

Editor: Dr. Rudolf Dreikurs  
Asst. Editor: Mrs. G.K. Brown  
612 No. Michigan Avenue  
Chicago, Illinois.

Published 10 times per year  
Subscription: \$0.50 per year  
Deadline for contributions:  
20th of every month

Dear Friends:

Thank you for your kind remarks and interest. We certainly appreciate every line which we received. We hope that, as time goes on, many more of you will find sufficient leisure to write, to comment, and to suggest. The very existence of this paper is dependent on your contributions.

At this point, I want to mention that we have, of course, also received some criticism. One of those criticisms was that we, as editors, should have made a larger contribution by writing more about our intentions and philosophy. We still maintain that the paper is not ours, but yours. Although we are fully aware of our own shortcomings and can only hope that you will excuse them, we nevertheless are convinced that the final success or failure of this paper depends on your participation.

Many critical remarks have been extremely beneficial in helping us either to correct our mistakes or to improve our approach. What we need most are letters to the editor for publication expressing your ideas, experiences, and problems. We should like that part of our paper to become the backbone of it, but that, of course, depends ultimately on your own decision.

We are sending the second number to all those who we felt would be interested in it whether or not their subscriptions had been received. However, we can not continue in that way. Therefore, please let us know immediately whether you want to receive the next number. Thank you again for your cooperation.

The Editor

\*\*\*\*\*

Phyllis Bottomo, authorized biographer of Alfred Adler, and noted writer of many successful novels, writes of Individual Psychology in America. . .

I have had some experiences in America as to the spread of Individual Psychology that were both surprising and gratifying. I found Adler's name known by all Progressive Educationalists; by many progressive doctors; and by most progressive clergy. Those three great influences in American life are now awake to the dire need of ethical training, as distinguished from religious dogma. Individual Psychology is the only branch of psychology fully prepared to train the young in social interest.

Unfortunately, Individual Psychology has three enemies to face before it can deal on a large scale with these new and growing demands. Firstly, as psychology deals chiefly with neurotics, it is often that these - sometimes only half-healed neurotics- take it upon themselves to be its exponents; and a scientific truth spread by a neurotic is seldom very convincing.

Our second trouble is that the whole point of Individual Psychology is to produce a good human being and, at present, conditions of industrial and social life are not altogether favorable to this aim.

Thirdly, Adler came to the United States only when he was over sixty, speaking a tongue that he never wholly mastered, and began to use only in later life.

The spread of his Psychology therefore must depend largely both on the reliability of his disciples and upon the intelligence of his readers.

What Life Should Mean to You by Alfred Adler, published by Little Brown, is a book that any normal human being is able to appreciate. Social Interest: A Challenge To Mankind, published by Putnam's, could certainly be understood by any intelligent reader. Both these books are reliably translated and contain the whole sequence and application of Adler's Psychology.

There is a definite Individual Psychological Group, both active and successful in Chicago. Any communication addressed to the Editor of the News would reach the members of this group.

Adler's daughter, Dr. Alexandra Adler, is a well-known neurologist and psychiatrist attached to the Harvard School of Medicine in Boston; Dr. Lydia Sicher, Adler's successor in Vienna, is at present in Salt Lake City; Dr. Franz Plewa, who is about to leave England for California, was Adler's assistant for four years in Vienna and was chosen as President of the Vienna University School for Individual Psychology after Adler's death.

The author of this article found perhaps the best field in the U.S.A. for Adler's Psychology to be in Detroit where, owing to the fact that the Couzen's Fund had employed Adler for a month's intensive lecturing and teaching, most useful results were obtained among the teachers. The leading exponent of Adler's Psychology in Detroit is Miss Marie Rasey, Rayswift Gables, Richmond, Michigan. The writer addressed an audience of over a thousand teachers for the Wayne County District Institute in the Calvin Theatre at Dearborn and found through their questions afterwards that they already had a definite grasp of the main tenets of Individual Psychology.

There are some excellent private schools in America already run on Individual Psychological lines but owing to the common misconceptions of unprogressive parents about psychology, as well as the jealousy of other schools of thought, these enlightened educationalists have not dared to make public the debt they owe to Adler.

Most Child Guidance Clinics are founded - more rather than less - upon Individual Psychology.

It is therefore difficult to say how far a psychology has spread which must move so often anonymously or under other names.

The writer of this article has received during the last year more applications for information about Individual Psychology than ever before and it is obvious that interest in Individual Psychology is growing with the need for it. Recently one important official of the English government asked me for fresh information about Adler and where it was possible to get training in Individual Psychology.

It was Adler's belief that in future ages Social Interest - or the love of the neighbor - "would become as natural to man as breathing or the upright gait", and that, if it did not, man would exterminate himself from the surface of this earth through his failure to grasp the greatest of all man's opportunities.

Individual Psychology Literature

Alfred Adler: A Biography, by Phyllis Bottome (G.P. Putnam's Sons, 1939) is reviewed by Aerol Arnold. . .

Phyllis Bottome's biography of Alfred Adler is the outgrowth of her original intention to collaborate with Adler in writing his memoirs, but sudden death changed their plan and Miss Bottome was left to carry on the work alone. As it stands the book is a work of love, a memorial to a great man by a woman remarkable in her capacity for love and understanding. It reveals not only the warmth and humanity of Adler, but the warmth and humanity of the author as well; and perhaps it is because they had so much to give to each other that Miss Bottome and Adler came to be friends.

Through the aid of the Adler family and their many friends, Miss Bottome was able to piece together a picture of her subject from the time that he was a boy in a Vienna suburb to his tragic death on Union Street in Aberdeen on May 28, 1937. Those who knew Adler will say that the author brings him to life again; those who meet him for the first time in this biography will get a vivid impression of the man and the cultural background against which he moved. Because she is a novelist, it is quite natural that Miss Bottome should be chiefly interested in the character of the man and only secondarily in his ideas. But she has worked out rather adequately Adler's chief ideas and the ideological forces that drove him and Freud apart.

Most outstanding in my memory of the book are the last chapters with their record of the strenuous life Adler lived. He was never one to spare himself, and it is perhaps fitting that he should have died on his way to give a lecture. They also reveal the great energy of Adler's friends and pupils in bringing him and his ideas to a greater number of the uninitiated, and it seems to me that through their efforts Adler's ideas will spread as far as he wanted them to.

\*\*\*\*\*

Book Reviews

EMOTION AND CONDUCT IN ADOLESCENCE by Caroline Zachry  
Appleton Co., 1940

The book is a presentation of results obtained by the investigation of the Commission on the Study of Adolescence of the Progressive Education Association.

In its three parts it describes 1) the attitudes towards the changing self, 2) the attitudes towards other people, adults and contemporaries, 3) the attitudes towards social institutions.

Although the author and her collaborators in the study have tried to be eclectics, the book is very readable and acceptable to an adherent of Individual Psychology because of the undeniable fact that basic concepts of Alfred Adler are taken over without discussion.

The emphasis lies on attitudes, not on changes in a substance, on the concept people have acquired about themselves and others, on expectations which are partly justified, partly exaggerated, and which do modify and shape a person's actions, yet not in a strictly deterministic way.

The attitude towards one's changing self is not determined, but explained, by the emotional "climate" in which he grew up; girls' or boys' ideas about their sex

roles are described as largely determined by the parents' and the generations' ideas concerning the roles of the sexes.

The book is definitely a progress in the field of sex education. Sound attitudes towards sex should not be developed separately, in a special course, but should pervade the entire educational procedure.

There is emphasis on reorganized teachers' education, and a hint that a teacher may have to watch her or his emotional life before continuing the job.

The book seems to speak with authority about the situation in independent private schools, not so much about public schools. It ought to be required reading for every teacher on the secondary level, and it is to be hoped in a second edition it will be shorter at the risk of cutting some generalities, and thus become all the more valuable.

Charles A. Adler

\* \* \* \* \*

Dr. Harry Sicher has again contributed one of his stories for our collection of "Adleriana." . . .

One of the great assets of Adler as a teacher was his ability to illustrate his lectures with vivid pictures. Once he spoke about the difficulty of psychotherapy and about the fact that there is no easy way out for the patient. "A neurotic patient", he said, "is like a man confined to a room, without windows, without a door, out of which only a small hole near the floor, just big enough to squeeze through, leads to the outside world. He is hammering against the walls wishing or praying a door might suddenly open, or he is asking his physician to open a door for him by a magic word. There is only one way out for him: he has to lie down on his stomach and wriggle through this small hole. But if he does it, he is suddenly free."

\* \* \* \* \*

LETTERS TO THE EDITOR

Willard Boccher writes us:

Dr. Adler taught that the personality of an individual is his own creation - his answer to the stress of inherited biological weakness and the demands or pressures of the "outside world". Personality is the individual's "answer" to these confronting situations. Dr. Adler estimated that 90% of us "answered" by developing a "self-centered life-style" (the pampered style of life). By the "law of averages" - there ought to be more individuals develop a more social life-plan. The question in my mind was what factor was operating so universally to make "self-centeredness" appear to be the best safeguard for 90% of us?

This question was answered for me in a book called Patterns of Culture by Ruth Benedict (Houghton Mifflin Co.). And further clarification came through reading Theory of the Leisure Class, by Thornstein Veblen. Another valuable contribution was the Tyranny of Words by Stuart Chase (Dr. Adler always spoke of the "poverty of language"). A book called Permanence and Change by Kenneth Burke, published by the New Republic Series, is of great value to those interested in Individual Psychology.

These books show that our "inherited Western Culture" is "competitive" in shape and antagonistic to "cooperative" interests. Competition fosters or even demands "self-centeredness"; our language and institutions- even our simple everyday customs-

tend to create what Adler called "the problem of distance" (for the purpose of self-aggrandizement). The third chapter of Genesis assures us that all went well in the Garden of Eden until the Serpent was able to persuade Adam and Eve that they would be "as Gods" if they would eat the forbidden fruit. Adler taught - in effect- that the "forbidden fruit" is the desire to "get ahead of others" rather than "to cooperate for a common goal of security." We are so accustomed to the "competitive ideal" that we believe it to be "human nature". It takes a book like Benedict's Patterns of Culture along with Adler's teaching to explode this "neurotic certainty."

Editor's comment . . .

(Mr. Beecher and his friends apparently are very much impressed by the school of "Semantics." We probably will have to return to the problem of how well "Semantics" and Individual Psychology correspond. It seems to be a problem of sufficient importance to bring to your attention. Please think about it and let us know your opinion.)

\* \* \* \* \*

### QUESTIONS AND ANSWERS

Several have contributed answers to the questions asked in last month's issue. Lack of space prevents our printing all the answers. To remind you: Question one was concerned with the term "Individual Psychology" and question two with Adler's approach to vocational guidance.

Here are two of the answers to question one:

"I think that 'The Relativity of Behaviour' describes Adler's teaching better than the name Individual Psychology. Anyone who studies Individual Psychology will not be confused by the name-- unless he needs to confuse himself to maintain a 'favored way' of looking at life.

Willard Beecher

"In reply to the question by W.H., I should say that a rose would smell the same if called another name. Individual Psychology is associated with the name Adler. If a person is interested or informed he will understand the manner in which Adler used the term. If antagonistic or disinterested he would ignore real interest in the doctrines, regardless of the name. I feel that Dr. Adler would be more interested in our techniques and results than in arguments over terms and who gets the credit. I have found in life that if real accomplishments are wrought due credit will eventually reach the proper place or person. Robert C. Fagan

Mr. Beecher has also sent us an answer to question two:

"Adler wrote much about vocational choice - but he had no traffic with methods (rules) for anything. He was interested in seeing if a person was selecting a vocation for its prestige value to himself - or whether the interest had arisen as an answer to some biological or social lack which needed compensation. In our present culture, given to boasting, the tendency in selection of a vocation is to pick one with a high prestige value whether one feels interested or not. In our mistaken way of regarding things, it is better to be a poor professional man than a competent mechanic (Mechanics are considered socially inferior to the so-called professions)! In my experience, mistakes in selection of a life-work result mostly from the effort to corner a prestige-situation. The dignity of labor gets lots of lip-service--but no one wants to descend to it. Were we not enslaved by keeping up appearances, vocational choice would not present the problems it does today.

Group Activities

Dr. Nita M. Arnold has given us the following report about the development of the Chicago group:

The Society for Individual Psychology existed in 1933. The president was Radcliff Brown, then professor of anthropology at the University of Chicago. The active force in the society was Dr. Douglas Campbell who was a pupil of Dr. Olga Knopf and had studied in Vienna with Dr. Erwin Wexberg and Dr. Krauss. Other active members were Mrs. Edyth Menser and Mrs. Inez Cunningham Stark. There were about twenty members and meetings were held at the University of Chicago. The group was not interested in the work of Adler alone but was instrumental in sponsoring lectures by Margaret Mead and in introducing Count Alfred Korzybski to the Chicago public.

When the society became inactive, Dr. Nita Arnold held open evenings at her home at which there were lectures and discussions on Individual Psychology in its relation to numerous fields.

It was hoped that Dr. Krauss' arrival in the United States would revitalize the old Individual Psychology society, but nothing came of the attempted reorganization and the society came to an end.

In 1937 the present Individual Psychology society was formed by the members of the informal group that met with Dr. Arnold. Edyth Menser, who was secretary of the old society, took part in the forming of this new one. Dr. Arnold was selected chairman. Since then the group has grown in numbers and in strength. For two years popular lectures, open to the public, were given at the Art Institute. Classes were organized. The members of the group met regularly to listen to lectures and discuss problems connected with Individual Psychology and other psychologies. One year a study group was organized to study Freud and Jung. Since then lecturers representing other points of view have spoken for the society. The society has also sponsored outings and social gatherings to bind the group closer and to attempt to carry into life Adler's principle of cooperation.

It is hoped that the report of the New York group can be printed in the next issue, since it was not received before the deadline of the present issue.

\*\*\*\*\*

Individual Psychological Who's Who

We are not surprised to find that we have made many mistakes in this column. Please be patient and help us to correct misstatements and errors and remedy omissions.

CALIFORNIA

Letters to Bill Sutton and Sybil Mandell have been returned. Who knows their latest addresses?

ILLINOIS

Dr. Arnold is not connected with the University of Illinois.

KANSAS

Richard Kornis is now in Kansas City, not in Wisconsin.

KANSAS (Continued)

Mr. Gerstein is psychologist for the U.S. Public Health Service, stationed at the U.S. Penitentiary, Fort Leavenworth, introducing group psychotherapy there.

NEW JERSEY:

Dr. James W. Howard is in Montclair. Dr. Max Strauss is practicing psychiatry (I.P.) in Lakewood, N.J., where he also had conducted a child guidance clinic in the public schools. He still holds classes there.

Individual Psychological Who's Who (Continued)

NEW YORK:

Dr. Kurt A. Adler is, at the present, in charge of all the administrative work connected with his father's estate. We have bestowed upon Mr. Willard Beecher an M.D. which he does not claim.

Dr. Frederic Feichtinger is director of the mental hygiene clinic of the Community Church, N. Y., is Neuro-Psychiatrist at the Metropolitan City Hospital in N.Y. and is working at the mental hygiene clinic of the Long Island Medical College Hospital.

Alice Lehndorf, M.D., is now also residing in New York.

Dr. Bernard V. Strauss is working at the Child Guidance Clinic with his father, Dr. Max Strauss.

Dr. Max Strauss, psychiatrist, established 1929 a Child Guidance and Adult Psychotherapy Clinic with a hospital in Brooklyn. The Child Guidance Clinic received sympathetic collaboration from the public schools of Brooklyn and the Child Guidance Bureau of the Board of Education.

Dr. Edmond Schlesinger is now in N.Y. after having successfully propagated Individual Psychology in France.

RHODE ISLAND:

We did not intend to change the name of this nice state. We hope you realized that we only misspelled it.

VERMONT

In Vermont there exists apparently a quite active group of co-workers who would like to receive a conclusive report about their group's activities. Up to now we have received answers from the following members:

Robert C. Fagan, supervising principal in Mahwah.

Frederic S. Allen in Fair Haven, working with teachers.

WISCONSIN

Dr. Samuel Plahner advised us to remove his name from our list because he does not consider himself a member of our group.

CANADA:

Dr. Ella Lindenfeld reports about her work with social workers of the Relief Department and is also working with a staff of camps, mothers' groups, and study groups.

.....Cut here and mail.....

To Individual Psychology News  
 Herbert Brown, Treasurer  
 612 North Michigan Avenue  
 Chicago, Illinois.

I hereby subscribe for \_\_\_\_\_ years at 50¢ per year to the Individual Psychology News. Enclosed find money order ( or check) for \_\_\_\_\_ to cover the amount.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

(Please do not send stamps)