
Foreword

Joseph Zubin

Biometrics Research, New York State Department of Mental Hygiene

This is the last time my name appears as editor of the proceedings of the American Psychopathological Association. After 33 years of serving either as an officer or as a member of the program committee and coeditor, I lay aside my duties with a sigh of relief but with a feeling of satisfaction that the Association has survived the vicissitudes of the last 60 years and has made notable contributions to the ever shifting front of psychopathology.

Before dealing with the current symposium, I would like to give an overview of the nature of the symposia which the Association has sponsored, their place in the development of psychopathology, and the innovative thrust which they have exerted over the past six decades. The history of the Association has been recorded, at least in part, elsewhere (Hamilton, 1945, 1947; Zubin, 1965). It has not always been as vigorous and lusty as it is now, but it has ever been in the forefront of developments in psychopathology. The Association was an outgrowth of the monthly meetings of the Psychopathic Club in Morton Prince's home in Boston at the turn of the century. It was organized in 1910 during the meetings of the American Neurological Association by neurologists who were dissatisfied with exclusive emphasis on the organic and by psychiatrists (alienists) who were equally dissatisfied with the stress on institutional administration to the exclusion of the psychological aspects of behavior. It was the first group to welcome the newly developing psychoanalytic theory in this country. Psychoanalysis had its proponents as well as its critics in the Association, and the pages of the Journal of Abnormal and Social Psychology, which Morton Prince had founded as the organ of the Association from 1910 to 1925, were filled with the controversies which took
place at the meeting. This long connection was finally terminated when it seemed to Prince unwise to "jeopardize the eclectic character of the Journal by continuing it as the 'official' organ of a society that had by 1925 many other outlets for its productions. In announcing the affiliation in 1910 Prince had expressed the hope that medical practitioners would now find the Journal more serviceable than ever. At the same time he felt obliged to apologize to the general reader, whose sensibilities he feared might be hurt by the inclusion of franker studies in sexual pathology. Such studies, he explained, would henceforth be necessary owing to the new discoveries of Sigmund Freud. But there seem to have been no protests at the Journal's departure from decorum." (J. abn. soc. Psychol., 1938, 32, 3-13).

Then in 1911 the psychoanalytic subgroup founded the American Psychoanalytic Association, but loyalty to the American Psychopathological Association was such that the majority retained their membership in both associations. The remaining group veered more towards the American Neurological Association than to the Medico-Psychological Association (later the American Psychiatric Association). At one meeting an attempt was made to dissolve the Association and incorporate with the larger group. This was voted down by a narrow margin through the efforts of a psychologist, L. Eugene Emerson, and the life of the Association was maintained.

By 1938, Dr. Samuel Hamilton had become an active leader in the Association and he persuaded a group of younger men, including me, to join. My first effort was to organize a one session symposium on the question: "Are mental diseases on the increase?" This was a successful session but as all of the contributors published their papers in various journals, the impact of the meeting was dissipated. Such symposia had been held at previous
annual meetings, but not very often; most meetings were devoted to contributed papers on diverse topics with no central focus and interest in the Association lagged.

At one memorable meeting, in the early 40's only Sam Hamilton, Paul Hoch and I were present to listen to Father Moore who was holding forth. We decided there and then that the only way to revive the Association was to select a central issue in psychopathology, develop around it a well-planned symposium in which the topic would be studied from several points of view, and publish the proceedings as a unit in either a journal or a book. The first symposium held in 1944, devoted to "Trends of Mental Disease," was a tentative move in that direction. It was published in 1945 under the imprimatur of the Association under my editorship as the first symposium of the Association. Then followed the succession of symposia which are recorded on page of this volume. I had joined the war-effort in the meantime leaving me little time for the Association's work but nevertheless managed to help with, and participate in, the program committee until 1948 when Paul Hoch and I joined forces as editors. In the meantime, Grune and Stratton had become our publishers.

Interestingly enough, our first joint venture was "Psychosexual Development in Health and Disease" in which Kinsey and Beach were notable participants. Kinsey was just beginning his work and not many associations were willing to sponsor a platform for such a revolutionary development. The experimental attitude towards programming, which since 1944 had become our policy, permitted us to undertake this symposium. It was a good venture both scientifically and financially. It was well received by the scientific public, and went into several editions. Our next venture, "Anxiety," was also favorably received since there had been no previous attempt to integrate the findings in this field; this volume became a textbook for students and workers.
in this area and went into three editions. There followed subsequently several more epoch-making symposia: "Depression" in 1952 antedated the current interest in depression coming in the wake of the drug era; "Psychiatry and the Law" preceded the revision of the mental hygiene laws in this country as well as in New York State. Paul Hoch and I kept our fingers on the pulse of psychopathology in this country, and as each new movement began, we afforded it a ready platform. In this way "Mental Retardation," "Social Psychiatry," and "Psychopathology of Adolescence" were given a hearing in recent years as the work in each area began to break new ground.

The current symposium is another example of the readiness of our Association to afford a dispassionate platform for controversial issues. It is noteworthy that the Association began with an interest in Freud's newly developing concepts in 1910, picked up the second sexual revolution spearheaded by Kinsey in 1948, and now has picked up Masters' and Johnson's third revolution.

In our symposium on "Anxiety," Paul Tillich pointed out that the then current problems of society stemmed from the decline in the institutions which society had developed to contain or assuage anxiety. Religion, the family, and vocational goals had begun to show cracks in their structure, but nothing was then said about marriage, law and order, youth revolt, etc. At that time it was contended that the cracks in the structure were not so much at fault as the lack of techniques either to repair them or to replace them. It reminds one of the story told by an anthropologist who had asked an old Indian brave whether he would be willing to spend a night in the cemetery. "Yes," replied the brave, "I would spread my holy beans around me and sleep like a pig." The young braves refused the invitation. Why? Apparently they had lost faith in the beans but had nothing to replace them with. Whether co-
marital sex will ever come to replace monogamy is an open question, but one
which the Association in its experimental approach to programming could
hardly afford to dismiss, especially because of the presumed critical role of
sex in psychopathology. Furthermore, co-marital sex without infidelity is a
practice which Mohammedans and Eskimos have practiced for a long time without
apparent noxious results. Whether the teaching by means of what we designate
today as pornographic materials will have a salutary influence on sexual be-
behavior remains to be seen, but here again, this revolutionary approach could
hardly be omitted from consideration. The medical care afforded today by most
obstetricians may perhaps be influenced by Alice Rossi’s impassioned plea for
revision. Here again, I believe, that the American Psychopathological Associa-
tion has lived up to its role as the “conscience of psychopathology” and offer-
ed a platform for innovative concepts in current issues on the psychopatho-
logical scene.

In the scientific models for the etiology of psychopathology with which
our Association has concerned itself over the years, there have been two
polar opposites. As in physics, where the two poles are field theories ver-
sus atom or particle theories, so in psychopathology we have the contrast be-
tween the ecological model on the one hand and the genetic on the other. The
ecological model essentially stipulates that man’s behavior is the result of
the forces which impinge upon him — the social, cultural, economic, or physi-
cal. At the other end of the spectrum we have the genetic model which, para-
phrasing Freud, states that genetics is fate. Since both of these extreme
positions are occupied by straw men these days, we need the developmental and
learning theory models which lean towards the ecological but do not ignore
the genetic and the internal environment and neurophysiological models which
though leaning toward the genetic, do not eschew the ecological forces (ref. Zubin). In the light of these models, what can we say about the contributions of this symposium? It is quite clear that the internal environment model (endocrinology and neurochemistry) can do much to help us understand how psychosexual behavior takes place and why it goes wrong on anatomic, neurophysiological, or endocrinological levels. But the psychosexual revolution that has taken place has been fed by ecological winds rather than by biological changes. Certainly the altered views of sex-differences are influenced more by changes in the ecological than in the biological sphere.

It is interesting to note that although text books have dealt with the psychopathology of sex, few, if any, authentic textbooks have dealt with normative sex until very recently. Colored photographs of sex abnormalities are frequently presented in textbooks while presentations of normal sex are taboo. It is high time that we removed these taboos so that both children and adults can receive appropriate education about a major function of their bodies which, even today, still remains clouded in mystery and ignorance.

If one regards sexual behavior as analogous to other "emotional" responses such as fear or joy, it is interesting to note how the two ends of the spectrum -- the ecological and the genetic -- must interact to produce genuine sexual experience and behavior. For example, adrenaline alone will not produce fear in the absence of the cognitive component of fear, nor will euphoric cognition induce joy if the physiological component is inhibited by drugs (Zubin & Katz). Similarly, fullsome sex behavior can not exist in its anatomical and physiological components alone anymore than it can exist by merely viewing pornography cognitively. The results of stimulating the "sex centers" in the brain is no more like genuine sexual behavior than is the behavior of the voyeur,
though both may lead to orgasms.

Despite the similarities between fear and sex as responses, there is a very important difference. Fear can be experienced alone even though it represents an interaction between the physiological and cognitive components and can even be experienced without specific external stimulation in the form of anxiety. Lone sexual behavior is hardly a substitute for the interaction between the two participants in both the physiological and cognitive spheres and perhaps this interaction is the most important aspect of the process. No wonder Freud, perhaps mistakenly, considered mental disorders as caused by instinctive sexual disturbance. The delicate balance in interpersonal relationships required in the sexual act is truly impossible with certain mental disorders since they are essentially disorders of interpersonal relationship. Thus, even though sexual disturbance may not be a cause, its failure may serve as a sensitive thermometer of the presence of a mental disorder.

In closing my remarks, I would like to express my great debt to the late Paul H. Hoch, with whom I coedited 17 of the 25 volumes for the Association, to Dr. Henry Stratton of Grune and Stratton, who published 26 of our first 27 volumes, and to the Association itself. When I entered the field of psychopathology under the academic tutelage of the late Carney Landis and the practical tutelage of the late Samuel Hamilton, psychopathology was largely a descriptive field. Textbooks of psychiatry and of abnormal psychology in those days had the distinction of consisting of case histories only and no data. The only numbers in the books were page numbers. Coming from the discipline of psychology and statistics I began to search for more objective, quantitative knowledge. The multidisciplinary character of this Association permitted
me to learn how one can integrate the findings of various disciplines in a quantitative way. This is what kept me interested in the Association despite the severe demands it made on my time. These demands paid off and I owe the little advance we have made in our work in Biometrics Research to the inspiration, knowledge and encouragement afforded by the splendid fellowship of the Association. Therefore, to the present and former members I tender my warmest thanks for advice, counsel, and guidance, as well as warm friendship throughout these years. I also look forward to future symposia knowing that the new hands into which program making will fall will carry on the tradition of being ever alert to new trends and fearless in providing platforms for innovative, if still unproved, approaches to psychopathology.

Finally, I must express my sincerest thanks to John Money who is largely responsible for the current symposium. Like its predecessor of 13 years ago in which Kinsey participated, it bids well to break new ground and become a classic.

JOSEPH ZUBIN

Leonia, New Jersey
February 7, 1971
Bibliography


