
The Daily Gazette

December 31, 1953

YEAR IN REVIEW

\$0.30

American Psychological Association Adopts Ethical Standards

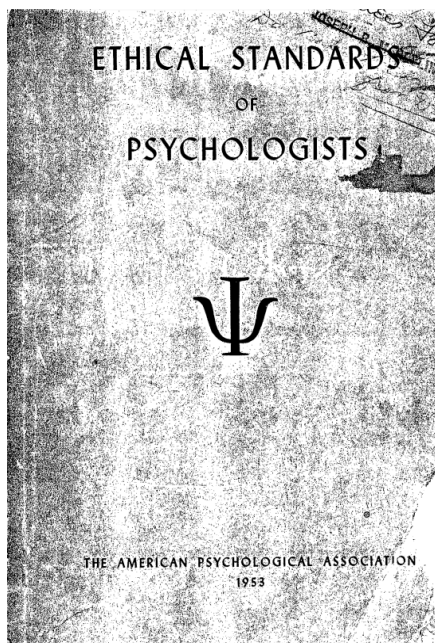


Photo courtesy of The APA

A copy of the ethical standards.

WASHINGTON — The American Psychological Association (APA) officially published its first ethics code. Over the last few decades, and particularly after WWII, the involvement of psychologists in public life has been ever-growing.

From clinical practice to teaching to research on aspects of psychology relevant to war, psychology has been increasingly pertinent to the layperson.

Although a committee was established in 1940 to review malpractice and to guide individual psychologists who reached out to them for help, the process was not centralized. As the ethical considerations that psychologists encountered in their work became more frequent, the association decided that it was due time for a standard to be created.

In creating the document, the association's intention was not only to discipline psychologists who engaged in questionable practice but also to provide practical guidance to psychologists who wanted to be ethical in their work. To ensure that the rules that were created were pragmatic and not just idealistic, the association created the document with the input of over two thousand psychologists to outline the ethical values that they aspire to abide by. The contributors referred to the ethical dilemmas they faced in their daily work to inform the new ethical rules that would inform them in the future.

The creation of an ethics code portrays psychology as a profession which acknowledges and values its potential for public impact. The APA says that it is committed to upholding the use of ethical standards in psychological work and to aspiring for better practices through continuous reassessment and revision.

Promising Developments of a Polio Vaccine

NEW YORK — Dr. Jonas Salk announced the success of a polio vaccine in initial human clinical trials. Polio is a disease caused by three viruses and can result in paralysis and death. The vaccine, which is being developed at the University of Pittsburgh, uses inactivated viruses from animal tissue. These viruses are dead, but they can still produce protective antibodies to provide immunity against all three of the viruses. Dr. Salk, however, cautioned against premature administration of the vaccine to the public. Further research will be needed to determine the efficacy and safety of the vaccine.

ROCK-AN-EYE BABY

The Discovery of REM Sleep

CHICAGO – On September 4th, *Science* published a two-page paper by Eugene Aserinsky and Nathaniel Kleitman. This short article may change the trajectory of sleep psychology entirely: they have discovered a phenomenon called rapid eye movement (REM) sleep.

Before this study, Aserinsky was performing research on infant sleep cycles. Specifically, he was attempting to study the possibility of the blinking reflex continuing into sleep. He observed that the infant's eyelids went through periods of quick movement not unlike the eye movements made when conscious.

Using electrooculography and electroencephalography (EEG) with adult participants, he recorded what he calls REM sleep: periods of rapid eye



Photo courtesy of J. M. Siegel

Dr. Nathaniel Kleitman fitted with electrodes around his eyes and scalp, preparing to participate in his own sleep study.

movement that correspond with low muscle tension and EEG patterns resembling wakefulness. Previously, REM patterns had been explained as awakenings during the night, increasing in frequency as sleep came to an end. Aserinsky and Kleitman are the first to suggest that these periods are part of the sleep cycle.

Aserinsky and Kleitman (1953) conducted a number of experiments to explore the experience of REM sleep. Patients who were woken during REM sleep were capable of reporting their dreams in more detail than those woken during non-REM sleep. They also measured the frequency and duration of REM cycles in an average night of sleep and described its physiological characteristics, such as increased breathing and heart rates.

The discovery of REM sleep may revolutionize sleep and dream science. Humans spend one-third of our lives sleeping; this year, science finally provided insight into the previously unknown workings of our sleeping mind.

Science:

The Cigarette Butt of the Joke – New Study Finds That Smoking Cigarettes May Cause Cancer

Wynder, Graham, & Croninger (1953) found that tobacco causes skin cancer in mice. At the end of the 20-month trial, 90.2% of mice exposed to tobacco tar had died, compared to 47% of control mice (read more on p. 20).

INTERNATIONAL AFFAIRS

Armistice Agreement Reached in Korean War

PANMUNJOM – As of July 27th, an armistice agreement has finally been signed, ending the Korean War. The conflict between the Democratic People's Republic of Korea, supported by the Soviet Union and China, and the Republic of Korea, supported by the United States, ended with the voluntary repatriation of prisoners of war. All prisoners of war were released and allowed to choose which of the two nations they wished to live in. These arrangements have been overseen by a committee of neutral nations, including Switzerland, Poland, and India. Over the course of the Korean War, at least 2.5 million people have lost their lives in the conflict. Further negotiations for a peace treaty have yet to be resolved, and the two countries are still legally at war. Due to the limited media coverage of the war, the mental health of its veterans may go largely unmonitored and untreated.

This agreement comes at a time of tension between the United States and the communist nations of the world. While the division of Korea into two states provides a resolution to the initial uncertainty following the defeat of Japan in WWII, this ideological conflict continues to reverberate through politics, science, and popular culture. At the time of writing, it is unclear when, or if, these tensions will be resolved.

Eisenhower Outlines Expanding Cold War Defense Plan

WASHINGTON – President Eisenhower worked with the Department of Defense and several experts to create strategies to contain the communist threat imposed by the Soviet Union. A robust defense plan was especially crucial after the USSR revealed their possession of a hydrogen bomb that could cause inconceivable destruction. A board of nine members reviewed the Psychological Strategy Board which put forth psychological warfare tactics to weaken the satellite countries' support of the communists. The review suggested that the Psychological Strategy Board be abolished. Its responsibilities were transferred to another board.

Additionally, President Eisenhower created three panels of experts to bring forth more strategies to contain the communist threat. Team A suggested a containment strategy in which America expands their military and strengthens relationships with allies. Team B suggested a focus on building the U.S. nuclear arsenal. Team C suggested an aggressive attack on the Soviet Union to diminish its power. On October 30th, President Eisenhower and the National Security Council combined the former two teams' strategies: build alliances with highly industrialized, non-communist states while developing American nuclear power.



Eisenhower
(left) with John
Foster Dulles,
Secretary of
State.

*Photo courtesy
of W. J. Smith*

OTHER STORIES

World Leaders:

Queen Elizabeth II, 27, Coronated at Westminster Abbey

Over 8000 guests were present at this monumental event, representing over 100 nations (read more on pg. 96).

Stalin Dies After Four Days in Coma

Following a stroke that rendered him unresponsive, the Soviet dictator has passed away in his home (read more on pg. 18).

Government:

CIA Recommends Panel to Discuss UFOs Ahead of Looming Recession

A panel led by physicist H.P. Robertson investigated the uptick in reports of sightings of unidentified flying objects (UFOs) (read more on pg. 51).

World Politics:

Cambodia Gains Independence from France, Following Laos Earlier This Year

Following years of war and colonization, King Norodom Sihanouk declared Cambodia's independence from France (read more on pg. 80).

Sports:

Sir Edmund Hillary and Tenzing Norgay Successfully Climb Mount Everest, Honoured by England

The pioneering explorers left chocolate on the summit of the world's tallest mountain, more than 8000m above sea level (read more on pg. 9).

Kinsey Re-Commits to Controversy with New Book, 'Sexual Behaviour in the Human Female'

WASHINGTON – Five years after releasing 'Sexual Behaviour in the Human Male,' Dr. Alfred Kinsey and colleagues continue to stir controversy with the follow-up, 'Sexual Behaviour in the Human Female'. Dr. Kinsey completed his undergraduate degree in biology and psychology and his doctoral work in zoology. He gained a keen interest in integrating his educational background to understand sexuality when he realized that there was little scientific work done in the field. Based on interviews with almost 8000 women, the book documents sexual behaviour including masturbation, premarital sex, and same-sex behaviour. While some people hail his books as tools to understand sexuality and the psychology that underlies it, others are scandalized by their contents.

A congressional hearing is underway to investigate tax-exempt organizations in whether they are supporting the American values of freedom and democracy. The foundation which funds Kinsey's work is also being reviewed. Their involvement in Kinsey's work is being investigated for undermining American morals. By allegedly weakening American morality, the foundation's funding of Kinsey's work may implicate it in supporting the Soviet Union and communism. The state of Kinsey's funding is currently undetermined.

Controlling the Uncontrolled With the Creation of Behavioral Therapy

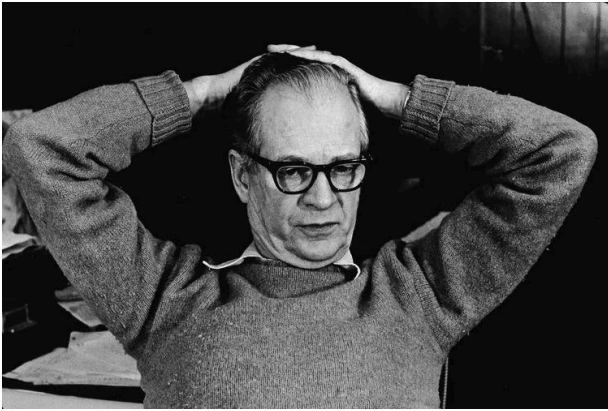


Photo courtesy of Getty Images

B. F. Skinner, the psychologist credited with the development of operant conditioning.

WALTHAM – B. F. Skinner outlined his own model of mental health treatment in his book, ‘Science and Human Behavior’. He describes abnormality as behaviours caused by a lack of societal control threatening the systems of control or the individual. This model relies on operant conditioning and uses behavioural measurements to determine treatment success. Skinner used the term behavioral therapy for the first time in a report on the use of Skinner Box-like rooms to treat psychosis. The foundations of behavioral therapy, while criticized by some scholars and therapy professionals, may influence many therapeutic approaches and models to come.

Psychology:

You Are Who You Know: Psychologist Harry Sullivan Proposes That Relationships Shape Personality (read more on pg. 56)

Capitalism Wins Again: Need Theory Adopts Humanistic Psychology and Centers it on Power (read more on pg. 17)

WATSON AND CROOK

Two Scientists Claim to Have Discovered the Double Helical Structure of DNA, Neither Actually Did

CAMBRIDGE – In a groundbreaking article published in *Nature*, James Watson and Francis Crick built on the work of numerous chemists and biologists to propose the double helical structure of DNA. Their theory of the double helix would not have been possible without Dr. Rosalind Franklin’s X-ray crystallography images of the DNA molecule. Her work was unknowingly shared with Watson and Crick by her colleague, Maurice Wilkins. Together, Watson, Crick, and Wilkins will no doubt go on to receive recognition and fame for this proposed model. Franklin received only a brief note at the end of the article, in which Watson and Crick credit her and Wilkins as having “stimulated [us] by a knowledge of the general nature of [their] unpublished experimental results and ideas” (Watson & Crick, 1953).

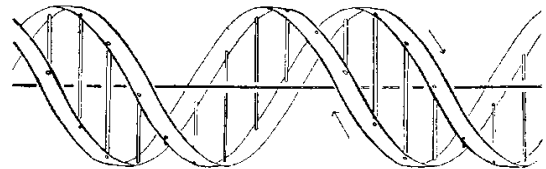


Photo courtesy of J. Watson & F. Crick

The proposed model of DNA, with its double helical structure.