

1952

A YEAR IN REVIEW

PSYCHIATRY

DEVELOPMENTS

THE DSM REDEFINES THE PRACTICE OF PSYCHIATRY

Earlier this year, the American Psychiatric Association published the *Diagnostic and Statistical Manual of Mental Disorders* (DSM). The DSM is a comprehensive guide that standardised the classification and diagnosis of mental disorders. Before the DSM, diagnoses of mental disorders were inconsistent and entirely dependent on the subjective interpretations of individual psychiatrists. As a result, the field of psychiatry lacked uniformity and reliability. By establishing clear diagnostic criteria and using standardised vocabulary, the DSM allows psychiatrists to diagnose and treat their patients with greater accuracy and efficacy.

The DSM is a culmination of decades of research and collaboration within the field of psychiatry to develop a consistent framework for classifying psychopathology. It is the successor of the *Statistical Manual for the Use of Institutions for the Insane* (SMUII) published 1918. The SMUII was criticised for being an outdated effort for its focus on classifying extreme cases of mental disorders, such as psychosis and schizophrenia, encountered solely in mental institutions.

Unlike its predecessor, the DSM considers modern psychodynamic perspectives and considers treatment in various clinical settings, allowing psychiatrists to treat patients regardless of where they seek help. For example, the recent development of psychoanalytic therapy allows patients to receive treatment amidst their everyday lives by visiting psychiatry clinics, rather than having to be institutionalised for prolonged periods of time. The DSM also expands on classifications of mental disorders compared to its predecessor, impressively including 102 diagnostic categories that encompass a wide range of conditions. Classifications range from severe psychotic disorders including depression and schizophrenia, and psychoneurotic conditions including anxiety disorders. It is evident that the DSM is a huge step forward in the field of psychiatry. Its progressive perspectives reflect the growth of the field of psychiatry and increased recognition of psychiatry as a legitimate medical practice.

THE MENTAL HEALTH TREATMENT REVOLUTION IS UPON US

Until recently, the medical community has largely relied on a diverse array of treatments to manage psychotic disorders. Despite their effectiveness, many of these treatments come with the risk of negative side effects. One especially chilling treatment is lobotomies. While intended to relieve symptoms of mental illness, these surgeries, which involve cutting into the forebrain, often lead to irreversible alterations in patients' personalities, if not death, on the operating table. In response to the riskiness of traditional treatments, a breakthrough medication known as chlorpromazine (CPZ) has emerged seemingly overnight. First synthesized 2 years ago to be a surgical anesthetic, CPZ rapidly gained popularity within two years for its wide range of beneficial treatment effects. Besides making surgery painless, this drug helps patients relax and lowers their body temperature.

These benefits work together to make surgeries safer and more comfortable for patients. It wasn't long before French psychiatrists reluctantly began testing CPZ on their psychotic patients. The first patient—tested back in January of this year—was Jacques L.h., a 24-year-old extremely agitated manic patient. Within hours of receiving the dosage, Jacques began to calm down rapidly and maintained this state of calm for many hours. By February 07th, Jacques calmed down enough to play games and carry out regular everyday tasks. Since those initial reports, many European doctors have shared similar stories of remarkable success in rehabilitating their patients. As clinical trials conclude worldwide, it's evident that CPZ is set to make a significant impact when it becomes available for prescription soon.



PSYCHOTHERAPY

PSYCHOTHERAPY ON TRIAL: HANS J. EYSENCK'S PIONEERING CRITIQUE:



If a crown existed for opposing psychotherapy, Dr. Hans J. Eysenck would win it by a landslide. Unimpressed by the uncritical acceptance of the variety of forms of psychotherapy practice while studying in America, the Brit returned to London with Clinical psychology fires to put out. Indeed, earlier this year, the 36-year-old psychologist launched a major challenge against psychotherapy in a review published in the *Journal of Consulting and Clinical Psychology*. Eysenck's conclusion, drawn from an extensive review of the literature—encompassing 24 studies and over 7,000 cases—was that there is no solid evidence to prove psychotherapy aids in the recovery of neurotic patients. Instead, he found that around two-thirds of mentally ill patients see their symptoms improve within two years of the illness onset, whether they receive treatment or not. Eysenck's paper created a massive shockwave around the world. Personal experience, case study reports, and anecdotal evidence all reassured psychotherapists that they are helping patients. However, with little purpose-designed evaluation or randomized control trial research in sight, it seems impossible for psychotherapists to mount any convincing rebuttals in the near future. As the debate continues, it's clear that this groundbreaking work has ignited a critical conversation about the future of mental health treatment.

WORLD EVENTS

COLD WAR

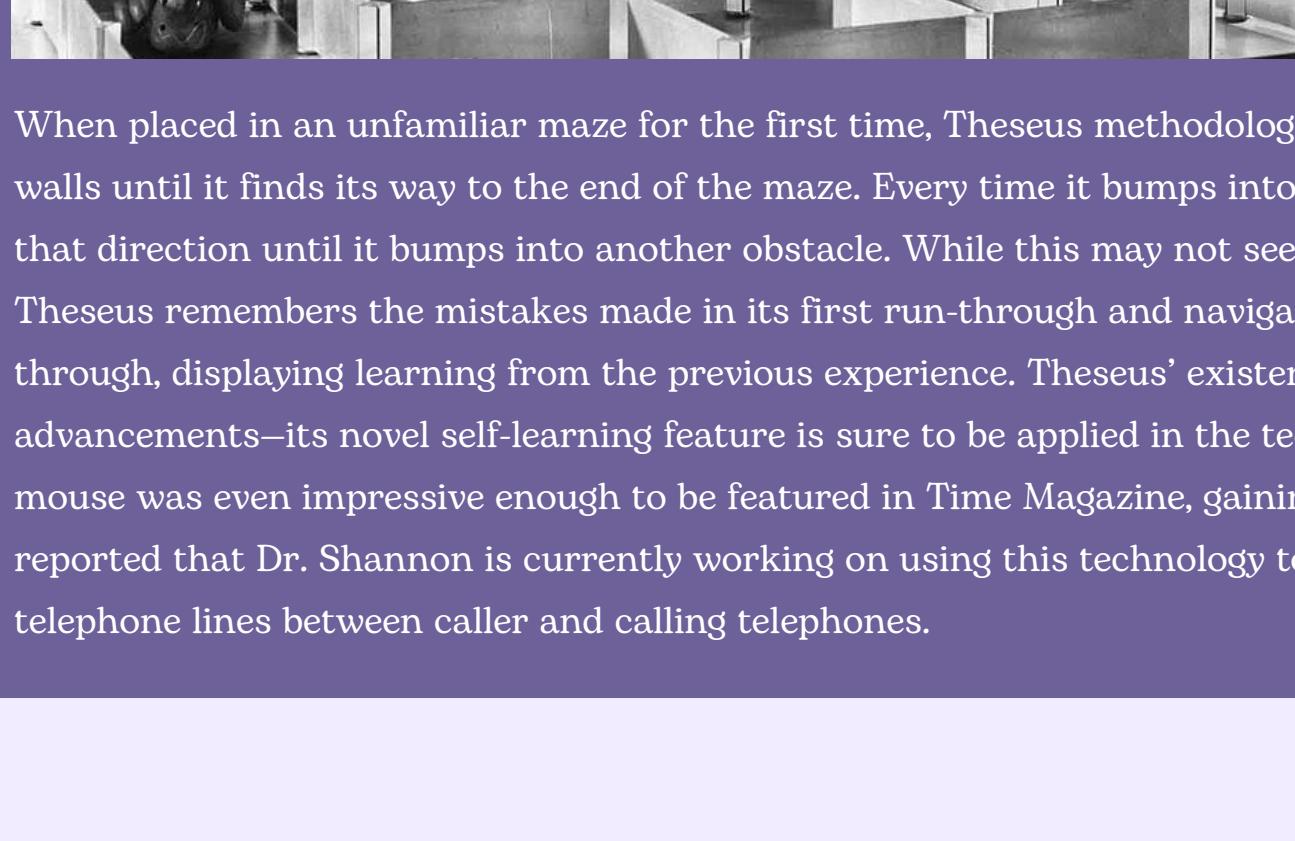
THE COMMUNIST WITCH HUNT CONTINUES IN AMERICA

"If you do not hate communism, you are a communist." This logic reflects the widespread fear that communists within our own borders are on the verge of overthrowing our democratic system. The growing list of individuals being blacklisted nationwide for their leftist sympathies further underscores the urgency for constant vigilance. Communist denunciation has even reached platforms that are highly accessible by the public. For example, the silent screen Hollywood icon—Charlie Chaplin—was recently denied a re-entry visa to the United States after a trip abroad. However, the left-wing political themes in many of Chaplin's films made it almost certain that he would catch the eye of federal authorities. Forget mere visibility; the Soviet spy ring runs as deep as the Truman administration, according to Wisconsin Senator Joseph McCarthy. Just last year, McCarthy went so far as to single out Truman's Secretary of Defence, George C. Marshall, as being the man responsible for China's "loss" to communism. In his typical clueless fashion, President Harry Truman reportedly had nothing to do with this strategic gamble, though. According to McCarthy, the 33rd president was just a naïve dupe in the passenger seat to Marshall's consistently diabolical decision-making. Truman's career was undoubtedly at a low point this year, even before McCarthy's attacks further marred his reputation. With Eisenhower's Republican administration now in power, many expect McCarthy to dial back his communist witch hunts. However, McCarthy has never been one for silence.



INNOVATION

THESEUS THE MAZE-SOLVING MOUSE FEATURED IN TIME MAGAZINE



Theseus the maze-solving, mechanical mouse has garnered worldwide attention for its remarkable ability to do what no machine has done before: learn. Theseus is the creation of Dr. Claude Shannon, a mathematician and researcher at Bell Labs. It is named after the Greek hero Theseus, who navigated his way through the Labyrinth by using a thread to mark his path. Theseus the mouse, however, is far more impressive than his namesake because it can navigate a maze not by using the aid of a thread, but by remembering the correct path. How does this remarkable mouse conduct its impressive feats?

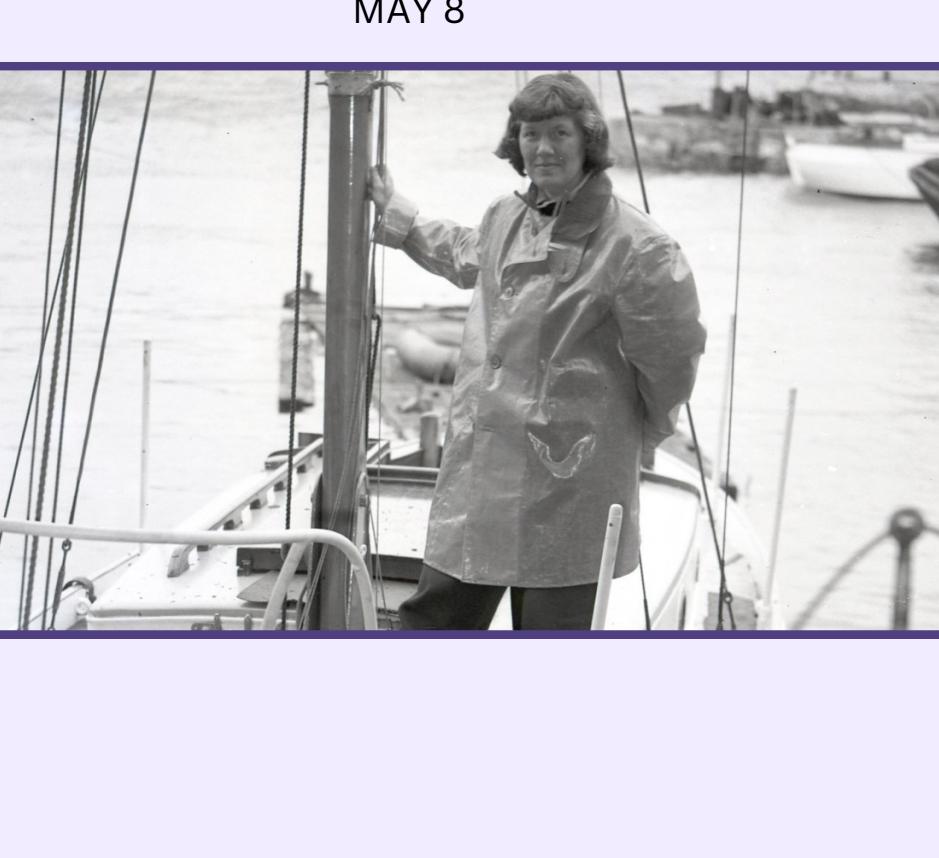
When placed in an unfamiliar maze for the first time, Theseus methodologically explores the maze by bumping into the walls until it finds its way to the end of the maze. Every time it bumps into a wall, it turns 90 degrees and continues in that direction until it bumps into another obstacle. While this may not seem like a sophisticated manner of trial and error, Theseus remembers the mistakes made in its first run-through and navigates the maze seamlessly in its second run-through, displaying learning from the previous experience. Theseus' existence presents an exciting future for technological advancements—its novel self-learning feature is sure to be applied in the technology industry henceforth. The mechanical mouse was even impressive enough to be featured in Time Magazine, gaining world-wide recognition. Time Magazine reported that Dr. Shannon is currently working on using this technology to increase the efficiency of connections in telephone lines between caller and calling telephones.

OTHER NOTABLE EVENTS

CBC GOES ON AIR: TELEVISION HAS REACHED CANADA



SEPT. 6



MAY 8

SALK DISCOVERED THE POLIO VACCINE



JULY 2



DEC. 5 - DEC 9

LONDON SMOG KILLS THOUSANDS

Earlier this December, a lethal smog covered London for five days, bringing the city to a near standstill and killing approximately 4000 people.

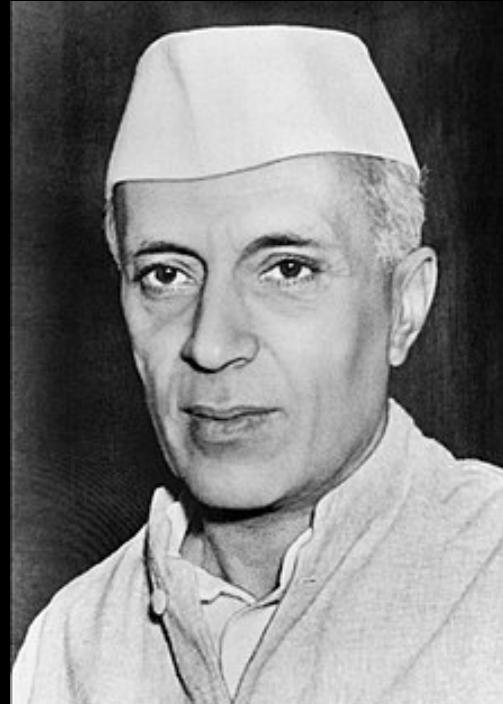
POLITICS

BRITAIN MOURNS THE LOSS OF KING GEORGE VI



On February 7th of this year, King George VI of the United Kingdom passed away following a prolonged period of illness. The King was beloved by his people and was commended for his strength and resilience in leading the nation during the tumultuous times of World War II. His commitment to his people was evident through his continued residence at Buckingham Palace for the entirety of the war, despite it having been bombed nine times. His dedication to act as a symbol of fortitude and unity despite the great danger posed to himself and his family was truly remarkable and gained him the respect of the nation. The King's funeral was held on February 15th at St. George's Chapel in Windsor. A carriage containing the King's body was pulled by 150 members of the Royal Navy in a procession to his gravesite. Hundreds of thousands of people lined the streets along the procession, and the Big Ben rang once a minute for a total of 56 minutes—a tribute to his age. Britain was, and still is, in a state of mourning for their beloved monarch. Condolences especially go to his family—his wife, Queen Elizabeth, and his two daughters, Princess Elizabeth II and Princess Margaret. His eldest daughter, Princess Elizabeth, had just reached Kenya, the first stop of the Commonwealth Tour, when she received news of her father's passing. In a matter of days, she returned to Britain not as their Princess, but as their Queen. Amidst their period of mourning, Britain looks towards a bright future and the beginning of a new era.

JAWAHARLAL NEHRU'S CONGRESS PARTY WINS GENERAL ELECTION IN INDIA



On February 13th of this year, the Indian National Congress Party led by Jawaharlal Nehru won India's first general election following India's achievement of independence from the British Empire in 1947. Out of 489 seats, the Congress Party impressively won 384 seats, ensuring their victory by a landslide and affirming the Congress Party as the current dominant political power in India.

The election distinguished India as the current largest democracy in the world. Nehru and the National Congress Party are sure to lead India into a new and progressive age.

OCT. 1951 - FEB. 1952

BATISTA-LED MILITARY COUP SEIZES CONTROL OVER CUBA



This March, the Cuban Army, under the leadership of former President Fulgencio Batista, intervened in the ongoing Cuban presidential election through a bloodless coup d'état. This bold move saw Batista forcefully re-establish himself as the interim de-facto dictator of Cuba.

MARCH 10

SPORTS

OLYMPICS



ZATOPEK OUTPERFORMS THE COMPETITION (AGAIN)

Long-distance running superstar Emil Zatopek looked undefeatable before this summer's Helsinki 1952 Olympic games. Just four years earlier, in London, the Czech runner clinched the silver medal in the 5000m and the gold in the 10000m, setting an Olympic record time for the latter. Since his Olympic triumph, Zatopek has always credited his rigorous training regimen for his success. He reportedly trained relentlessly, running in heavy army boots by day and night to acclimate to the races' physical demands, practicing breath-holding until he fainted, and jogging in place for hours. Although such a demanding routine would exhaust most people, the Czech athlete seems undeterred, arriving in Helsinki this past July on a remarkable 69-race winning streak. Unlike in London, though, Zatopek trounced the competition in the 5000m, 10000m, and marathon races, adding three more golds to his Olympic medal count. His unparalleled performance left Finnish spectators and competitors alike in awe. This achievement makes him the only athlete to win all three distance events at a single Olympics. It goes without saying that Zatopek will always be one of a kind.



WORLD SERIES

1952 WORLD SERIES:

The Yankees Defeat the Dodgers, 4 Games to 3, to Take the World Series Home



FINAL THOUGHTS

In summary, 1952 was a year of **remarkable progress, groundbreaking innovation, and significant shifts**. It seems the world is experiencing a resurgence of growth after two long decades held back by the Great Depression and the Second World War. While many view this change as inherently positive, caution is warranted. The leap in progress brings increased power and responsibility, concentrated in the hands of a few, at levels humanity has never before managed. This realisation becomes especially daunting against the backdrop of the Iron Curtain, which starkly divides the globe between democracy and communism.