

Tom Swifties

People Almost Everywhere Playing Pun Game, West Says Explanatorily

By DICK WEST
 Washington - (UPI) - Almost everywhere you look nowadays you find people exchanging "Tom Swifties." For the benefit of the fortunate few who have been kept in the dark about this thus far, I shall now attempt to explain what "Tom Swifties" are.
 A "Tom Swiftie" is a type of pun. Its roots lie in the Tom Swift adventure books that boys used to read about four decades ago.
 If you recall these books, you may remember that Tom and his companions spoke in



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CAREFREE YOUNGSTER—You worry about a nuclear war or the population explosion or next month's rent, but this young gentleman hasn't a care in the world. He's Anders Hedlund, 16 months old, who has found his Utopia in a swimming pool in Stockholm. (UPI)

Mismanagement of Psychiatric Cases Said Disgraceful

By DELOS SMITH
 UPI Science Editor
 New York - (UPI) - It could be physical illness due to excessive mental anxiety is increasing. On the other hand, it could be that the ability of the average doctor to recognize this cause of illness is increasing.
 Dr. A. E. Bennett, professor of psychiatry and expert on such illnesses, can't be sure which has happened. But he is sure too many physicians without specialized psychiatric training still err.
 "The fundamental cause has been lack of proper psychiatric education in medical schools," he said. "These errors are probably not as frequent today as they were but mismanagement of these pa-

tients is still a disgrace and one of medicine's great weaknesses."

Bennett was talking about excessive anxiety which rebounds physically and suggests symptoms of organic disease. Way back in 1936, he looked over 100 neurotic general hospital patients, most with "anxiety state."

Many Operations Unneeded

Of the 100, 72 had been admitted "with diagnoses of organic diseases, such as gastrointestinal disease, hyperthyroidism, cardiac and cerebral disease and other systemic diseases." These 100 had undergone 179 operations "and at least one-half were unnecessary," Bennett added.

In 1946, 10 years later, he studied the medical histories of 150 psychiatric patients and found that over the years they had received "496 medical treatments for almost all organic diseases, 244 surgical procedure and 71 treatments, often prolonged, by cultists, quacks and others." And what was wrong with all of them all along was excessive anxiety.

He is a professor of psychiatry at the University of California, Berkeley Campus, and was lecturing general medical practitioners on "the anxiety state" in the technical organ of the American Academy of General Practice. His beginning was an effort to arrive at the degree of anxiety which is normal.
 "It is normal to be concerned, solicitous, worried and restless about our problems," he said.

"Fearful anticipation of potential unpleasantness is normal and warns us of trouble. This emotion is necessary to motivate accomplishment. Usually, our desire for accomplishment further increases the degree of normal anxiety. Emotions Drive Humans"

"These emotions get us up at 7 a.m., keep us on the job, make us meet our responsibilities and drive us to do our best. When we are ambitious, we have considerable anxiety. We have feelings of insecurity and lack of self-assurance and confidence until we reach our goals. Worry and anxiety are normal useful emotions when we can control them."

But when anxiety becomes excessive it is "like steam under pressure, and when it explodes it may attach itself to any situation in the patient's life," and produce agitation and tension which he converts into pathological fears "of various diseases such as insanity, heart trouble or cancer." That is what makes excessive anxiety a booby trap for an unwary doctor.

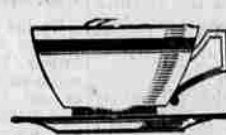
Psychiatry has a good record of successful treatment of anxiety states but the mild ones can be treated successfully by the average non-psychiatric doctor.

"Any doctor who understands and becomes a sympathetic listener can establish a workable rapport," Bennett continued.

"Common sense counseling and guidance can help most patients regain their self-control. The main problem is teaching the patient to become aware of the emotional causes of his tension and anxiety."

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