

or to external injury, circulating poisons in the blood stream, as from infection or drugs, and from degenerative changes due to tumor or arterial degeneration. Damage from any of these causes may be expected to bring about alterations, temporary or permanent, in the total functioning of the individual—in his conduct, his judgment, and his ability to respond to stimuli—in short, in his mind. A considerable part of the functioning of the nervous system is outside of voluntary control. The autonomic or vegetative nervous system controls such vegetative functions as the body temperature, the blood pressure, digestion and the various glands; it likewise acts as the mediator between the emotions and the functioning of the so-called involuntary organs. It is by means of this system that we experience, for example, "gooseflesh", blushing, pallor and sweating from fright, and through it the various symptom-complexes which are dealt with by the specialty of "psychosomatic medicine" are controlled.

No two persons are born identically alike, and everyone starts life with his own constitutional makeup, of which the temperament is a part. Everyone has experiences as he is growing up, not all alike by any means; some of these are pleasant and some of them unpleasant, but all have a bearing upon the development of his personality. No two persons have quite the same background of experience, and thus we properly expect wide variations in the behavior of individuals. Furthermore, it is well demonstrated that impressions, experiences, and teachings, many of them consciously "forgotten," are nevertheless stored in what is referred to as the unconscious. Unpleasant experiences may be repressed, yet many come out in disguised form in phobias, tics, dreams, anxieties, and various neurotic and even psychotic manifestations. These constellations, with a heavy emotional charge, are referred to as complexes. Everyone, of course, has them. It is how one deals with them or how they deal with him that is important.

The child soon learns to distinguish between himself and the outside world with its demands. He develops a sense of reality which is constantly in use throughout his life for testing his desires and instinctual drives. The human being, indeed, is in a constant state of conflict between his desires, such as those for sex and food, for acclaim, approbation, and power on the one hand, and the requirements of the reality situation on the other. Life is always a compromise and a process of adjustment, and not all the forces which are exerted upon any one person can be resolved. There are no iron men, and although most persons lead fairly comfortable and law-abiding lives, stress of one sort or another, internal or external, may drive a particular individual into a neurosis, psychosis, or some sort of conduct which is denominated by the law as a criminal.

May I make a personal statement of belief, which I think is representative of most of my colleagues, namely, that *most* persons fall within the category of "normal" and that many criminals are *not* in the legal sense "insane" or in the medical sense "mentally ill". I make this disclaimer because I realize that there are some persons who fear that psychiatrists if given their own way would find all offenders to be subjects for the mental hospital, and there are likewise those who even think that most psychiatrists consider the rest of the world deranged. Such is far from the case, even though as we look about us we note that everyone has his idiosyncrasies, just as others note them in us. Indeed, it may be said safely that without an idiosyncrasy or two an individual would be a dull person indeed. With all the individual physical, temperamental, and intellectual variations among people, and with the vast differences in individual experiences, particularly during the developmental period, it is not strange that some persons develop disorders of behavior.

PSYCHOSES AND NEUROSES

I have spoken already of the organic types of mental disorder, such as senile "organic brain syndrome," as it is called in the prevailing nomenclature. In addition, there are certain gross distortions of personality which we generally refer to as psychoses, notably schizophrenia and the involuntional psychoses, the latter being those mental disorders occurring in the involuntional period of life. In psychotic disorders, both organic and those without known organic basis (sometimes called functional) there is usually a considerable loss of contact with reality, or a marked elevation or depression of mood. It is of these types that people generally think when they use the words "mentally ill" or "insane." There is another large group of mental disorders, however, known as the neuroses, in which the individual is usually in substantial contact with his environment. He may realize that he is not well, but he may at the same time suffer from