

# Is your personality showing?

by John E. Gibson

Cartoons by Ben Thompson

**H**ow much can you tell about a person just by looking? Well, science has found that if you know the signs to look for you can frequently tell far more than you'd ever suspect.

The Cleveland Clinic's Dr. Leonard L. Lovshin has spent many years carefully checking, testing, and cataloging the various telltale signs which give away personality secrets and make a person as easy to read as an open book.

Take the wearing of dark glasses, for example. Now there's nothing wrong about wearing dark glasses outside and when the sun is shining. But Dr. Lovshin has found—and leading clinicians agree—that the wearing of dark glasses indoors, or outside on days when the sun doesn't shine, is a strong indication of neurosis. The dark glasses act as a shield for the emotionally insecure person to hide behind. Also, as Dr. Lovshin points out, it is typical of many high-strung and overly nervous individuals that they cannot tolerate light even though it is not bright by normal standards.

There are, of course, cases where a person who is perfectly normal will wear dark glasses when the sun isn't out: prominent persons traveling incognito or people who have eye trouble, for example. But these are exceptions, not the rule.

Tinted lenses, incidentally, have the same connotation as the wearing of dark glasses. "It is exceedingly difficult to fit glasses for a tense, high-strung, worrisome type of person," Dr. Lovshin points out, "and every eye specialist has had the experience of having such a person protest plaintively that the glasses did not fit right, even after they had been changed three or four times. In desperation, the ophthalmologist often prescribes a tint for the lenses and the patient is somewhat happier with them."

Dr. Lovshin's investigations also show that women (entertainers excepted) who pluck their eyebrows and pencil in a line may be neurotic.

And though the fact that a woman dyes her hair was found to have no particular personality significance, brunettes who bleached their hair platinum blonde very definitely tended to be mal-adjusted. (So take a look at their hair roots, boys, before calling your shots on this one.)

What about people who wear toupees? The wearing of a toupee, Dr. Lovshin finds, is not in itself clinically significant. But a badly matched or poorly fitted toupee is something else again. And the person whose hairpiece doesn't look as if it quite belonged there isn't likely to have a well-balanced personality. But if you can't detect that the fringe is phony, there's no penalty on this one.

Other signs found to be associated with a neurotic or emotionally unstable personality were a whining or weepy voice, widely dilated pupils, and repeated sighing.

But the sign of greatest significance, Dr. Lovshin finds, is the presence of fluttering eyelids. Eyelid-fluttering simply does not go with a well-balanced personality. To be really proficient at this, a woman must be hysterical—or at least have a full-blown neurosis. This type is frequently observed in doctors' offices.

"The typical picture," says Dr. Lovshin, "is that of a delicate 'sissy' type of young woman who tells the doctor all her 'horrible' symptoms while managing a sweet, brave smile and a chaste fluttering of the eyelids. The mechanism of this fluttering is not known, but it cannot be reproduced voluntarily to the same delicate degree."

He also finds that the middle-aged woman who paints her lips in a tiny cupid's bow is almost always emotionally immature; and if a baby-like voice is included in the picture, you've got an

Mannerisms and other telltale signs make it easy to see the real you, says a noted researcher.



Women fib more than men do — sometimes.



A good look at yourself helps study others.



Dark glasses don't make character; they hide it.



Her flapper days ended a few decades ago.