

## Nina Ridenour papers

### Section 70, Pages 2071 - 2100

Nina Ridenour's papers consist of correspondence; press releases and other publicity materials; book reviews (both those for her own books and reviews written by her); manuscripts and draft versions, sometimes with annotations and corrections; comments and critiques; biographical data; bibliographies; reading and research notes; reference materials; a grant application; outlines and lecture notes; invitations; newspaper clippings; scripts; books, pamphlets, and other publications; and other related materials. Some correspondents include Menninger family members and Menninger Clinic staff, Aldous Huxley, Clara Beers (Clifford Beers' widow), and Abraham and Bertha Maslow, among others.

Topics in these materials include publications and publishing (especially Ridenour's books *Mental Health in the United States--a 50-Year History*, *Mental Health Education: Principles in the Effective Use of Materials*, and *Health Supervision for Young Children*); mental health education; the play "My Name is Legion" (based off Clifford Beers' autobiography and co-written by Ridenour and Nora B. Stirling); the American Theatre Wing's community plays, for which Ridenour wrote numerous discussion guides; children's mental health; term papers Ridenour wrote while in school; professional organizations and professional positions with which Ridenour was associated, especially the Ittelson Family Foundation; consciousness; extra sensory perception (ESP)/parapsychology; and other related topics.

The materials span Ridenour's career, though the bulk come from the 1950s and 1960s and provide an excellent overview of her work and professional interests and concerns.

Creator: Ridenour, Nina

Date: 1926 - 1977 (bulk 1950s-1960s)

Callnumber: Menninger Historic Psychiatry Coll., Ridenour, Boxes 1-7

KSHS Identifier: DaRT ID: 223273

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## Nina Ridenour papers

but can't convince anyone that it is a plum. The charlatan also puts in his thumb - doesn't get any plum but is very successful at persuading people that he has something. The trouble is that he gets caught up in their hopes & expectations. It is difficult for everyone, & of course there are all sorts of strange mixtures, in which innovator & charlatan are confused.

Much interested in Mrs Littlestone's house. I wish we could build even one of our sociopetal wards - a small one is going up, but not as ward - but as a dormitory for an educational establishment. It is infuriating having worked out something & not being able to make use of it.

Hope to see you at GAP: remember me to Mrs Littlestone -  
All good wishes to you both -

EVER

Humphrey

PS I don't know whether I told you that the adrenochrome work goes encouragingly - confirmation seeping in - animal & human from various centres Moscow, Prague, Paris, Chicago & our own work expanding. The data is formidable, but this is not only a matter of data but of strongly held opinions. It looks as if it will be a matter of who lives longer!



## Nina Ridenour papers

*File*

March 27, 1961

Dr. Humphry Osmond  
Saskatchewan Hospital  
Weyburn, Saskatchewan  
Canada

Dear Humphry:

We were, of course, quite disappointed that Mr. Huxley could not meet with our Foundation Group. A copy of his letter is enclosed. Tom Carskadon interpreted it as a polite brushoff and thought Mr. Huxley would be unwilling to come at any time. I took some heart from your statement that "he sounds interested" and that you were "urging him on". Keep at it! With your help maybe we will get him one of these days. It might really do some good in encouraging acceptance and support of the things he himself cares about.

By the way, if next year I invite him again to meet with the Ittleson Trustees, should I mention that he might enjoy seeing their collection of French art? Or is his vision too limited for him to enjoy paintings any longer?

I have ordered the Mentor book you recommend and I know I'll be interested. Please keep me in mind when such things come to your attention because I would not be likely to come across them otherwise.

I am intrigued by the "principles" of foundation giving you have worked out and also your mind-stretching suggestions to keep us flexible. Are either or both in such shape that you could write them to me? Please do if you can. If you can't then don't forget to drop by and tell me about them at the first opportunity. I am not going to GAP but perhaps you will be in New York City.

I would like to hear more about your theories of charlatans, especially with respect to the chequered history of mediumship. My personal good wishes to you.

Cordially,

Nina Ridenour  
Secretary

*Osmond  
Correspondence*

## Nina Ridenour papers

PO Box 1056



Province of  Saskatchewan

THE SASKATCHEWAN HOSPITAL

WEYBURN

REFER TO FILE

March 30th, 1961.

Dr. Nina Ridenour,  
Secretary,  
Ittleson Family Foundation,  
654 Madison Ave.,  
New York, N.Y.,  
U.S.A.

Dear Nina:

Thank you so much for sending me Aldous' letter. I don't think it's a polite brushoff at all. In fact Aldous says specifically why he can't come. I know from the letter I got from him that he's really interested in this, but I hadn't heard about the jaunt to India which must be a fairly new development. He is, as you know, giving an English course at Berkeley I think, and I would imagine would be very busy.

I think he'd love to see the French paintings. In spite of his extraordinarily limited vision he gets a great deal of pleasure out of them. We have had some most enjoyable dashes round various famous collections, the Frick, the Huntingdon, the Museum of Modern Art, and the Metropolitan Museum.

I hope to be in New York from the 10th on for a few days and will ring you then, and I will certainly try and work up my principles into some sort of shape. I hope they have a certain realism about them, because I do realize that the easiest thing for anyone to do is to talk about dispensing funds when they don't actually have to do so. You are perfectly right, of course, mediumship is the area par excellence for charlatanry. But this I think is only because it's a special form of creativity - an especially difficult one - in which the medium is expected to perform regularly. When poets have been expected to do this they too have of course gone in for charlatanry but since the things they produce are not of the same type as those which a medium does, it's simply called bad poetry then. My interpretation then of Aldous' letter is that he would have liked to have come, but won't in fact be in this country at the right time and when he is here will have this prior engagement at Berkeley.

I'm hoping to see you. Have you, by the way, read Dr. M. Field's excellent "Search for Security" by the Northwestern University Press? I commend the first 130 pages to you as being one of the best things of its type that I've ever read, and I know that if you read that you won't be able to resist the case histories. Dr. Field, who is a chemist, anthropologist, and psychiatrist, has a lot of fun in her.

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## Nina Ridenour papers

Dr. Nina Ridenour

2.

It's good to hear from you and it will be even better to see you again.

Ever,

Humphrey M.D.  
Humphry Osmond, M.D., Superintendent.

## Nina Ridenour papers



Province of  Saskatchewan

THE SASKATCHEWAN HOSPITAL

WEYBURN

REFER TO FILE

April 3, 1961.

Dr. Nina Ridenour,  
Ittleson Family Foundation,  
654 Madison Ave.,  
New York 21, N.Y.,  
U.S.A.

Dear Nina:

I expect you have got my postcard by now which is not exactly explanatory, but may be stimulating.

Regarding the Foundation's task, it is of course one of those extremely difficult jobs which, as I said earlier, almost anyone is willing to undertake and hardly anyone is really suitable to do it, and those who believe themselves most suited are nearly always the most unsuited. My own experience with Foundation people has been that they are extraordinarily thoughtful and kindly people faced with an extremely difficult task. I think my only criticism would be that they aren't nearly caddish enough, for in fact they are being asked to undertake several extremely tricky jobs which I think often get fused together and possibly, though it may be I who am quite ignorant here, they themselves may from time to time get meshed in their task so much that they don't distinguish the differences quite clearly enough.

Because of course supporting original research and maintaining a service program is obviously different. Further, when one comes down to the whole matter of original research, you run into the difference between steady derivative work and the really new ideas. As you move out from service work to derivative research to the hunting and discovery of really new ideas, you have to gamble more and more and gambling is a temperamental matter which doesn't come easy to decent and honest people. I suggest, and it's no more than a suggestion, that this may be one of the crucial difficulties which face Foundation staffs.

They are often asked to gamble at no risk, which is impossible, or expected to get something from the service program which it can't really do. Now it seems to me that while honest and sound derivative work should not be discouraged, the Foundations have

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## Nina Ridenour papers

Dr. Nina Ridenour.

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some responsibility to try and help hatch these new and remarkable ideas which, when first heard, usually sound crazy, unlikely, unpleasant, inept and even blasphemous. The problem of course is how to do this without driving the boards of the various Foundations up the wall, and I know that many of you exert yourself enormously to bridge this gap between the sensible givers and the peculiar takers.

I wonder whether it might not be worked out on a sort of percentage basis? That is, a Foundation would divide its funds into two piles.. Perhaps you already do this and it's simply my ignorance which I am expressing. Money for worthy causes and for sound derivative research to be given to hard working people with good reputations. This would be your sort of gilt edged stock.

Then once that has been done a percentage, perhaps not more than 10% of the Foundation's funds, should go upon backing real outsiders which have the odds against them from 100 to 1000 to 1. I think you'd have to be pretty specific about your intention of backing outsiders too, because this is in fact what the great new developing ideas always are at the start. For obviously if they were already well accepted, and liked, they aren't remarkable ideas at all.

There seem to be certain important negatives that you can look for. First a wholly unenthusiastic person is extremely unlikely to do anything. Cushing, talking with Whitehead told him "the resistance of inert mind and matter to any innovation, surgical or other, was so heavy that a man who had, as he had, anything new and difficult to accomplish must have great enthusiasm as a flywheel to carry the saw of his ideas through the knots in the log".

Secondly, someone whose ideas seem wholly reasonable, innocuous and are thoroughly liked by the most balanced and well thought of men in his particular profession are not offering much that is new.

Third, ideas which are too tidy and too easy to follow rarely result in much. The new development is vague, fuzzy at the edges, quite often self-contradictory, and often very irritating as well.

Fourth, in this particular work you have to back unknowns against well knowns, outsiders against insiders, younger men against older. While all rules in picking up high talent are made to be broken, under 35 rather than over 35 may help.

Fifthly, there surely have been a number of well known talent spotters whose methods should be hunted down and carefully studied. Biographies of Rutherford and his pupils should surely help and talks with Charles Snow might also be very beneficial. How do these intellectual breeder <sup>ies</sup> develop, and perhaps just as important - when do they gum up and stop breeding? Perhaps a careful look at Penfield might help you here, and a study of Banting too, for although I may be doing him an injustice, I think that Banting on the whole did not breed the kind of stables that Rutherford produced.

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## Nina Ridenour papers

Dr. Nina Ridenour.

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And then the mind stretching projects. Perhaps once a year or once a month, or should it be once a week, shouldn't you ask yourself what is the most outrageous project that I (we) can imagine? Then what is the most outrageous project that has come your way this year? Then, what is the most outrageous project you've ever backed and what happened to it? Then compare this with someone coming forward with anaesthesia in 1830, or antiseptis in 1840 and reading carefully the cogent and intelligent arguments made against such ideas at that time by the best and most able men in the fields. Whitehead has a wonderful but on this in the dialogues when he's discussing physics in the 1880's. All was known then. Only loose ends had to be tidied away. Indeed, Max Plank you will remember was advised not to take up physics because all was known in 1875. Chemistry was the coming subject.

After you've had these comfortable thoughts I suggest that a number of Foundations go through the projects on their files which they've turned down and which were the lowest rated for the last ten years or so, and see what happened to them. I expect you do quite a lot of this already, but if you already do this then it will show that you don't need advisors. But a careful study of these schools of discovery so far as I know has still to be done. They are not unlike great schools of painting, etc. They usually seem to be of rather short duration and yet have an enormous amount of influence. What one wants to know is how to produce the true, what one might call, intellectual and creative breeder pile. I have some ideas as to how one might start in a practical way at low cost but that is another story.

I look forward to seeing you. I hope you enjoyed the Cardinal's remarks. It turned out that he wasn't a Cardinal but an impostor which makes it all the more enjoyable.

Ever,

Humphrey M.D.  
Humphry Osmond, M.D., Superintendent.

Samuel

re: his letter 4/3

His unexamined (?) assumption  
that the new ideas need money  
first. How often would mere  
money gain them acceptance? Do  
they not frequently require other  
things first, such as sponsorship  
& clarity & some evidence of  
previous achievement. Unhappy  
conviction that money cures  
all ills, salves all. The  
people who shld be able to  
recognize creativeness are their  
peers (not necess. associates).  
How can remote 7th ppl  
make judgments? They see  
so much enthusiasm, evocative  
thinking, "need", misguided  
inept & futile idealism

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2  
April  
61

Weyburn:

Re: Charlatanry:

"Madame, To my mind there never was a great artist who was not a bit of a charlatan; nor a great king, nor a god. The quality of charlatanry is indispensable in a court or a theatre or in a paradise. Thunder and lightning, the new moon, a young girl - all these are bits of charlatanry, of a divine swank.

Seven Gnomes Tales: p 236, Isak Dinesen.

[The cardinal is discussing the nature of God]

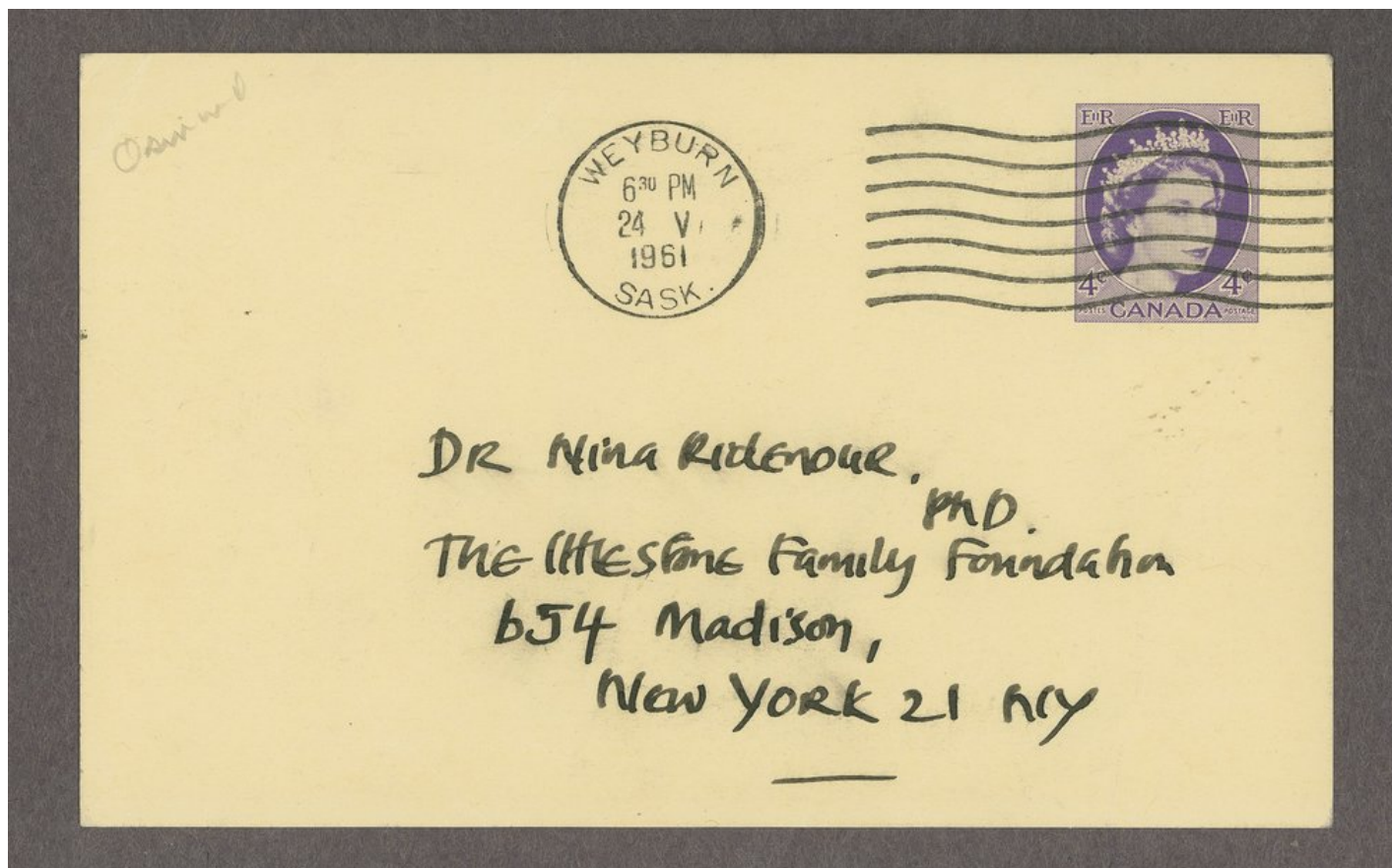
HW.



Doctor Nina Ridenour  
Ph.D.  
The Illiesme Family Foundation,  
654 Madison Avenue,  
New York 21  
NY.

Nina Ridenour papers

Weyburn 23 May 61: Dear Nina,  
 many thanks for Mental Health in the U.S.  
 excellent & very useful. - Think you wd enjoy  
 The Voice of the Dolphin, Leo Szilard, Simon  
 & Schuster 1961 & 1. See particularly  
The Voice of the Dolphin p 43 lines 15-26 &  
The Mark Gable Foundation p 100 line 7 to  
 p 101, line 13. Very well worth pondering.  
 I'm sending it to a friend in the Rand  
 Corporation & also Prof. Heinrich Klüver  
 who will almost certainly have read it  
 already - ever Humphrey



## Nina Ridenour papers

*File*

June 8, 1961

Dr. Humphrey Osmond  
Saskatchewan Hospital  
P. O. Box 1056  
Weyburn, Saskatchewan  
Canada

Dear Humphrey:

Recently when I was talking with Gardner Murphy of the Menninger Foundation about some of his work in parapsychology, I had occasion to refer to the idea of yours which you told me about in 1956 having to do with studying creative imagination by observing the mescaline reactions of gifted people. Dr. Murphy expressed an interest in hearing more about it and I told him I would ask you if it was all right to show him that mimeographed statement of yours entitled "A Study of Creative Imagination" summarizing the project you had apparently at some earlier date placed before the Rockefeller Foundation. Would it be all right with you if I let him see that memo of yours or would you rather that I not? Don't forget that at the time you told me about those ideas of yours, the Ittleson Trustees were interested and so if you ever decide to go ahead with them the door is open here. I gather, however, that in the years since then you have been so absorbed in the combination of your research in adrenochrome and in hospital architecture that your work in creative imagination has gone by the board. Do I have the picture right?

Wasn't it ghastly about Aldous Huxley's losing his home. Chances are his home would have more irreplaceable documents in it than all the homes of all the Hollywood stars put together. I do hope he did not lose any priceless manuscripts or notes. Did he lose his entire library? Even if one is committed to a philosophy of non-attachment, this must have been a soul-trying experience. I almost wrote him a letter of condolence but decided it might be presumptuous.

Many thanks for your last postcard with the reference. I have sent for the book.

Cordially,

Nina Ridenour  
Secretary

*File*

October 26, 1961

Dr. Humphry Osmond  
Saskatchewan Hospital  
P. O. Box 1056  
Weyburn, Saskatchewan  
Canada

Dear Humphry:

I hear by the grapevine that you are on the point of leaving Weyburn. Right?

Whatever you are planning to do I am sure you will do it beautifully and I wish you every success.

Sincerely yours,

Nina Ridenour  
Secretary



13 11 Onet Cottage, Godalming, Surrey ~~London~~

61. Dear Nina, How good to hear from you. Not just leaving, but left & almost 2 months in damp, delightful, infuriating England. Of course I've become a North American by adoption & by a sort of osmosis, so I'm not really an Englishman or an American. - We are all awaiting the new baby (our 3rd) who should be here any time now. Tomorrow I give a talk at the Wright Fleming Institute & it is the 1st account of 10 years work I've ever given in my native land. Odd isn't it? I shall give them both barrels. The work is now very promising confirmation coming in steadily & from the level of cellular biology up to complex human & animal behaviour & experience. - We can say without much fear of contradiction 1. There is evidence of a toxic substance in the blood of schizophrenics 2. Adrenochrome is a good model for that toxic substance in animals & also humans using both psychological & chemical measures. 3. Adrenochrome is believed by many to be present in the body 4. Mark Althuse claims that an excess of aminochromes of which adrenochrome is one are present in schizophrenia. You can see some of this in the July-August journal of Neuropsychiatry. It really looks as if the strands are coming together. I miss Sask in a variety of ways - most of all my great friend Abram Hoffer an incomparable partner - & the partnership continues unabated. Good wishes to your husband ever Humphrey



LETTER CARD



DR Nina Ridenour PH.D.

THE Hueston Family Foundation,

654 Madison Avenue,

New York, NY.

USA

## Nina Ridenour papers

*File*

January 4, 1962

Dr. Humphry Osmond  
Onet Cottage  
Godalming, Surrey  
England

Dear Humphry:

Congratulations on your number three. How wonderful that you now have a son! (I would have expected him to be called Aldous rather than Julian). The snapshot of Fee is enchanting. You must have great fun with all of them.

It was nice to receive your two notes from England. (I always admire your handwriting so much!) I can imagine that when one lives alternately in two countries with such extremes of good qualities and bad ones as England and this hemisphere, the conflict in feelings must be inevitable.

I believe I wrote you we were considering a grant to Gardner Murphy for some research in parapsychology at Menninger. It went through - \$100,000 over a three-year period - and is now under way. Gardner brought his group together for the first time last Saturday and I had the privilege of sitting with them for a day. He plans to use five or six researchers, all of them part time, and approximately the same number of consultants. I imagine you would know most of the people. The researchers include Lynch, Somers, Cadoret, Gertrude Schmeidler and a young senior from Yale, Charles Morris. The consultants include David Kahn (who may turn into a researcher if Murphy can persuade him and if Kahn decides he has the time), Joseph Woodruff, Karlis Osis, Rhea White and Montague Ullman. Margaret Andersen will also be a

## Nina Ridenour papers

Dr. Humphry Osmond

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January 4, 1962

researcher. We are calling the project "Studies in Creativeness With Special Reference to Extrasensory Perception." As you see this is a nice safe title. Even if the ESP aspect should fall flat on its face we still stand to get some good studies of creativeness that ought to be worth the investment. I wish you were in the picture too. The group seems keen about the project and I think the whole thing should be great fun.

The Season's Greeting and my personal good wishes to you.

Sincerely,

Nina Ridenour  
Secretary



Christmas

Greetings

from

Humphrey, Jane, Helen,

FEE & Julian

Osmond.

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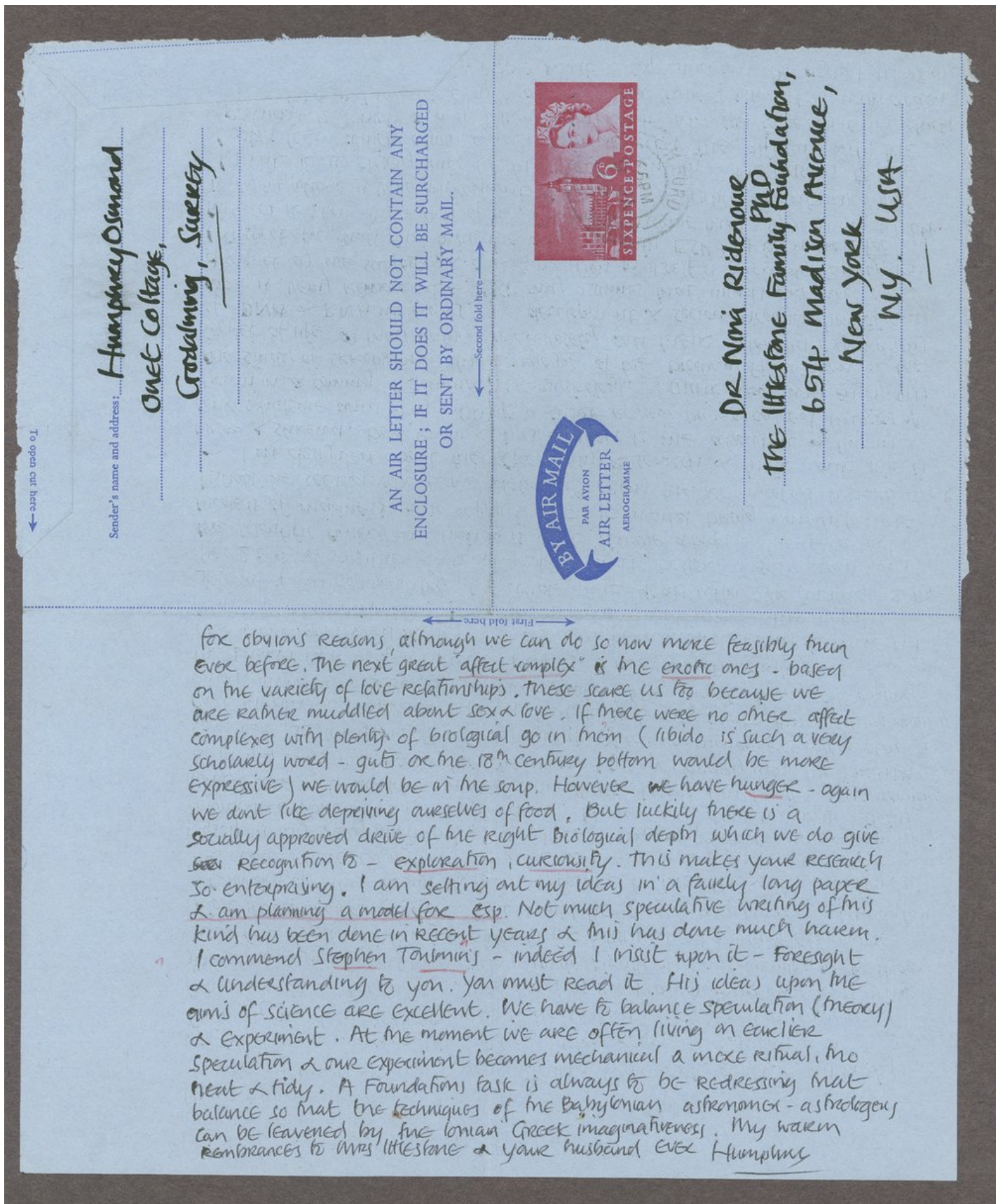


Nina Ridenour papers

FEE carries our good wishes  
to you & news that Julian arrived  
safely 14<sup>th</sup> Nov & he & his mother  
are in fine form. He is a 2nd red  
head (Helen our first one, Fee a  
blonde). We are gradually adjusting  
to our new old country - I know  
how Odysseus felt after he  
landed on Ithaca once more!

Good wishes to your husband  
Ever Humphrey

## Nina Ridenour papers



## Nina Ridenour papers

Orkney Cottage, Godalming 9 Jan 62

Dear Nina,

How good to hear from you. Julian has nearly doubled his birth weight & is a monstrous fine fellow. Very responsive, Julian is a family name, but Aldous Osmond is too sibilant. — Yes I miss my N American friends v much. Once one has lived in N. America one is never the same again. You should always invite plenty of your enemies as well as your friends. Simply being in the US for a little would make even the most indoctrinated wonder. That would be a nice project for a foundation — "Changes of value resulting from exposure to the US & other cultures". However I have enough time to see whether I can find a niche for myself in this very different place where I am an outside-inside. I think I belong here, but in many ways I don't. I have some decent cards — skills which are not available in excess anywhere. I hope I make it — the country is in my bones like radioactive strontium. I get v angry with the British — so clever, so smug & often so superficial. Of course money, resources play a part in America's erratic boldness, but it isn't only that. Americans genuinely enjoy having a go & so do Englishmen when they aren't being self pitying. The English talk as if they were paupers & not a rich country.

Our work goes well & I think we may be almost ready to move out from the research lab. You should take a look at 1. The August Journal of Neuropsychiatry, the whole of it deals with our findings. 2. The Dec 28 New Scientist — a very good Journal, better in some ways than the Scientific American which says a lot. I have a paper there called models of madness — no reprint yet. It would bring you up to date. I shall be seeing about the debauch from the Research lab next week.

— I'm delighted about the Creativity Research & think your title is wise & shrewd. Bob Sommer has written to me about it & I'm in correspondence with him. I have a short review paper called "Images of Truth" in a coming Journal Parapsychology. I think you will enjoy this.

The study of creativity is the analogue of the biologists' "search for the secret of life" as they rather grandiosely call their splendid exploration of DNA & RNA molecules. The development & social incorporation of any idea is very remarkable. ESP only assumes that minds are not as discreet as we suppose, & our supposition in itself is probably fairly new. I suspect we shall find that the difficulty with ESP has been not too little of it, but too much of it. Once you assume that something which is everywhere is very infrequent it becomes invisible & unthinkable. I think it is closely linked with affect — emotion — the passions to use Locke's term which again we tend to neglect. The difficulty with the passions to which ESP is usually linked in the spontaneous cases which we notice is that these are of an agonal type (associated with death, disaster, terror etc). Few people want to experiment with agonal situations.

## Nina Ridenour papers

*File*

February 4, 1963

*H.J. Neuropsychiatric Institute,  
Box 1000,  
Princeton*  
Dr. Humphry Osmond  
Bureau of Research in  
Neurology & Psychiatry  
~~State Department of Institutions~~  
and Agencies  
Trenton, New Jersey  
Dear Humphry:

*Zusatzendruck  
"Open End"*

Congratulations on your new role as TV star. It must have been a frustrating experience last night but you were splendid. I wish you had had more opportunity to speak up.

I am so glad you are back in this country. Good wishes to you in your new work.

Sincerely yours,

Nina Ridenour  
Secretary

P.S. I have just spent the morning with Willis Harman in re their LSD research at International Foundation for Advanced Study.

*Received 2/15/63*



State of New Jersey

✓ BUREAU OF RESEARCH IN NEUROLOGY AND PSYCHIATRY  
C/O NEW JERSEY NEURO-PSYCHIATRIC INSTITUTE  
✓ BOX 1000  
✓ PRINCETON, NEW JERSEY

*11 February 63.*

*Dear Nina,*

*How kind of you to write. The trouble was that owing to the fetish for 'spontaneous expression' we had no opportunity to discuss before hand & no agreed subjects upon which to disagree! In addition I don't think Mr Susskind had been fully briefed - & this is a subject about which you have to know what is discussable.*

*However these experiences are interesting & an unexpected start for my time in the United States.*

*I shall look forward to seeing you before long & hope to lure you down here when the spring comes. It is beautiful & my colleagues have many pretty ideas up their sleeves. We are edging in on schizoid & I hope we can let you know that we have pinned it down before very long. The crux seems to be the organic chemistry & after 6 years hard work that is beginning to become clear. It seems that we've probably been using the wrong formula for adrenochrome, which makes a difference!*

*Good wishes to Mr Ridenour,*

*Very Sincerely,*

*Humphrey*

## Nina Ridenour papers

File

February 21, 1963

Dr. Humphry Osmond  
Bureau of Research in Neurology  
and Psychiatry  
Box 1000  
Princeton, New Jersey

Dear Humphry:

How nice that you are in Princeton. I thought it was Newark. I wish we had chosen Princeton instead of the Arctic wilderness of Northern Westchester.

I'd love to come out and see what you are doing as soon as the blizzard season abates. Meanwhile why don't you come into the city Monday evening, March 4th and hear Gardner Murphy talk about his research in creativity with relation to extrasensory perception. I suppose you have heard about that project which we are supporting at Menninger.

Probably you are a member of ASPR, **BUT** if not, come as my guest. Karlis Osis plans to be there from 7:30 on, and Gardner is to begin at 8:15. It will be at the Women's Republican Club, 3 West 51st. Could you have an early dinner with me before the meeting?

Sincerely yours,

Nina Ridenour  
Secretary



State of New Jersey

BUREAU OF RESEARCH IN NEUROLOGY AND PSYCHIATRY  
C/O NEW JERSEY NEURO-PSYCHIATRIC INSTITUTE  
BOX 1000  
PRINCETON, NEW JERSEY

*osmond*  
27:2:63.

Dear Nina,

Thank you so much for your kind invitation to meet Gardner Murphy who is always a treat. Unfortunately I shan't be able to get up on Monday I'm still rather preoccupied with settling in & find my evenings pretty well occupied. However I hope to have a car in 5-6 weeks & will then be much more mobile. The Institute is splendidly placed about 5 miles outside Princeton which makes transport something of a problem without a car. With a car there is an excellent variety of buses, trains etc.

Please remember me to Gardner Murphy & Karlis Osis. I am very sorry not to be seeing you & them.

yours very sincerely,

Humphrey



[26:10:63]

To:- Dr De Witt Smith MD

From: - HO.

RE: Dummy Run;

cc. Dr Hugh L'Etang  
A Hoffex  
A. Dobbs.  
D. McI Johnson,  
L. Taylor  
Mr Christopher Magher  
Dr Cheek  
Dr Hanson  
Dr Nina Ridenour.

To recapitulate our earlier talk briefly, the extraordinary advances of medicine have produced all kinds of problems, some of which we perceive fairly clearly, some of which we hardly notice. It does not mean that those we don't notice are unimportant.

Sickness in statesmen, soldiers, diplomats & other highly placed officials is usually looked upon as being an 'unlucky accident': all would have been well if - such a such illness had not struck down so & so at that particular moment. It is much to the credit of Dr Hugh L'Etang to have drawn our attention clearly & forcibly to the curious fact that it is more likely than not that high officials will suffer serious illnesses. Not counting the present incumbents 5 out of 6 of the most recent heads of state in Britain & the US have been gravely ill at sometime during their tenure of office. Indeed a study of life insurance tables of the range 60-75 would I'm sure tell us what to expect. In my view this is the critical observation from which everything else follows. Once you grant this we must know how far recovered a particular person is

1. BECAUSE unique qualities are scarce & must not be wasted
2. BECAUSE WE MUST BE SURE that they have in fact been RESTORED.

While it is clear that this kind of question has always been there its special cogency & urgency arises from the particular conditions of our age.

Illness has become very brief & convalescence greatly reduced thanks to vastly improved anaesthetic, medical, surgical, nursing & post operative care. The sick person is up & about walking, talking & looking pretty normal. ARE WE not then wholly justified in assuming that he is in fact completely RESTORED? WE don't know but there

## Nina Ridenour papers

are circumstances attending these rapid recovery which call for thought. They are the result of a vast amount of pharmacological expertise whose effect upon the highest levels of brain functioning is almost unknown & even unguessed at. We do know that airlines forbid their pilots to drink, take hypnotics, energizers, anti-histamines or tranquilizers before flying. A study of their rules & regulations might be very illuminating. They must have some rules about flying post-operatively. I wonder what they are?

A very recent example of the odd way in which such matters are handled can be found in Today's NY Times reporting from London 26.10.63 that Mr H. McMillan is leaving hospital. 'his doctors say that he was progressing well but that he would need a 'substantial period' of convalescence'. Since about 10 days ago Mr McMillan was engaged in the hasty busby of choosing his successor, & no question about his fitness to do this apparently arose, his doctors present rather cautious comment is rather quaint.

The question is can we develop means of estimating the psychosocial effects of modern medical & surgical procedures so that we can provide some guides as to how much impairment has been produced & when full restoration has occurred? It is clear that this is a matter which concerns government, the military, business & academic life\* at the highest levels. The need can hardly be denied by anyone who examines the facts. To meet that need is a rather different matter.

I think we should start in a small way using if we possibly can the local resources available to us. Our first study should if at all possible be conducted in Princeton Hospital. We should ask men & women of good

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\* & of course our profession.

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will to cooperate in a very simple & crude study.

If our psychological colleagues have tests of judgement available we should use them. If not we should encourage them to develop such tests & content ourselves with crude measures until we have better ones.

I suggest a pre & post operative H.O.D.

We would then using a simple questionnaire find out from

1. The sick man or woman
2. Their doctor
3. Their spouse
4. Their children.
5. Their business professional, or other associates
6. By psychiatric interview.
7. By any other means we can devise.

whether they are fit,

- A To undertake decisions in the home about domestic affairs
- B At work about routine affairs
- C About emergencies & urgencies in A & B.

We may, of course, find no discrepancies.

We must hope to be able to produce model decision making situations - but that will require more planning.

Our first steps should be a simple study using few resources. If, as I suspect, we get something worthwhile we should approach one of the big foundations - possibly the Insurance Companies & undertake a further study.

A later study should deal not simply with illness, accident etc, but with tension, fatigue & spatio temporal changes due to long distance flight.