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ORTHO Psychiatric

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## THE BEHAVIORAL SCIENCES AND SURVIVAL

On March 4, 1933, a nation, gripped with fear, heard Franklin Delano Roosevelt say, "the only thing we have to fear is fear itself."

In March, 1963, fear of a catastrophic depression has been eliminated to a great extent. Fortunately, this nation is on the march to fuller prosperity.

But, fear of a different sort has increased. I refer to fear of international annihilation in a nuclear war.

You have assembled in our Nation's Capital to come to grips with this and other fears. *Thanks to you*

I welcome your vital role. You could hardly dedicate yourself to a greater goal.

World Peace is the world's No. 1 priority. Reduction of tension is an indispensable pre-condition to an enduring peace.

You of this audience have dedicated your lives to understanding the minds of men and helping them to deal with their problems. It is you, then, to whom Government should turn to help provide answers on the complex problems of human and group relations in international affairs.

Our country urgently needs <sup>counsel and advice and</sup> your judgment.

OUR DESTINY MUST NOT BE MUTUAL ANNIHILATION

30 years ago, Franklin Roosevelt said that this country "has a rendezvous with destiny."

and, We do have a rendezvous in our time. <sup>But,</sup> We should be very specific about it. The rendezvous is not just with "destiny," because "destiny" implies alternatives; destiny can be either cruel or kind, favorable or unfavorable.

Today, we can tolerate no alternatives to peace.

Our destiny must - I emphasize - must - be a triumphant one.

Why? Because the alternative is no destiny at all. It could be international suicide in the ashes of a devastated planet.

We must conquer war, or war may obliterate mankind.

But, we must do more than silence guns.

Speak  
on the  
today

## MANKIND'S MANY FEARS

We must enable men to face up to still other stern realities of day-to-day existence.

Many fears plague mankind <sup>and</sup> the fears are not imaginary.

✓ Hundreds of millions of people in the Emerging Nations fear a tomorrow as bleak, or worse than the misery of their today and yesterday.

We must help these peoples conquer poverty - illiteracy - disease - malnutrition. Otherwise, mankind will fall prey to chaos and to those who would eagerly profit from chaos - as a means to promote Communism. *We must abolish all help to instill Hope*

## A RENDEZVOUS WITH HUMANITY

✓ In the remainder of the 1960's, this Nation has a rendezvous with humanity - suffering, downtrodden humanity.

Arnold Toynbee has stated that the 20th Century marks the first time in human history that man could think of assisting his most distant neighbors.

✓ In effect, for the first time in human history, we are in a position to enable all mankind to "rendezvous with a kinder destiny."

We can assist the landless to gain land, the homeless to find shelter, the jobless to earn their own way, the humiliated to achieve dignity, the uneducated to learn, *the hungry to be fed.*  
(*a wonderful opportunity*)

One such program is the historic Alliance for Progress. It will only succeed if there is a genuine Alliance of Human Beings - not merely an alliance of diplomats, or of bankers, or of engineers, but of <sup>all</sup> human beings who have learned to communicate with one another (~~despite all sorts of cultural, linguistic and other barriers~~), to understand one another, to help one another. *Yes understand!*

Here is but one of many challenges to leadership in the behavioral sciences and by the behavioral sciences.

*attorney*  
L Meanwhile, there is a rendezvous in the 50 States of this Union.

THE "ILL-CLAD, ILL-HOUSED, ILL-FED"

We can and must help our own people to achieve their highest birthright.

L Once, Franklin Roosevelt saw "one-third of a nation ill-clad, ill-housed, ill-fed." Today, our people are much better off.

But, millions still live in sub-standard dwellings; millions lack proper nutrition. Despite our prosperity, there are still "forgotten men."

You who study these problems, you who belong to the helping professions, must help your political leaders to remember and work for these forgotten people.

### CHALLENGES IN HUMAN RELATIONS

Virtually everywhere we look, we see critical challenges in human relations:

↳ deep racial tension - and not just in the South;

↳ millions of elderly, retired citizens, living not "golden years"

but barren hours;

↳ violence in our midst -  $2\frac{1}{2}$  million crimes committed in our land each year; a prison system which often breeds not "new men" but new offenses;

↳ avoidable bitterness in many of the relations between labor and management;

↳ anxiety because of job displacement, resulting from automation;

↳  $7\frac{1}{2}$  million dropouts from high school, anticipated in the 1960's.

Every one of these problems can and must be met. None is insoluble. I do not, of course, assume that we can usher in "the millennium." But neither do I feel that we should accept these

problems fatalistically as if they "will be with us forever."

The conditions I have outlined are stains on our society. They must be cleansed by action.

I urge you to bring to bear on these problems every bit of competence that you can offer, in cooperation with the Congress and the Federal Agencies <sup>and</sup> *with State and Local government,*

#### PRESIDENT KENNEDY'S PROGRAM

Legislative proposals on every one of these "fronts" <sup>are</sup> ~~is~~ now pending before the Congress.

In the area of your deepest professional commitment, mental health, the boldest, most far-seeing program in American history has been offered by President John F. Kennedy.

<sup>L</sup>His recommendations, for example, for Community Mental Health Centers throughout the United States hold tremendous promise for preventive, diagnostic, curative and restorative therapy.

#### "RAT RACE" OR FULFILLMENT?

2 But mental health, as the President well knows, is not merely a matter of reducing the enormous population in mental institutions.

It is a matter of helping to uplift the sense of well-being of

our population as a whole. It is a matter of helping individuals to find meaning and joy in the life which many Americans now characterize as merely a "Rat Race."

How, then, can we gain greater satisfaction and sense of purpose in our daily life and our national life? It will take more than gadgets and technology to make America greater still - as great as she can be. It will require more than increasing the Gross National Product and increasing the number of jobs, houses, schools, hospitals, playgrounds, roads, cultural centers, as important as these are.

It will require that man learn more about man; that he gain a better understanding of himself.

True progress means more than understanding and controlling our physical environment. It means changing our social environment - abolishing, for example, urban blight and dealing effectively with suburban sprawl.

It means more than gleaming new buildings; it means making possible gleaming hearts and hopes. It means hands outstretched to help and to share.

"Hands" imply action. We need to get down to work to apply

the knowledge which we already possess on helping human beings in distress.

I am pleased that so many of you in this association have a reputation for working to change things. We need people to build bridges from research to community programs.

↙ The bridges must lead from scientific symposia to the halls of Congress, to Federal office buildings, State legislatures, City Halls, School Boards, Chambers of Commerce, trade unions, service clubs, P.T.A.'s, churches and temples, neighborhoods, street corners and every other "arena" of opinion and action.

The united judgment of the psychiatric and allied healing arts must be heard from more than great Conferences such as this, and but once a year. It must be heard and seen in action - in follow-through on the scene. That means wherever there is a battleground of social disorder or of human deprivation.



PROVIDE SHORT AND LONG-RANGE ANSWERS

It is your job and mine to help find and provide answers to the great social problems now - this year - not just in some nebulous "tomorrow."

I believe fervently in long-range planning and programming.

But there are millions of Americans who need our help now - today - and next month.

So, the question is not only:

"How can we remedy the desperate scarcity of professional manpower in psychiatry by 10 years from now?"

(We recognize that it takes that long to add skilled personnel through /under-graduate and post-graduate education.)

The question is also:

"How can we make the best possible use of existing manpower and facilities right now?"

"How can we adapt therapy, perhaps, so as to be able to get to some of the people waiting on the long lists for psychiatric and social work service -

today?"

To be specific on just one small but terribly tragic social problem:- some 25,000 Americans will commit suicide this year. They will be dead by next January 1st. Long-range actions in 1965 will not save them.

But there is an infinite amount of <sup>other</sup> human heartbreak - of human anguish - today - in a vast variety of situations which commands our attention.

MOST AGENCIES DO NOT USE  
BEHAVIORAL SCIENTISTS

Fortunately, the United States Government is getting into action.

But, unfortunately, its direct use of the behavioral sciences, particularly psychology, tends to be confined to but one crucial Agency - the National Institute for Mental Health.

I emphasize - "direct" - meaning, in this context - "action-oriented" use.

In my judgment, the U. S. Government needs more behavioral science research, but it also needs to put the research to work in "shirtsleeves action."

One such action use, for example, has been the outstandingly successful role of psychologists in screening and training recruits for that great organization - the Peace Corps.

*good selections  
training*

SMALL RATIO OF RESEARCH SUPPORT

A year and a half ago, I directed the staff of the Reorganization Subcommittee of which I am Chairman, to analyze the extent to which the behavioral sciences receive support in our overall Governmental research program.

The staff reported that in the 1960 fiscal year:

(a) the Federal Government was paying the bill for \$1.9 billion in research and development;

(b) of this sum, the behavioral sciences received only \$65 million, or 4%.

This disproportionately low ratio has hardly improved since then.

Current information compiled by the National Science Foundation shows that for the 1963 fiscal year, the Federal research allocation for *Human Behavior Sciences* ~~psychology~~ has increased to \$83.8 million. This includes:

✓ \$44.6 million in the Department of Health, Education, and Welfare;

\$20.4 million in the Department of Defense;

\$10 million in the National Aeronautics and Space Administration.

✓ The National Institute for Mental Health is doing the broadest-gauged job - both in research and in community programs.

The Armed Services are supporting research in leadership, in training, in human engineering. The Office of Education is studying learning, communication, motivation. The National Science Foundation is supporting basic research in psychology and sociology. The Office of Vocational Rehabilitation is studying adjustment of the handicapped.

But the grand total of all such Federal support is dismally small in relation to the back-log of need.

#### "SPACE-HAPPY" OR "EARTH-SAD"

We are all aware of other needs - in the physical sciences.

Space allocations are passing the \$6 billion mark.

This Nation has an important stake in the vast adventure in Outer Space.

But I know that I need not remind this audience that the most

crucial "space" in the world is within the 3 pounds of the human brain.

It is in this "Inner Space" that we will find the key to man's fate.

You know how much is unexplored in the nature of man. You know how much this generation has suffered because man has not known how to live peaceably on this earth and enjoy it.

This Nation must not, therefore, lose its sense of perspective over the exotic vistas of the stars. We must not become "Space-Happy" and "Earth-Sad."

There are 3 billion of us, spinning on this planet. There is no "salvation" for us on the Moon or Venus.

We must work out our salvation here on earth - through this most fantastic of instruments - the human mind.

#### NUCLEAR SWORD HANGS OVER MANKIND

h We can only estimate what tragedy might lie ahead unless man can learn. A nuclear Sword of DAM-O-Clees hangs over mankind. 2 weeks ago, I felt how slim is the thread that holds the sword, as I observed the deadlocked Nuclear Test Ban Negotiations in Geneva.

The behavioral sciences can help us resolve the awesome dilemmas we face.

We need them for what they know. We need them for research in what they/<sup>do</sup>not know. And sometimes we need them just to tell us the difference.

For today, as in times past, the rulers of modern countries may still proceed on unfounded assumptions about the nature of man or the nature of the "enemy."

#### BEHAVIORAL SCIENCES AND DISARMAMENT

A year ago, I called a round table conference with representatives of the Defense Department and the Arms Control and Disarmament Agency. I asked them to use the skill and eagerness of behavioral scientists, so as to explore peaceful answers to international tensions. Since then, as a result of my conference, a Joint Panel has been set up. But A.C.D.A. has had so slim a research budget that it has not felt it could spare a nickel for Federal support of behavioral research to date.

From every standpoint, this is highly regrettable.

It is not just the physicist, the chemist, the biologist who can find new answers to the prevention of World War III; it is the

psychiatrist, the psychologist and allied professionals.

From all these people we need not only facts, we need questions.

We need innovative concepts. We need challenges to cherished dogmas.

We need imagination.

I urge you not to relax your individual and collective efforts to see that national decisions are made with the benefit of what we know about people - about human behavior.

#### SPECIFIC ACTIONS THAT SHOULD BE TAKEN

The highest scientific office of this land - the Office of the President's Science Advisor - is keenly aware of this need. Although a physical scientist, like all of his predecessors, Dr. Jerome Wiesner has given more impetus to high-level use of behavioral scientists than at any previous time.

He and his able staff are, however, aware of the persistent "Behavioral Science Gap" in Government.

He knows that, although long committed to the concept:-

- the President's Science Advisory Committee still has no behavioral scientist;

- the Federal Council for Science and Technology still has no

Behavioral Science Committee.

An outstanding report by Professor Neil Miller's panel did represent a landmark. Behavioral scientists have been used in other Presidential Panels. But continuity and action-orientation have often been lacking.

Fortunately, the under-representation and under-activity of the behavioral sciences in the National Academy of Sciences is now being improved. The Academy will soon announce a new program for the behavioral sciences.

Let me add this point with respect to the Academy.

CONGRESS SHOULD USE NATIONAL ACADEMY

~~On~~ These days the Congress, itself, is much interested in the problem of securing counsel from scientists. Many of the individual Committees of the Congress have long used scientific panels or individual consultants. The record of Congressional Hearings contains considerable testimony by behavioral scientists on at least some <sup>of the</sup> key issues.

But <sup>both</sup> continuity and better representation of the behavioral sciences in the Legislative Branch are needed.

A logical source to which we should turn is the National ACADEMY



I learned to my surprise the other day that the National Academy of Sciences is available - not only for responses to "spot" requests, as I always knew, but for definitive reports of the type the Academy has furnished to the President and the Federal Agencies.

↳ The Congress remembers that the Academy was set up by President Lincoln as an advisory group to the President, and that it has served the Executive departments on many occasions. But the Congress should now recognize that it, too, can use the Academy as a major resource "of its own" - so to speak. This means as an aid to ~~the~~ fulfillment of its Constitutional responsibilities - as both a co-equal partner of the Executive Branch and as a check and balance.

↳ Since legislators try to be directly responsive to human needs, it is logical for representatives of the behavioral sciences to play a prominent part in any such program. I pledge you that this political scientist will work to that end.

NEED IN U.S. STATE DEPARTMENT

↳ I will work to the end/<sup>too,</sup> that Behavioral Science shall be better represented in U.S. foreign relations.

There should be a behavioral scientist in the Office of the

Science Advisor to the Secretary of State. Behavioral scientists ought to be present as ~~Chiefs of Mission~~ <sup>as</sup> or high-ranking officers in American Embassies abroad. Behavioral scientists ought to serve as Science Attaches abroad.

↳ The State Department has used Life scientists - biologists and physicians, but not behavioral scientists to date.

↳ The Department should reach out for this crucial body of skills and insight. It should use them - not just for preparing reports - but for "on-the-firing-line" decision-making in day-to-day challenges.

↳ Meanwhile, in conjunction with the U.S. Information Agency, task forces in the State Department should give objective study to the manner in which the Russians and Communist Chinese are or are not successful in their use of psychology in the Cold War.

#### DEALING WITH NORMAL MEN OR PARANOIDS

↳ The often tragic history of the 20th Century to date reveals that international affairs have been in the hands of some men of great ability and of many men of mediocre or almost no ability.

What is more significant, however, history reveals that on occasion, world affairs have been in the hands of extremely neurotic

persons - and sometimes great countries have been ruled by irrational  
madmen. There is no evidence that the State Department ever used a  
psychiatrist to help it in the problems of dealing with such persons  
as Adolf Hitler or Joseph Stalin. Yet some of your professional  
colleagues have told me that Hitler was certainly paranoid and Stalin  
was to some degree pathological in his distrust of the outside world.

It is not enough for Federal Agencies to gather "personality  
folders" on present-day leaders of foreign countries, or future leaders.  
I do not doubt that there are thick files on Mr. Khrushchev and on  
those who may succeed him some day, just as the Kremlin has thick  
dossiers on U.S. officialdom - present and future.

The American need, as I see it, is to bring psychiatric  
judgment into the mainstream of evaluation and policy-making now.

The U.S. Government uses giant computers for 24-hour-a-day,  
split-second North American Air and Sea Defense. But with all due  
respect to the electronic "brains", the fact is that there are vast  
untapped resources of the human brain which are needed round-the-clock,  
too.

A PSYCHIATRIST AT 1600 PENNSYLVANIA AVENUE

We live in an "Age of Crisis." It is good to have a psychiatrist handy for our personal crises. It would be just as good to have a psychiatrist at close hand to 1600 Pennsylvania Avenue and to the State Department for dealing with international crises. *and President*

We have a remarkable President dedicated to peace and also to vigor and fitness. ~~A psychiatrist can play an invaluable role in every one of these areas.~~

Internationally, the private World Federation for Mental Health has been deeply interested in making its contribution to diplomatic problems, but it has not had the financial means for assigning personnel.

The official World Health Organization has played little direct part with respect to avoiding global war. It has felt that other priorities and its meager resources required it to limit the contributions it could make in non-medical world affairs. It has dealt almost exclusively, therefore, with problems specifically labelled as "health" in nature.

*A* But avoiding World War III is very much a health problem; it is

a psychiatric - psychological - social - anthropologic - economic -  
military problem.

It is a problem which commands the mobilization of every  
conceivable skill in human relations.

There are "Psychological Gaps" in our time. This includes the  
gap between what we know and what we practice; between what we know we  
should know but don't know and what we are in the process of learning.

It is your task to help close these gaps.

Let us unite against war and against tension. Let us unite  
against fear. Let us unite against human want.



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