psychology today

DECEMBER 1980/VOL. 14, NO. 7

THE MAGAZINE OF HUMAN BEHAVIOR

34

Psychological Hardiness: The Role of Challenge in Health

By Maya Pines

They've been warning us for years that stress is lethal. However, there are those who flourish under stress, and science is trying to find out why.

46

Your Money and Your Life A Psychology Today Questionnaire

By Carin Rubenstein
Money talks (about personality and
emotional life), but it's not easy to
make out the message. Help us
decipher it by telling us how you
spend, save, and think about money.

60

We May Have an Inner Compass That Points Us Toward Home

By R. Robin Baker

The subjects donned blindfolds. The experimenters drove them over a tortuous route, set them down in an unfamiliar spot, asked them to point "home." The results: a resemblance between pigeons and people.

75

Can a Lucky Charm Get You Through Organic Chemistry?

By George Gmelch and Richard Felson

An anthropological study of magic finds students and preliterate peoples more alike than you'd think.

PAGE 34



81

Acupuncture Is Proving Its Points

By James Hassett

Chinese traditionalists say it eases pain by balancing *yin* and *yang*. More likely, it causes the brain to secrete endorphins, the body's natural painkillers. Whatever the reason, new studies of mice and men show the technique is more than just another placebo.

90

Face Reading:

The Persistence of Physiognomy

By Anthony Brandt Socrates' male lover guffawed when a phyiognomist said the face of the sage revealed an addiction to women. That's a rational way to react to attempts at seeing the mind in the features. But physiognomy

DEPARTMENTS

just won't die.

8 Latters

14

Thinking/On Becoming a Dictator

By Howard Gardner
Talking into a machine beats
pushing a pencil or pounding a
typewriter, Gardner finds.
Coherence improves. Thoughts
unfold naturally. And the
back stops hurting.

PAGE 60



23

Newsline

Motives of gift givers; breast size and intelligence; and other items.

106

Field Report/Making It as a Dropout

By Bernard Lefkowitz
Sometimes, a dropout is a jobless
kid with a loud radio. Not always.
Many are more like Hector Ruiz,
who sells food, delivers liquor,

113

Personal/Playing with Psychology's Belly Button

and earns \$10,000 a year.

By Brian G. Champness Could the loss of the umbilicus be at the root of man's existential anxiety? Sure, if you buy a nearly forgotten theory.

116

Books/Gold Stars for Behavior

The editors choose the best of 1980.

132

The Brain / Adrenaline: A Secret Agent in Memory

By James L. McGaugh Conscious efforts to remember are all very well, but they may not work unless hormones signal the brain to preserve what has been learned.

Cover: Alfred Gescheidt

PAGE 90



EXECUTIVE AND EDITORIAL OFFICES: Psychology Today Magazine, One Park Avenue, New York, N.Y. 10016. Editorial contributions must be accompanied by return postage and will be handled with reasonable care. Publisher assumes no responsibility for return or safety of unsolicited art, photos, or manuscripts. Published monthly. Controlled circulation postage paid at Des Moines, lowa, 50318. Authorized as second-class mail by the Post Office Dept., Ottawa, Canada, and for payment of postage in cash. The Psychology Today publication number is (USPS 965-640). Postmaster: send Form 3579 and all subscription correspondence to Psychology Today, P.O. Box 2990, Boulder, Colo. 80323. One-year subscription rate for U.S. and 10016; (212) 725-3900; 180 North Michigan, Suite 1400, Chicago, Ill. 60601, (312) 346-2600; 2300 West Big Beaver Rd., Troy, Mich. 48084, (313) 649-1950; 3460 Wilshire Blvd., Beverly Hills, Ca. 90010, (213) 387-2100; Miller & Tillman, Inc., Corporate Commons, 4651 Roswell Rd., N.E., Suite 201-C, Atlanta, Ga. 30342, (404) 252-9588. Copyright 9 1980 by Ziff-Davis Publishing Company. All rights reserved. Psychology Today and Human Behavior are registered trademarks.

DECEMBER 1980 \$1 25

@

MONEY ON THE MINE

A reader questionnaire about how money affects your life

THE HARDINESS
FACTOR:
New Studies of
the Link Between
Challenge and
Physical Health

EVIDENCE FOR A HOMING INSTINCT IN HUMANS

FACE READING: An Old Pseudoscience Returns with New Wrinkles

TereMart.com®

490664 FLL 0204C092 1418 FEBBS
CHARLENE V FOLLETT 12
204.CECIL ST SE
MINNEAPOLIS

