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Connecticut College

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## A. A. CONFERENCE HELD AT HOLYOKE

The first meeting of the official delegates from twenty-three eastern colleges was held in Student Alumnae Hall at Mt. Holyoke College, Friday, April 11. This is the first Athletic Conference for Eastern College women.

Papers on subjects of vital interest to athletic associations were read by delegates from the larger colleges.

The conference as a whole believes in giving credit for gymnasium work, although this is not done in many colleges. The conference felt that this work should be required at least during the first two years of the college course, and the consensus of opinion seemed to be that it should be compulsory for four years. Courses in hygiene, it was agreed, are advantageous, and should be required. Contrary to the customary procedure in some colleges, it was decided that voluntary membership in the A. A. created a better spirit than a compulsory tax levied on all students. The average dues of college athletic associations are one dollar a year. And

(Continued on page 2, column 2.)

## SHELL SHOCK

Shell shock, like insanity, is not a specific disease. It is a term denoting a general nervous condition which may manifest itself in any one of many specific forms, or in a combination of forms. Shell shock, in short, means war nervousness.

Health is largely a matter of physical and mental equilibrium, largely a question of maintaining a balance between the anabolic or upbuilding processes of our bodies and the katabolic or tearing-down processes. It is sometimes held that the increase of nervous ailments in present-day life is due to the increase in complexity of our environment, our world, and to the consequent greater strain to which our organisms are subjected. The city dweller, for example, has to respond to a thousand stimuli that the country man never encounters—auto horns, crowded streets, bright lights, etc. It is more difficult in such a world to keep the necessary equilibrium. Consequently, while the man in the city leads a more intense, probably a more diversified and complete life, he nevertheless is more susceptible to nervous trouble than is his country cousin.

In war times every one lives at a

(Continued on page 2, column 4.)

## SUCCESSFUL DANCE FOR BELGIAN RELIEF FUND

Ninety dollars was raised for the Belgian Fund at the dance given by Rose and Olive Doherty in the gym, Saturday evening, April 26.

The gymnasium was pleasingly decorated with flags of France, England and Belgium together with red, yellow and black streamers effectively draped. The programs were embellished with the national colors of Belgium.

Music was furnished by the Coast Guard Orchestra.

The patronesses of the evening were Dean Nye, Dr. and Mrs. Kip, Dr. and Mrs. Wells, Miss Ernst and Mrs. Noel.

## SADIE OF THE SALT CELLAR; VOICE FROM THE ASHCAN

The Juniors gave a series of movies of which the ostensible purpose was to make fun, in a fashion far from subtle, of the eccentricities and inconsistencies of the ordinary moving picture. Almost every one has felt her hair begin to curl at the sight of the Lightning Raider hopping gracefully over a precipice and landing after a short ride through the air in the front seat of a moving automobile. But now that is one of the common happenings on the flickering screen. It hardly raises from the audience one agitated cough. The Junior movie, on the other hand, was a true side splitter. Anguish, while a heated iron slowly descended on the imprisoned heroine's toe, relief when a masked hero caught the iron in time to circumvent a tragedy, tears when the heroine proved too thoughtless to effect an escape—through all these contrivances were the wearied minds of the audience obliged to writhe. But the masterpiece would have been a failure without the villainous contrivance of Leah Nora Pick, who dangled a suspicious looking pig-tail from the back of her head. Leah could curl her fingers, swing her pig-tail, and wink her eyebrows just like a full-fledged Chinese. Also she knew full well how to invent new tortures for the persecuted Helen Gage (you wouldn't have recognized her on first sight). Every once in a while such inquiries as "What next will become of our dainty darling?" were flashed upon the screen. No one dared to guess the answer—not after the iron episode. At length the curtain fell

(Continued on page 3, column 1.)

## CAPTAINS ELECTED FOR SPRING SPORTS

Captains have been elected for the class teams in all the spring sports.

### Freshmen.

Volleyball..... E. McCarthy  
Baseball..... H. Coops

### Sophomore.

Volleyball..... M. Adams  
Baseball..... E. Watrous

### Junior.

Volleyball..... C. Smith  
Baseball..... M. Davies  
Basketball..... M. Doyle

### Senior.

Volleyball..... F. Lennon  
Baseball..... M. White  
Basketball..... M. Rowe

The schedule for spring sports is as follows:

May 26 — Basketball, Juniors vs. Seniors.

May 27 and 28—Baseball, Freshmen vs. Sophomores; Juniors vs. Seniors.

Date undecided—Volleyball, Freshmen vs. Sophomores; Juniors vs. Seniors.

May 30—Baseball, Winners of previous matches; Volleyball, Winners of previous matches.

Interclass track meet.

Interclass tennis tournament.

## STATE CONFERENCE OF CHARITIES AND CORRECTION

The program for the ninth annual session of the Connecticut State Conference of Charities and Correction, which was held in this city Sunday, Monday and Tuesday contained many well known speakers from all over the country.

President Marshall was the chairman of the opening session, and the Section on Social Forces, held on April 27, at 8 P. M. The subjects, "The Program of Americanization," and the "Place of Education in Reconstruction," were handled by Dr. Edward Steiner of Grinnell College, Iowa and President Faunce of Brown University.

On Monday the address "Influenza and its Social Effects" by Bailey Burritt of New York was followed by ten-minute discussions — Professor Winslow of Yale, Miss Penniman of Middletown Industrial School, and Dr. Valeria Parker of Hartford. At 2 Dr. Samuel Crothers of Boston and Lawson Purdy of New York were authorities on "Family Life and Social Reconstruction."

(Continued on page 3, column 1.)

## FRENCH CLUB GIVES LE BARBIER DE SEVILLE

A stern guardian, in love with his charming ward, Rosine, on account of her money, but thwarted, in the end, by the cleverness of a barber, Figaro, and the amorous Count Almaviva, who wins the willing hand of Rosine—such is the story of the *Barbier de Seville*, by Beaumarchais, presented by the Club Francais, on the evening of April 25th.

The plot of the play, explained by Miss Ernst, before the curtain rose, is one common in the Italian comedy of the seventeenth and eighteenth centuries. But Bartholo, the guardian, is not the easily duped man of the common plot. It takes the utmost skill of the clever Figaro and mischievous Rosine to fool him. In Figaro we see the typical man of the Revolution: he is ingenious, intelligent, bourgeois, who recognizes the unfairness of the existing régime, and, in his conversation with Almaviva, exposes his "socialistic" attitude.

Bartholo's long and very difficult role was well presented by Rosa Wilcox. One could not but pity the charming Rosine under the charge of the old man. Rosine's beautiful black velvet costume and coronet made a

(Continued on page 3, column 1.)

## HALT, CECILIA!

Do you like snappy music? Do you love pretty girls and captivating costumes? Do you want to make believe for a few hours that the world is all fun and frolic? Then come to the musical comedy *Halt, Cecilia!* given by the Service League on Saturday, May 3.

It is the first time that an entertainment of this sort has been given, and it deserves our heartiest support. It is usually considered a bugbear to sell tickets, but just mention to a few of your masculine friends that we have with us the baby vamps, the American beauties, the Chinese dolls, and many other attractions in the girl line. Also mention the fact that *Halt, Cecilia!* is full of life and fun, clever dancing and peppy singing from beginning to end, and the tickets will sell themselves. All you will have to do is to take the money. Don't forget that the proceeds of this entertainment go for one of the biggest causes which the college supports. Don't forget that your life won't be worth living if you miss it!

M. ANTOINETTE TAYLOR '22.



## Connecticut College News

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Published Weekly

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Alice Gardner '20

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Abby Gallup '21

Evalene Taylor '21

Ann Hastings '22

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Helen Rich '21

Barbara Ashenden '21

Faculty Adviser—

Dr. Nye

## EDITORIAL

## THE QUESTION.

Is this a psychological moment to pop a question?

Let's try it anyway.

You know every one is more or less broke these days, because there are so many things going on at college that nobody can miss, like the Junior movie and the musical comedy and the Senior play that's coming in May. And sometimes one looks at one's safe deposit vault (or whatever one keeps one's millions stored in), and wonders what is to be done before the end of the year. Decidedly more demand than supply, one might say.

And so one heaves a deep sigh, and decides to cut out something.

The News, though, doesn't want to cut down on anything, because it is so anxious to hand all the names and deeds of the distinguished people of the day down to posterity. It aims to be a sort of Who's Who in Connecticut College. You know, like the Who's Who in New London that is running at the Crown Theatre—maybe you saw it last Saturday afternoon, if you weren't a Winthropite. Only the News specializes on the write-ups instead of the photos.

Yet the News staff is often just as hard up as everybody else.

So—here is the question. We won't put it in the form of a motion.

Would the organization of the

college be willing to send the News a complimentary ticket to each of the big events that are scheduled?

It's quite often done on the best of papers—that is to say, the metropolitan dailies. You're always hearing about press tickets to this, that, and the other. It's one advantage of being a reporter. On the News, you see, the poor reporter not only has to write up the play, but she has to buy her ticket. It's kinder hard on the reporter, doncha see? Now what would you do in a case like that?

The question's been open for discussion. Now it's offered in the form of a motion. All in favor signify by sending a ticket to the News next time something nice happens—and oh, we hope the motion won't be lost.

## IMPORTANT NOTICE

We just want to make an announcement that we are planning, if all goes well, to get out a prom issue of the News. Something awfully clever, you know. Several people have asked us whether we thought it was possible, and we think it would be lots of fun if you all will help us. Rhymes and jingles and amusing jokes, and articles of any sort about the prom will be most gratefully received. Also cuts, if you feel so inspired.

The News box is still reposing on the radiator in the gym, on the way to the chapel, to the bookstore, and to the mailboxes. Its situation possesses every advantage.

We want to make this issue exceptionally good, so that the men can stick it in their memory books, if they have such things, or if they haven't, they can, as one of our subscribers suggested, give it to their families so that they won't have to tell them all about it themselves.

Are you game to help us get it up?

## AMONG OUR POETS

## SACRIFICE.

All, all have I given thee—

For thee I have torn forth my most precious thing,

My fragile web o'dreams, blue woven, with silver gleams,

Fashioned frail and fair as dew-filmed cobwebs flung—

And dragged it through the spattered dust of spoken words.

And yet, I had not cared (my love for thee was great)

But thou hadst left it there, a worthless thing indeed,

Pitifully crushed and faded, that was never meant for the sun,

And now my beautiful shining thing is gone, is gone!

The thing that I had wrought with such delight and care,

—I have given my all for thee.

—'20.

## A. A. CONFERENCE

HELD AT HOLYOKE

(Concluded from page 1, column 1.)

there should be a spirit of co-operation with the departments of physical education and hygiene.

Sports should be organized and controlled by a head with a captain from each class, all working under the executive board of the association. Freshmen and Sophomores should be required by the physical education department to enter these sports.

Most colleges are in favor of student coaches in co-operation with the department, and the conference was in favor of allowing the coaches play even in the sport which they coach and of allowing them to be elected for 'Varsity of class captains.

Four colleges require their students to pass an examination in swimming before they are awarded their degree.

Mt. Holyoke gave a paper on the advantage of a definite system of awards. The old English H and sweaters are given in the spring to not more than four. The winners must have 45 points to their credit. Of these, 5 may be won for membership on a class team, 5 as a substitute on a class team, and 5 for membership in an "all-Holyoke" team. They are chosen on the following grounds: good health, good posture, carriage, neatness, and good sportsmanship. For breaking records a sweater with a block H is given. Numerals are awarded for class teams, a banner to the class which wins field day, and a small banner to the class which wins the indoor track meet. At Smith the winners of sweaters are chosen by a secret committee which watches the girls all the year.

The next session of the conference will meet at Ithaca in the fall of 1922.

Marjorie Doyle was the official delegate to the Athletic Conference.

Training rules, it was found by Justine McGowan, unofficial delegate to the conference were generally made by classes or by sports managers. The captains enforce the rules. Training generally starts three weeks before the game. It includes bed every night at 9:30 or 10, a cold shower before breakfast, a hot and cold shower after a practice, which counts as a regular gym work, no sweets, no eating between meals, and not more than one cup of tea or coffee each day.

At this section of the conference it was decided to give an Intercollegiate award each year to one girl in each college in the league. The award will probably be a pin. The girl to receive the award must be either a Junior or a Senior. She is to be chosen by a committee representing the A. A., the Physical Education Department, and the Student Council. She must have a C. average in her academic work, and sportsmanship, posture, spirit and health will be considered in conferring the award. She must represent the athletic type of the college.

## THE SECRET LETTERS FROM ANNETTE GENEVIEVE TO MARIONETTE JEANETTE

My dearest Marionette Jeanette:

Your letters have been a constant source of consolation, delight and joy to me. (Isn't that a lovely sounding sentence? I got it from a letter that Mrs. Smythe wrote Ma after her family died off from the Influenza, Mrs. Smythe's family not Ma's of course.) I always keep your letters about me in my pockets or note books. You see it generally takes me some days to make out your writing. Don't they teach typewriting in High any more? Why don't you take a course in typewriting because you don't waste so much ink so uselessly only needing a pen for signatures, etc. It's quite a good thing to know, besides saving much time, and also if you want to be a stenographer you have to know a little of that so that you can copy off your shorthand writing I take it. Just at present we are making perfect copies. I made five perfects yesterday, but had mistakes in four of them. It isn't as though I don't know any better; but

(To be continued in next issue.)

## SHELL SHOCK

(Continued from page 1, column 1.)

higher pitch than normally; nerves are taut, tempers are short. But the strain to which the civilian is subjected is hardly comparable to that endured by the soldier. From the time the recruit strikes the training camp, he is thenceforth within an environment very far removed from his normal civilian world. He is subjected to a discipline foreign to his nature and he must learn repression. He frequently undergoes hardships in the way of poor food and shelter, hardships mild, perhaps, compared with the privation and exposure which he is later to endure, but severe in the light of any former experience of his. And to cap all, every soldier carries about with him that alluring idea, that fascinating, terrible vision of "fightin' over there." That he well enough knows, is the reason for his present mode of existence. Every order barked out by a superior, every minute spent on his rifle, in trench-digging, grenade-throwing, every lecture on hygiene, military law, modern warfare, gas warfare, reminds him of what he is going to meet. The doughboy may not know what it is all about, but he does know, in terms of what he has read and heard what "it," what "fightin'" means. And imagination works on, when knowledge ceases. It is not remarkable, then, that in some men whose organisms are naturally poorly balanced who may have something of the psychopath about them from birth, a nervous condition develops even before the soldier leaves the United States, and that not infrequently an ailment, which we may as well call shell shock as anything else, begins. There is little doubt that

(Continued on page 3, column 2.)



## FRENCH CLUB GIVE

## LE BARBIER DE SEVILLE

(Concluded from page 1, column 4.)

delightful picture in the little grilled window—and added an extra charm to her lovely singing and coquettish appearance. The count (Mariesther Dougherty) was the typical gallant, pleasing in all his disguises, and especially so when singing his serenade.

The lively, clever Figaro, in his red and green satin (Dorothy Henkle), and the grotesque figure of Don Bazile (Mary Hester), who was always on the side of the money bag, ready to serve with his "calomnie"—kept the audience in continuous laughter. The sneezing of la Jeunesse, (Elizabeth Hall), and the yawning of l'Eveille (Gertrude Traurig), the calm dignity of the notary (Ruth Anderson), and the gallant witness for Bartholo (Jeanette Sperry)—together with the flashes of lightning and the roar of thunder added the finishing touches to this remarkably well presented play.

The selections by Grace Cockings and Edith Smith and the quartette "filled up the gaps" between the scenes and made the whole a complete success.

SADIE OF THE SALT CELLAR;  
VOICE FROM THE ASHCAN

(Concluded from page 1, column 2.)

and disappointment reigned. For "Continued in our next" made its unwelcome appearance, just when curiosity and thrills had reached their highest point.

The full all star cast included Miss Hartman the vamp, Elizabeth Nagy and Frances Barlow, daughters of Li Long the Yellow Peril, and the talented Mary Hester, impersonating the Voice from the Ashcan and the hero, a street cleaner in disguise, who falls in love with Sadie, unconscious of her millions.

STATE CONFERENCE OF  
CHARITIES AND CORRECTION

(Concluded from page 1, column 3.)

On Tuesday were held the round-table meetings of the first five conference sections for informal discus-

sion, and different phases of the subject were brought up by representatives and visitors from all over the state. The conference was divided into the large sections of: 1. Moral Forces. 2. Public Health. 3. Children. 4. Delinquency. 5. Correction, and the subdivisions in the form of short addresses and informal discussions covered all phases of the subjects of interest in social welfare.

H. COOPS '22.

## SHELL SHOCK

(Concluded from page 2, column 4.)

many of the A. W. O. L's (absent without leave) and desertions which occurred during the period when a regiment knew it was about to entrain for overseas—or the front, were caused not by conscious or wilful disobedience of regulations, but by the mental and physical strain which decreased the soldier's control over himself or even rendered him temporarily irresponsible for his actions. Hence, in part, the real injustices of many court-martial sentences.

With most men, however, the strain of preparation for war, and anticipation of it, brings no serious consequences, a tribute to the adjustability of the human mind and nervous system. But training is only a mild dose of war life. We marvel at the hardships endured by explorers and pioneers. Yet the soldier in the fighting zone endures not only hunger, thirst, fatigue from lack of sleep and rest, but also mental strain and suffering such as no non-combatant dreams of. Periods of home-sickness, depression, forced waiting and waiting until going over the top is a welcome relief, alternate with periods of the intense excitement of battle during which the soldier loses his "buddies" one by one, or sees them suffering agonies before his eyes, himself perhaps wounded, knocked down by a shell, buried by a shell, gassed until mere breathing is a torture. And over all and through all is the terrible, continuous, nerve-wrecking roar of thousands of guns.

It is life in an environment of such

a sort that furnishes the conditioning cause of shell shock. To maintain mental and physical balance under continued strain of war is for a large percentage of men an impossibility. A breakdown of some description, serious or comparatively trivial, ensues, its immediate or exciting cause being perhaps the bursting of a shell near by. But the exciting cause may be any one of the many terrible things a soldier faces constantly. And then results what we have termed shell shock, displaying itself bodily shaking and trembling, in stammering and in coherent speech, in temporary loss of consciousness, in paralysis of arms or legs, in blindness, deafness, etc.

Now the peculiar thing about shell shock is that, in nearly all forms it is a functional disturbance, not an organic one. It does not, in other words, involve actual physical injury to the nervous system, or sense-organs, or muscles, but only some sort of improper functioning or a refusal to function at all, as in the case of a paralyzed leg. It is this absence of an actual wound or actual physical basis for the disturbance (so far as discoverable) that has given rise to the idea that shell shock is merely another name for malingering—"faking." Since shell-shocked patients are removed to a zone of safety, what easier way to get out of the danger than by feigning extreme nervousness or by professing inability to use one's arm; or, if one be in a hospital, what easier way of avoiding return to the front lines than by continued inability to use a sound leg or to see or to control oneself? It is true, as has been asserted, that a very large percentage of shell-shock cases in our hospitals recovered immediately upon the signing of the armistice! Doesn't this indicate malingering? In most cases it is not fair to our men to think so, if by malingering is meant conscious, deliberate faking. What does sometimes occur is a species of self-deception, not at all unknown in civilian life, where among psychologists it is called "rationalization." A more or less subconscious dread of staying in the

battle area, or of returning to it, induced the strain of a soldier's life and his natural desire to get away or stay away from dangers, a dread which is not identical with those clearly conscious moments of fear when danger is greatest, but which is a persistent, insidious, only half-conscious desire to seek safety and quiet—this is the underlying reason for many nervous attacks, or for inability to see out of eyes that have nothing the matter with them or to walk on legs that are quite sound. Not that a shell-shocked man, with such symptoms, disposed to get out of the front line trenches admits such dread as the real reason for his difficulty. He does not. He may be half unconscious of the presence of the dread; he may not admit that it is there. But that is just why shell shock is often a form of self-deception. The reason the soldier gives to himself and to the world is simply that he can not see, perhaps, or walk or hear; but he does not admit the real reason why he can not see or walk—dread of returning to the fighting line. He may say, and half believe, that exposure has brought on paralysis of his leg muscles, or a fall, or a slight injury on any one of many things; and he will persist in believing this even when the doctor tells him his fall did not injure his leg and that this member is perfectly normal. The whole point is that subconsciously he does not want to be able to walk, for a time at least. That is why his leg will not work, though he attributes his motor difficulty to something else.

It is easy to understand, therefore, why such cases get well so quickly when the real cause of the difficulty, i. e., dread and the war environment producing it, is done away with. The presence of such self-deception is, however, itself in need of explanation; and we find it in large part, in just that total war-environment that

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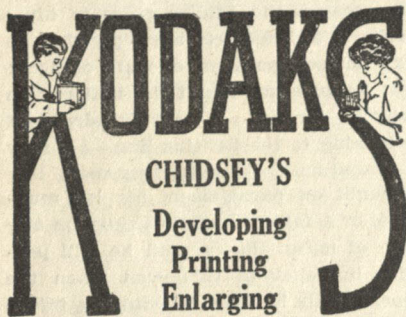
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the soldier lives in, and in the resulting mental strain.

Not all cases of shell shock are of this type. We know of men sent back to hospitals because of a temporary loss of self-control resulting in violent trembling, stammering, etc. Many such recover after a short rest, and insist on going back to the fighting zone, even leaving the hospitals without permission, "bumming" a ride with a truck full of doughboys up to the front, and finding their way back to their own "outfits" if possible. In cases of this kind shell shock, whether wholly functional or having some organic basis, as a slight concussion, can hardly be diagnosed as essentially a self-deception psychosis. And whatever be the immediate exciting cause, the basic reason, it would seem, is the environment.

General Hospital, No. 30, at Plattsburg, N. Y., was one of the chief war-neuroses institutions. Many of the patients there displayed no other symptoms than that general "jumpiness" at sudden noises, together with insomnia, nightmare, trembling, etc., that we usually think of in connection with shell shock. The more specific form of hysteria was, however, frequently found, a disturbance often of the self-deception type mentioned in the foregoing paragraphs. In hysteria, the physician can find nothing seriously wrong with a man, but if the patient whose leg was perhaps actually numbed for a short time by the explosion of a shell, chooses to think himself badly injured, his leg may continue to refuse to function as it should. Hypnotism, that is, suggestion, was in such cases frequently used to good effect. Since the trouble comes largely from the persistent presence of a wrong idea in the patient's mind, the physician may remedy matters by the simple device of ousting the wrong idea and supplanting it with the notion, "I am perfectly well, I can walk." Christian Science cures are indeed possible when the "illness" is functional only! Hysterical conditions sometimes clear up of themselves through rest, quiet, and proper food. The cure is often sudden. A colored youth whom I used to see in his ward daily had a peculiar speech defect, partly hysterical in nature.

When I first saw and spoke with "Jerry," he repeated each word four times. "Hello, Jerry, how are you this morning?" would bring the reply, "Fine, fine, fine, fine, thanks, thanks, thanks, thanks." One morning, however, Jerry's repose was simply, "Fine, thanks." The trembling of his knees, very noticeable heretofore, had also practically disappeared. So far as I know, suggestion was not used in this case, nor was any extensive medical treatment.

Epileptics were plentiful at Plattsburg. Some of the cases, naturally light in nature, with seizures "fits" occurring only infrequently in civilian life, increased in seriousness over in France, and were sent back home. The "increased seriousness" was, I doubt not, many times self-deception. But a man at all prone to epileptic "fits" is poor material for soldiering; as the Hibernian would say, "He is a better soldier in the hospital than out, and out of the army than in."

Intelligence tests on shell shocked men at Hospital 30 revealed an interesting fact; the "average man" does not get shell shocked, or if he does, he recovers and is sent back to battle. The cases bad enough to be returned home were found to fall into two groups: men of inferior capacity and men of more than average intelligence. It would seem, therefore, that the conditioning causes of shell shock got in their most serious work on low-grade, poorly balanced nervous systems and minds, and on high-grade, high-strung, intelligent men. Also, from the latest information I have, it is believed that in low grade men shell shock tends to take a physical form of some sort, whereas men of superior intelligence are more susceptible to mental disturbance.

In thinking of a war environment as the conditioning, fundamental cause of shell shock, we must remember this: that, if a man be by nature psychopathic or neurotic, that is, poorly balanced, inclined to hysteria or morbid fears, etc., then the war environment itself becomes the exciting cause and the man's inherited make-up the ultimate reason for a nervous breakdown—or shell shock.

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