

psychology today®

JULY 1975 | VOL. 9, NO. 2

THE MAGAZINE OF HUMAN EXPERIENCE

Donald T. Lunde	35	Our Murder Boom Rising expectations and economic frustrations lead us to kill each other, and July is a peak month for murder. The most likely murderer is a victim's relative, but felony murders also are surging. One big reason: lack of gun control.
Margie Casady	42	The Attorney General's Gun-Control Plan: Good As Far As It Goes
Colin Martindale	44	What Makes Creative People Different Creativity is a matter of having the right brain wave at the right time. Most of us produce alpha waves when relaxing, and when we concentrate, our alpha activity drops. It's just the opposite with artists; originality makes their alpha production jump.
Elizabeth Hall	52	The Sufi Tradition: "Some Gurus Are Frankly Phonies, and They Don't Try to Hide It From Me. They Think I Am One, Too." A conversation with Idries Shah about Sufism, why followers need Gurus, breaking free of conditioning, and the ecstatic experience as the lowest form of advanced knowledge.
Idries Shah	54	The Exploits of the Incomparable Mulla Nasrudin
Elizabeth Hall	56	At Home in East and West , a sketch of Idries Shah.
Laura Bohannon	62	Hamlet and the Tiv When an anthropologist tells a Nigerian tribe of Hamlet's troubles, the tribal elders patiently explain the story's true meaning. Tiv wisdom severely damages her cherished belief in a universal human nature.
Sydney Walker III	68	Blood Sugar and Emotional Storms: Sugar Doctors Push Hypoglycemia Blood-sugar disorders can produce strange symptoms, from boils and sties to neuroses. Psychotherapy won't cure an erratic blood-sugar level, but a hasty diagnosis of hypoglycemia can cover up other neurological and endocrine disorders.
K. E. Moyer	76	Allergy and Aggression: The Physiology of Violence Food allergies can produce irritability, quarrels or murderous attacks. They can cause a child to be tagged "hyperactive." Understanding the violence that follows when a sufferer eats forbidden bananas can help us decipher the causes of human aggression.
T. George Harris	4	Personal: "All Learning Is Subconscious"
Laurence Veysey	13	Books: From Neolithic Village to Brook Farm Poet Kenneth Rexroth produces a commonsense history of communes.
Eleanor Cameron	13	Books: The Growing Adult in the Child Interviews with writers of children's books show how these authors explore the human spirit and the dark side of life.
James A. Steck	16	Books: Drugs for Depression's Sadness A psychiatrist pleads the case for happier living through chemistry.
Ronald Melzack	18	Stimulus/Response: The Promise of Biofeedback—Don't Hold the Party Yet Biofeedback cures some problems, but those glowing reports about pain relief through alpha-wave training may mean only that the migraine victim has learned to relax.
Patrice Horn	27	News Line: Fame quickens the dead; babies are brighter than some think; the stresses of moving; and other items.
	6	Input
	98	Bibliography and Reprint Information
	86	Classified Advertising

COPYRIGHT © 1975 BY ZIFF-DAVIS PUBLISHING COMPANY. ALL RIGHTS RESERVED.

Please direct **SUBSCRIPTION CORRESPONDENCE** orders, changes of address, etc., to *Psychology Today*, P.O. Box 2990, Boulder, Colorado 80302. When changing address, please allow six weeks advance notice, including old address (use address label from latest issue) along with new address. **ALL EDITORIAL CORRESPONDENCE** should be directed to *Psychology Today*, One Park Avenue, New York, N.Y. 10016. **Editorial contributions** must be accompanied by return postage and will be handled with reasonable care, however publisher assumes no responsibility for return or safety of art work, photographs, models, or manuscripts.

PSYCHOLOGY TODAY is published monthly by Ziff-Davis Publishing Company. Hershel B. Sarbin, President, Vincent Perry, Financial Vice President and Treasurer, Charles B. Seton, Secretary; principal offices at One Park Avenue, New York, New York 10016. All rights reserved. Second-class postage paid at New York, New York and at additional mailing offices. Advertising Offices: One Park Avenue, New York City 10016, (212) 725-3900; Midwest Advertising Representatives—The Laurence F. Benson Company, 200 East Ontario Street, Chicago, Illinois 60611, (312) 787-4477; Philip Davis, 233 North Michigan, Suite 1607, Chicago, Ill. 60601, (312) 565-1717; Robert Bonamy, 2300 West Big Beaver Road, Troy, Michigan 48064, (313) 649-1950; West Coast Advertising Representatives—John Brown, 9025 Wilshire Blvd., Beverly Hills, California 90211, (213) 273-8050; Southeast Advertising Representatives—Miller and Tillman, 130 West Wieuca Road, N.E., Atlanta, Georgia 30342, (404) 252-9588. **RATES** One-year subscription for U.S. \$12.00, U.S. possessions and Canada, \$13.00, all other countries, \$14.00.

JULY 1975 ONE DOLLAR

14282

psychology today

The Murder Boom
Why We're Killing Each Other So Fast

Creative People: What
Makes Them So Different

Blood Sugar's Emotional Storms

Biofeedback Is No Cure-All

MeretMart.com
Vintage Magazines for Special People

490684 FLL 0204092 1410 NOV75
CHARLENE V FOLLETT 07
204 CECIL ST SE
MINNEAPOLIS MN 55414