

sionally trained in Individual Psychology, must help even at the risk of being called sectarian. He must organize around him those who are eager to learn. Classes serve the purpose of getting acquainted with our methods. From these classes and our professional contacts, each one of us may gather a group of people interested in a more profound study of Individual Psychology. Each one of us, either alone or together with local co-workers, should organize a group which convenes regularly once a week, or at least once a month. If lecturers and instructors are not available in sufficient numbers, the group can read books and papers by Adler and other Individual Psychologists. Reading books together and discussing them is of distinct value. It is often amazing how little we get out of a book if we read it alone. But an idea conveyed to us orally, especially in a discussion, makes a more profound impression. It forces our minds to follow the idea of others, and does not permit us to exclude what is new, strange, or inconvenient. Such a study and discussion group will train persons to lecture and to lead discussions.

As Individual Psychology arose from medical, psychiatric treatment, physicians and psychiatrists should be the first ones to be contacted and invited to discussions and lectures. But the groups most ready and most vitally interested in our work are teachers and educators. (Parents belong in this group more by their function than by their preparation.) Since our ideas lend themselves to easy translation

into educational practice, this group responds immediately when confronted with Individual Psychology. Social workers and all those dealing with human beings, professionally, are also interested in our methods, which offer psychological insight through correct interpretation of human actions. Laymen have a definite place in general study groups, as the pursuit of happiness requires adequate psychological knowledge.

These suggestions do not demand more than every one of us feels he should do. The work which we put in will reflect upon ourselves. We all need stimulation and encouragement to go on with our work. It is difficult to work alone. We must organize to give every one of our workers practical and moral support, without which he would be unable to pursue his own ideas and understanding. Reports about such group activities can be extremely helpful to all of us. All the details of how the group started, the obstacles it found, and the progress it makes are stimulating and encouraging.

The type of adult education which Individual Psychology can provide is of extreme value not only to the individuals who come within the reach of its influence, but to our whole mode of living. Understanding one another, uniting antagonistic interests into mutual cooperation, developing courage and social interest--all are essential for the solution of the problem which we all, as individuals, as a nation, and as mankind, face today.

Personal Activities

Several members of the Chicago group gave classes outside of the Association.

Dr. Nita Arnold held a seminar at the Chicago State Hospital for the staff, discussing case histories in the light of Adlerian psychology.

Eleanor Redwin conducted in various sections of Chicago six discussion groups for mothers interested in child guidance. Three of these groups met once a week and three every second week throughout the year, each consisting of from ten to twelve members.