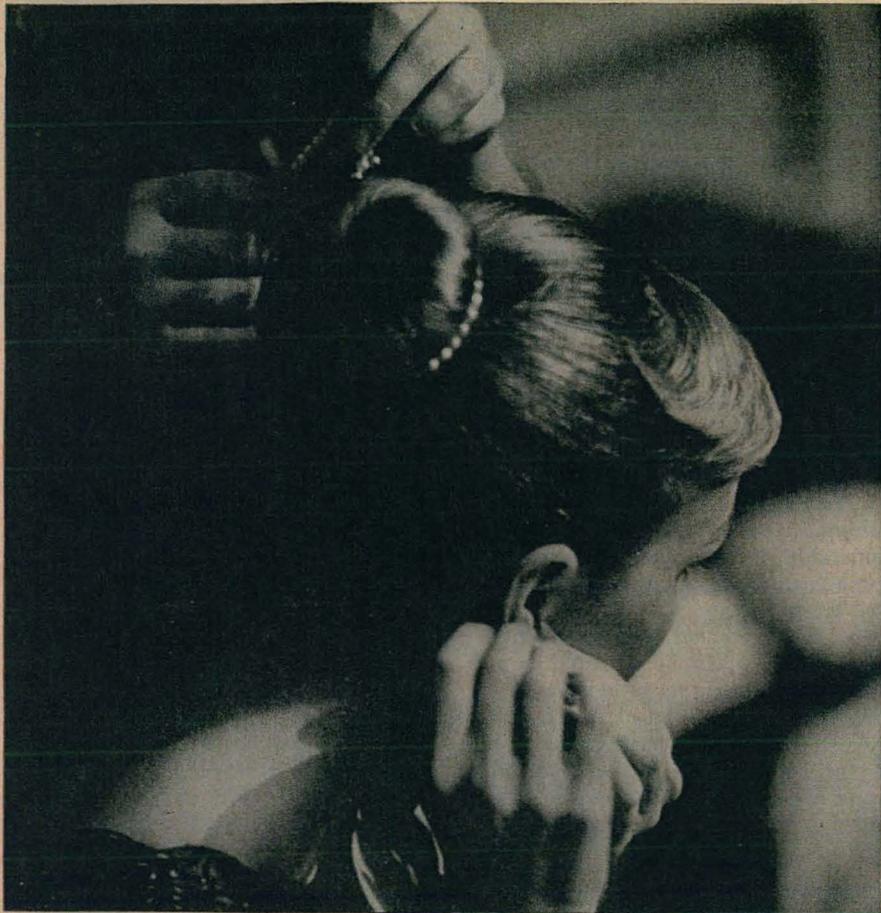


"Fearful fanatics" is what one psychiatrist calls women who are obsessed with beauty, and see it as the answer to all personal relations.



ONE PATIENT helps another fix hair for a dance in a men's ward. Socializing makes women more conscious of their looks, hence more aware of reality.

go to pieces over the slightest physical defect, real or imagined. He has had beautiful actresses come to him in the bleakest of moods brought on solely by minor skin blemishes. One beauty was depressed because she became convinced that her shoulders were "poor." Another wailed despondently, "My nose is not straight."

Consider Other Assets

For a woman to evaluate herself wholly in terms of her beauty is sheer folly, Dr. Riss believes. "Women should consider their other strengths," he counsels: "tenderness, a sense of humor, a sympathetic appreciation of other people's needs. The worst thing that can happen," he asserts, "is for a woman to crave beauty as the panacea for all problems of personal relations. When this happens, 'I

want to be beautiful' becomes the same as 'I want to be perfect.' Women who are beset with this longing have the idea, admittedly not altogether baseless, that people regard personal beauty as proof of personal flawlessness. Ergo, the beautiful woman is liked. She is good."

Dr. Friedland describes how some women translate this unrealistic belief into beauty care. He terms such women "fearful fanatics." They buy and use every imaginable beauty aid and continually try new shades of lipstick, new face creams, new powders. Their dressing tables resemble miniature cosmetic warehouses. "They get satisfaction out of the thought that there is absolutely nothing they have missed in their never-ending attempt to beautify themselves. Unfortunately, they never can satisfy themselves enough and they keep trying and

trying," Dr. Friedland says. "What they're really doing is futilely bolstering a basic insecurity by creating new and 'better' images of themselves."

"It's extremely immature," Dr. Riss declares, "to think that beauty is the only or surest way to improve personal relations. For one thing," he states, "beauty is simply not enough to sustain a lasting personal relationship. Beauty is never the foundation of real love."

Charm Is a Woman's Strength

No one denies that being beautiful has definite personal advantages. A great beauty, Marlene Dietrich, attests to that. "Being beautiful makes life easier," she says. "Smiles come your way faster, forgiveness, too. People listen to you readily—at least for a while—show interest in your problems, your aims, your immediate desires. Every beautiful girl learns early in life to rely on this special power." But Miss Dietrich is also the first to agree that the beauty obsession can be a source of much personal grief.

Clearly, no matter what the extent of a woman's beauty, there is a middle road to mentally healthy beauty care. The acid test of healthy beauty habits is honestly to evaluate your aims in making yourself look the way you do. The crucial question is: Are you trying to create the impression that you are someone you know you are not, are you attempting to create an artificial personality for yourself? "Some women," says Dr. Riss, "are so preoccupied in pursuing some fictitious glamour image that they could only be themselves if they forgot all about it. *Anybody's* individuality is more appealing than a beautified phoniness."

Beyond any doubt, the easygoing, natural spontaneity of a woman being herself, no matter what her physical assets, is the secret of charm, a much more valuable personal asset than uninspired good looks. "Charm," said Havelock Ellis, "is a woman's strength, just as strength is a man's charm." It is as Sir James Barrie once said, "a sort of bloom on a woman. If you have it, you don't need to have anything else." THE EXP

HOSPITAL DANCES last until 9:30, are held once a week. Patients look forward to them. "The women primp like schoolgirls going to their first prom."