

Few of us can accurately judge our outward appearance; yet our self-concept helps determine the kind of persons we are

Do You Really Know What

by John T. Harris

YOU LOOK at yourself in the mirror every day when you comb your hair or powder your nose. But is your mirror telling you the truth? Do you really know how you look to others?

Many of us kid ourselves all our lives. We never fully succeed in seeing ourselves as others do. Experts say our emotions and egos get in our way.

Your cheeks may have a sallow city pallor, for instance, while you picture yourself as a healthy outdoor girl. Diet and golf have slimmed your figure, you tell yourself, but to passers-by you're quite probably just another fat man.

Want to get an idea of what you really look like? Take a good peek at yourself in a three-way mirror next time you're in a clothing store. If you can't wait, set up two mirrors at home, so that you can gaze into one without seeing your direct reflection. The stranger you see is you!

Or you might accidentally stumble on your true image as a New York society matron did recently when she took the subway home. Approaching the change booth, she flung a dollar bill on the counter. When she didn't receive change immediately, she snarled, "Hurry up, I haven't got all night!" Looking up, she saw a twisted face glaring at her. Suddenly it dawned on her—she was staring at her own image, reflected in the glass front of an empty booth!

"That sourpuss had become my standard expression to the world," she confessed later, "and I had to come face to face with myself to find it out."

Few of us are able to judge our outward appearances accurately. Handsome men frequently consider themselves nondescript-looking, and many an ugly-duckling woman mistakes herself for a swan.

This self-delusion about our looks usually begins in childhood and persists long after we are adults. Early in life, each of us creates a special "body image" of what we look like, and we carry this stereotype with us through the years.

A psychiatrist, the late Dr. Paul Schilder, trail-blazed the self-concept theory which holds that your picture of yourself is a significant factor in your behavior. Dr. Victor C. Raimy, University of Colorado psychologist, explains: "We perceive ourselves just as we perceive a chair or another person. What we



You Look Like?

perceive in ourselves (the self-concept) may have only partial correspondence with what other people perceive in us. Yet we behave in accordance with our own perceptions."

THE GAP between what we think we look like and what we actually do can be an eye-opener in many ways. So much so, that psychologists have evolved a "body image test," now in use in many hospitals, schools, marriage clinics, and businesses. Here's how the test works:

You are given a pencil and blank slips of paper and told to draw yourself (a) as you are and (b) as you would like to look. The psychologist analyzes both drawings and makes a private judgment of you.

Heavy lines may tell him that you're a strong-willed individual; light ones, a timid type. If you complete the drawings quickly, it generally indicates you're a decisive, impulsive person. Should you linger unduly over them, you're probably a painstaking perfectionist. If you sketch profiles, it may show you're evasive. Should you draw exceptionally long arms, perhaps you're ambitious or acquisitive.

An insecure wife married to a domineering husband drew pinpoints for feet. Why? Because all her life she could never stand on her own two feet!

Your occupation often affects your drawings, too. Public speakers pay particular attention to the lips; pianists to the hands; dancers to the legs; scientists and writers to the head.

Well-adjusted people usually draw themselves pretty much as they are the first time. But in the second wish-fulfillment drawings, they engage in healthy Walter Mitty day-dreaming. Short women make themselves tall; fat ones, thin. Unattractive ones portray themselves as queens. Women with stringy hair draw themselves with lovely tresses.

Emotionally ill persons reveal the most in their drawings. One disturbed woman, asked to draw herself as she saw herself, sketched a ghost. "Why do you want to commit suicide?" the psychiatrist asked.

Thanks to the woman's illuminating self-portrait, the psychiatrist was able to take the first steps in helping her back to a healthy state of mind.

In tests conducted by Dr. Karen Machover of Kings County Hospital (Brooklyn, N. Y.), a

group of mental patients were asked to draw a man and later a woman. Emotionally infantile males frequently made the female image larger and more dominant. Asthmatics omitted the mouth.

Other psychologists report that women generally observe men's features more closely than vice versa. Frequently, the most a man can remember about the girl he loves is the color of her hair or eyes! Women admit that what they notice first about men are their faces, figures, voices, whether they need a deodorant, and their clothes.

But clothes don't make the man or woman. Take it from Mark Twain, who was once bawled out by his wife for not being properly dressed when calling on a Connecticut neighbor. After listening to his wife's complaints, the humorist wrapped a neat package which he had a messenger deliver to the neighbor with this note: "A little while ago I visited you minus my collar and tie. The missing articles are enclosed. Will you kindly gaze at them and return them to me?"

VANITY often prevents us from seeing ourselves with other people's eyes. Recently in the home of a distinguished, much-photographed elder statesman who was quite handsome as a young man, I observed a flattering portrait of him and remarked on it.

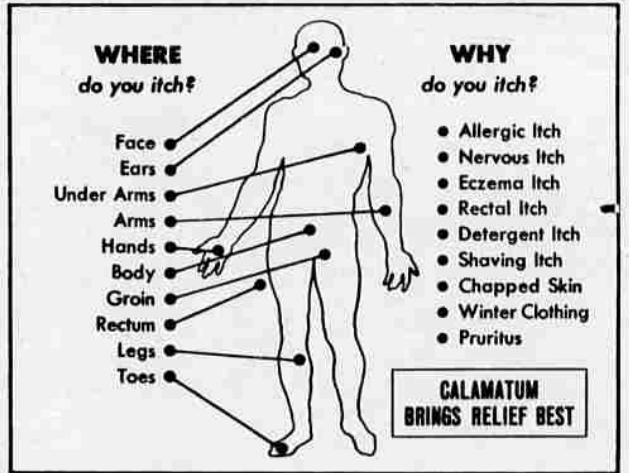
"Oh, it doesn't catch the real me," he protested seriously. "Haven't I got better features than that?"

In the long run, neither handicaps nor good looks mean much. Real beauty stems from within. Outer good looks can never cover a warped and ugly soul. While they may mean everything to superficial people, warm inner qualities are far more important to most of us.

So make the most of what God gave you—then forget about it. Beauty, after all, is relative. Our great stage actresses—Helen Hayes, Lynn Fontanne, Katharine Cornell—were never outwardly beautiful. They all have an inner beauty and spirit which is far more important.

Lincoln's political opponents campaigned against his "ugliness." One day when a little girl was taken to the White House to visit President Lincoln, her father warned her about Old Abe's homeliness. But after Lincoln placed her on his knees and playfully joked with her, the little girl exclaimed to her father, "Daddy, he isn't ugly at all. He's just beautiful!"

Stop all 9 kinds of ITCH - the way doctors do!



New formula contains 6 anti-itch ingredients to soothe pain, speed healing, stop itch fast!

Science has developed a remarkable new formula that combines 6 anti-itch ingredients to relieve all 9 kinds of itch in seconds! This new medicated cream, called CALAMATUM® Ointment, actually stops itching and burning on contact—soothes pain and aids healing too. Effective even

on spreading itch like poison ivy, because it helps dry open weeping lesions, prevents spreading. Prevents risk of infection from scratching, too, because CALAMATUM turns into its own pink bandage—won't rub off until you wash it off! Get cooling, soothing CALAMATUM Ointment at all drugstores without prescription.



FORMS ITS OWN PINK BANDAGE

© 1959 Isodine Pharmacal Corporation, Dover, Del.

Relief! When Relief! When Nose fills up Nose fills up Spoils Sleep! Spoils Sleep!

It's wonderful the way a few drops of Vicks Va-tro-nol bring relief when your nose fills up at night, spoils sleep. Va-tro-nol acts 10 to 15 times faster than decongestant tablets... comforts hours longer than watery sprays.

It's wonderful the way a few drops of Vicks Va-tro-nol bring relief when your nose fills up at night, spoils sleep. Va-tro-nol acts 10 to 15 times faster than decongestant tablets... comforts hours longer than watery sprays.

Vicks Va-tro-nol NOSE DROPS Vicks Va-tro-nol NOSE DROPS

A Brand Name is a maker's reputation

CONFIDENCE BRAND NAMES SATISFACTION

BRAND NAMES FOUNDATION, INC., 437 FIFTH AVENUE, NEW YORK 16, N.Y.

FEMALE HELP WANTED

\$23 WEEKLY for wearing lovely dresses supplied to you by us. Just show Fashion Frocks to friends in spare time. No investment, canvassing or experience necessary. Fashion Frocks, Dept. D-11071, Cincinnati 2, O.