

## Drug Found Effective In Delusion Cases

### Scientist Sees Aid For Mental Patients

By JANE STAFFORD  
Science Service Medical Writer  
WASHINGTON, May 28—Delusions can be banished and some mental patients can be helped to recovery by histamine, a chemical believed to play a part in hay fever suffering, the American Psychiatric Association was told here this week.

Dr. E. O. Niver of Eau Claire, Wis., described the dramatic recovery from delusions of a 26-year-old man.

The patient had been depressed for some time. His father had committed suicide and the young man was convinced that he suffered from a hopeless condition. He had the delusion that part of his digestive tract was "dead and his food was wasted." This delusion showed immediate improvement when histamine treatment was started and within one week it had cleared up entirely. The patient's judgment, however, was still defective, so that he refused further voluntary treatment.

**Treatment Helps Woman**  
A stocky, mildly paranoid woman who was beset by suspicions that her husband was unfaithful was also helped by histamine treatment. Her suspicions made her agitated and her inner sense of hostility at times reached a dangerous pitch. After five injections of histamine with psychotherapy, she became calmer, gained insight to her problems, and for several months has gotten along very well.

A 45-year-old woman with some tendency to depression came to the hospital because of excruciating, knife-like headaches. These were not due to nervous and muscular tension, or to migraine. Sedatives failed to relieve them. She began to improve under histamine treatment. Then one day, the drug caused her headache to become much worse. At that point, she became very hostile and said some of the things she had been afraid to say before. After this her symptoms improved and she was able to deal reasonably with her problem.

**Gives Self-Confidence**  
The chief value of histamine, Dr. Niver thinks, is that it gives patients an increased sense of self-confidence without lessening their sense of power to control themselves. This makes it possible for them to probe with the psychiatrist into the underlying feeling of conflict which is causing their illness. Many mental patients, Dr. Niver pointed out, feel so unstable that they dread any psychiatric treatment. They fear that any "tampering with their psychological defenses" will drive them completely insane. Narcosynthesis helps in some of these cases, but some patients even dread the so-called "truth serum."

Dr. Niver turned to histamine as an aid in such cases because of the mutual antagonism between the body chemical and another, adrenalin, or epinephrine. The latter chemical can activate an anxiety that some psychiatrists say is an actual neurosis. So using its antagonist to help neurotic patients seemed logical. Histamine is a powerful chemical and must be used carefully, Dr. Niver warned.

**Why Not Try This?**  
**Family Scrapbook**  
By DR. ERNEST G. OSBORNE



### Do You Jump to Conclusions?

Have you heard this story? Johnny had been a little disordered now and then when he visited his friends' houses. So when he was invited to a party, his mother said, "Johnny, if you get sent home early from Mary's party I'm going to tend to you."

Within half an hour after he left, Johnny returned with a scowl on his face. His mother was furious and sent him up to his room to wait her coming. When she had cooled off a little, she climbed the stairs and entered.

"Johnny, tell me the truth now. Why did Mrs. Jones send you home? Can't you act nicely just once?" "Aw, gee, Maw," said Johnny, "You're always blaming me. That dopey old party was yesterday."

Somehow or other — and far too often — we parents and teachers, too, seem to expect the worst from our children. It pays to take a little time to be sure we are seeing things straight. The youngster whose parents blame him for something when he hasn't been guilty is likely to feel he has been very unfairly treated and show his resentment by failing to co-operate later.

And if we do make a mistake and find it out, the only decent thing to do is to apologize for being too hasty.

## 'The Stork Didn't Bring You,' Explains Facts of Life in Simple Way

### Book Written by Bloomington Woman

By JAMES THRASHER  
NEA Staff Writer

NEW YORK, May 28—There comes a day when every parent of an adolescent child must face the ordeal of a "little talk" on the facts of life. All parents dread it; most of them fumble it, and some skip it altogether.

Two years ago Lois Pemberton, who was born in Bloomington, realized the time had come for that "little talk" with her daughter, Rhonda. And being an efficient business woman, Miss Pemberton (the Miss is for professional purposes, and she has spent most of her working years in the promotion and public relations fields) went about her task in a businesslike way.

The result is a book called "The Stork Didn't Bring You," which the Hermitage Press is publishing late this month, three days before Rhonda's 14th birthday.

None Good  
Miss Pemberton, who doesn't look much older than a bobble-soxer herself, began by getting a lot of books on sex education. She sent away for the booklets on the subject put out by the 48 state health departments. Having plowed through the required reading, she reached these conclusions:

Some of the books were aimed at parents rather than children. Others obviously were written



Lois Pemberton (right) and daughter Rhonda: The psychologists wouldn't know where to begin.

by physicians or psychologists with the principal purpose of impressing their colleagues.

Several dripped with saccharine sentimentality.

Still others were written in a way that would scare a child half to death.

There wasn't one that she could bring herself to give to Rhonda.

left to do was tell Rhonda the facts of life as simply, frankly and intelligently as she could. The mother made a few notes on the essential information, and the daughter's questions suggested more notes. When it was all over, Miss Pemberton had the old notes and a new idea—"Why not write a book?"

The writing job took six months. But the writing job that she took an outline to Arthur Ceppos, president of Hermitage Press, was only the beginning.

"I knew the book would be a very difficult job," Ceppos says. "But after I had seen the first two chapters in the rough I also knew that Pem could do it."

Author and publisher started out to check their material with authorities in every field. They consulted psychiatrists, doctors, teachers and child guidance groups.

### Delicate Subject

Miss Pemberton discovered it was quite an assignment to attempt a book on a delicate and frequently mishandled subject which would pass muster with these various groups and still express her own convictions. But she received some enthusiastic aid occasionally surprising cooperation.

The religious groups, according to Ceppos, took a less restricted position than the scientific groups. So, the only thing that seemed

ly divided opinions. As one of them said, "If you were to get 50 child psychiatrists together and ask them what knowledge was needed by parents and children, their positive therapy, Pem has synthesized the biological with the emotional."

### Came Around

It developed that most of the psychiatrists at first wanted to keep the book in the professional sphere. They shied away from submission to the ultimate authority of the teen-agers themselves. In Detroit the YMCA gave copies to a group of youngsters and got a unanimously favorable report.

"But they finally came around

</div