearcut, members of the research group believe that suitable verbal signals can shift behavioral patterns of the individual to a definite, though as yet unknown, degree. There is doubt that the original impetus from the driving will maintain this shift for long. Yet, if the new pattern of be-

havior is rewarding, if it is well received by the family and by the community, it may become long lasting or even permanent because of the very fact that it does bring increased rewards to the individual.

Where verbal signals are directed toward change in the pre-illness personality, rather than toward abatement of symptoms, changes have been produced that may well have great significance for the future of psychotherapy. The effectiveness of heteropsychic driving as a psychotherapeutic technique will depend ultimately upon whether the method can be sufficiently improved.

## BUTLER HEALTH CENTER

### *Studies In LSD Reaction*

A research group at Butler Health Center, Providence, R. I., has for several years studied the effects of psychoses on social behavior, experimenting with d-lysergic acid diethylamide tartrate, or LSD, a derivative of ergot with which temporary psychoses may be produced in the laboratory, thus providing insights into the emotions and thought processes of the mentally ill.

The Butler project has enlisted the efforts of physiologists, psychologists, psychiatrists and sociologists, who are working to exploit this and similar new tools for the investigation of psychotic states. Out of a general interest in experimental psychiatry and new techniques of psychotherapy, the Society for the Investigation of Human Ecology has sponsored these studies since September, 1956.

The first phase of the experiments consisted in developing a background knowledge of the variables affecting a subject's reactions to the drug LSD. Reactions were studied according to the subject's personality, the amount of LSD received and the situation or milieu in which the drug was taken.

It has been demonstrated that the degree of personality

disorganization or clinical severity of the reaction increases with increased dosage of LSD and that the quality of the reaction changes systematically.

The nature of an individual's usual social interaction pattern is related to the way that he reacts to LSD. One who tends to withdraw in his ordinary social behavior, experiences under LSD a greater sense of unreality, becomes preoccupied with inner thoughts and is generally less active and more withdrawn. The person who is outgoing and mutually involved in interpersonal relationships often displays manic characteristics, including emotional expression and increased activity. As an interactive person, he experiences relatively mild reaction.

The intensity of symptoms varies with the stress induced by the situation. When subjects are questioned, examined or given work tasks without any compensating social support, their symptoms become more severe. Similarly, taking LSD alone or in an unfamiliar situation has been found to aggravate the experience, while reactions are ameliorated when several subjects take LSD together or in familiar and supportive situations.

The effect of the situation upon reaction is related to the individual's personality organization. The "anxious-dependent" person has the most severe reaction, the "inactive" individual has a moderate reaction, and the "interactive" person, the mildest reaction.

In preliminary attempts, the experimenters were able to predict considerably better than chance the over-all quality and severity of reactions. Both LSD and alcohol were used in an attempt to focus more specifically upon predicting the reaction of a given subject to a given situation with a given drug dosage. On the average, investigators predicted most successfully to those criteria of LSD reactions on which they had worked in previous years—notably the type and severity of reaction in clinical terms. They were least successful in predicting the characteristics of the be-

havior of individual members of a group engaged in solving a problem.

## EDUCATIONAL TESTING SERVICE

### *Two Theories of Personality*

In October of the year under review, the Society made funds available to the Educational Testing Service of Princeton, N. J., for the investigation of the interrelationships between two broad theories of personality: The John Gittinger Theory and the Isabel Briggs Myers Theory. ETS is a non-profit corporation whose principal business is the construction and administration or sale of various psychological and educational tests.

Gittinger's theory of personality is grounded in extensive testing and draws operational definitions for its concepts in terms of the Wechsler-Bellevue Intelligence Scale. Myers' theory was rationally derived and freely employs Jung's notions of psychological types. It is implemented by an objectively-scored personality inventory called the Myers-Briggs Type Indicator. Certain basic concepts and relationships employed in the two theories evidently can be put in a one-to-one correspondence. For instance, Gittinger gives first importance to a distinction between persons he calls "Internalizers" and those he calls "Externalizers." Internalization includes such human skills as thinking, memory, symbolization, phantasy, and so forth. Externalization includes such abilities as seeing, feeling (in the perceptual, rather than the emotional sense), relating, recognizing and responding to external clues. There appear to be important similarities between Gittinger's Internalizers and Externalizers and Myers' basic distinction, following Jung, between individuals who are supposed to prefer "Intuition" and other individuals who are supposed to prefer "Sensation" as a mode of perception. Certain similarities, less marked, appear to exist in the distinctions Gittinger makes



between "Rigid" and "Flexible" individuals and Myers' "Thinking"- "Feeling" categories.

Although there are important congruences, there remain none the less certain unique elements in each theory. It does not appear, for example, that Gittinger's third basic bit of information, which distinguishes between individuals who role-play "Acceptably" and those who do so "Unacceptably" can be related directly to any of Myers' basic type distinctions.

ETS is currently administering both the Wechsler-Bellevue Intelligence Scale and the Myers-Briggs Type Indicator to the same group of people, along with measures of certain other reference variables, in an effort to document similarities that are thus far only theoretical. The objective is to unify the Gittinger-Myers theories into a larger coherent picture and to supply certain details presently absent from each. As the study progresses, it may prove possible to develop psychological test materials of high reliability and validity, capable of measuring facets of personality as yet unexplored.

## McGILL UNIVERSITY

### *Research In Mental Health Newsletter*

Within the terms of its charter, the Society supports publications that disseminate the results of research in Human Ecology and related fields. One such publication receiving Society financial support is *Transcultural Research in Mental Health*, a newsletter issued jointly by the Department of Psychiatry and the Department of Sociology and Anthropology, McGill University, Montreal, Canada. The Newsletter is a valuable channel of communication between psychiatrists and social scientists in different parts of the world who are concerned with the relationship between culture and mental health. Its purpose is to contribute to

the coordination of scientific efforts by pooling information about on-going research and by introducing persons engaged in such research to the work and problems of other investigators.

A publication such as the Newsletter permits the reporting of material that does not appear in standard scientific journals. Often, ideas representing material under preparation or tentative in nature are exchanged informally. Since much valuable information is found in the pages of periodicals published in foreign journals not readily accessible to all investigators, summaries of selected papers from regional journals also have been included in the Newsletter.

The Newsletter receives data from persons in out-of-the-way places who otherwise never report highly interesting and important observations. There are at present Newsletter correspondents in 35 countries, representing every continent. Issues appear at intervals dictated by the volume of information, approximately bi-annually. The most recent issue will reach 250 persons of whom many are actively engaged in research.

The Newsletter is edited by Dr. Eric D. Wittkower (Psychiatry) and Dr. Jacob Fried (Anthropology). Its Board of Advisors consists of Dr. D. Ewen Cameron, Dr. John Gillin, Dr. Paul V. Lemkau, Dr. Margaret Mead, Dr. Marvin K. Opler, and Dr. Edward Stainbrook.

# FINANCIAL DATA

New York, Jan. 23, 1958

To the Board of Directors  
Of the Society for the Investigation  
Of Human Ecology, Incorporated

We have examined the balance sheet of the Society for the Investigation of Human Ecology, Incorporated as at December 31, 1957 and the related statement of income, expenses and unexpended income for the year then ended. Our examination was made in accordance with generally accepted auditing standards, and accordingly included such tests of the accounting records and such other auditing procedures as we considered necessary in the circumstances.

In our opinion, the accompanying balance sheet and statement of income, expenses and unexpended income present fairly the financial position of the Society for the Investigation of Human Ecology, Incorporated at December 31, 1957, and the results of its operations for the year ended December 31, 1957, in conformity with generally accepted accounting principles applied on a basis consistent with that of the preceding period.

SCOVELL, WELLINGTON & COMPANY

EXHIBIT A

SOCIETY FOR THE INVESTIGATION OF  
HUMAN ECOLOGY, INCORPORATED

Balance Sheet

For the Year Ended December, 1957

*Assets*

Cash .....		\$ 22,887.30
Marketable Investments, at cost .....		67,446.96
(Market Quotation \$67,720.92)		
Accounts and Interest Receivable .....		254.87
Total Current Assets .....		90,589.13
Deferred Payments Under Grants .....		93,580.00
Deposits .....		675.00
Furniture and Fixtures .....	7,183.27	
Less Reserve for Depreciation .....	406.49	6,776.78
		<u>\$191,620.91</u>

*Liabilities*

Accounts Payable .....		\$ 20.48
Taxes Payable .....		839.00
Total Current Liabilities .....		859.48
Provision for Future Payments under Grants .....		93,580.00
Restricted Contributions (Puerto Rican Study) .....		16,070.70
Unexpended Income, Exhibit B .....		81,110.73
		<u>\$191,620.91</u>



EXHIBIT B

SOCIETY FOR THE INVESTIGATION OF  
HUMAN ECOLOGY, INCORPORATED

Income, Expenses and Unexpended Income

For the Year Ended December 31, 1957

*Income*

Contributions, Management Fees, Interest and Discounts .....	\$280,959.52
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*Expenditures*

Administrative Expenses .....	\$ 43,653.91	
Grants .....	<u>170,080.89</u>	<u>213,734.80</u>
Excess of Income Over Expenditures .....		67,224.72
Unexpended Income, December 31, 1956 .....		<u>13,886.01</u>
UNEXPENDED INCOME, December 31, 1957, Exhibit A .....		<u><u>\$ 81,110.73</u></u>

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*Rulings have been obtained from Federal and State authorities holding the Society for the Investigation of Human Ecology to be a tax-exempt organization.*