



Photos by Louis Jacques—WEEKEND

Under beneficial brain-wash patient listens to her own voice repeat its "confession" over and over again as psychiatrist notes her reaction.

Canadian psychiatrists develop

# BENEFICIAL BRAIN-WASHING

Neurotics listen to long-playing records of their private fears under a new treatment called the "dynamic implant"

By **Jacqueline Moore**

WEEKEND Staff Writer

**I** LOVE YOU," said the voice. "I love you . . . I love you . . . I love you . . ."  
 The man on the bed stirred restlessly and opened his eyes.  
 "Yes, yes," he murmured. "I believe what you say."  
 The doctor smiled and turned off the record player. It had worked. After weeks of repetition, the voice had worked.  
 "Stop that damn machine!" the man had shouted the first time he awakened from his chemical sleep.  
 Later, he had begged: "Stop that voice. Stop it!"  
 That was getting closer. The voice was no longer an impersonal machine. It was a voice.

And today, at last, the man on the bed had accepted the insistent message: "I love you... love you." He had said "I believe what you say."

The man who was loved so persistently was taking part in an exciting new project at the Allan Memorial Institute in Montreal — a daring idea designed to help neurotic patients rebuild their damaged personalities by using a modified form of brain-washing.

This man was convinced his mother was his enemy. Her voice, assuring him she loved him, had been recorded and the record played over and over again while her son lay in a chemical sleep. As a result of the repeated message of maternal love, the man's attitude toward his mother changed.

In the past two years more than 100 persons have thus been successfully brain-washed—Canadian style—and this year Dr. D. Ewen Cameron, the Allan's director, described how the new technique works at the annual meeting of the American Psychiatric Association in Atlantic City. When Dr. Cameron sat down, his American colleagues applauded what they call a "very important research contribution" and a new psychiatric first for Canada.

Dr. Cameron, a tall, friendly man with graying hair, is not at all eager to use the word "brain-washing" to describe what is going on at his institute. He much prefers the scientific term, "dynamic implant." But he does admit that the procedures are first cousins.

"Any technique," he says, "that can leave a persisting imprint on one's mind, even if it is only used in treatment, can certainly cast light on what we presume is done under the heading of brain-washing."

The dynamic implant already has contributed to our knowledge of how brain-washing works, how it destroys men's minds and turns them into exhausted zombies, willing to believe lies and testify to untruths.

Everything has a breaking point and the Canadian technique has helped to establish that man is no exception. "Sooner or later," says Dr. Cameron, "everyone would succumb if he were forced to sit and listen to the same statement over and over again."

"We, of course, are engaged in a therapeutic attempt to help people rebuild their personalities. It works this way: we record what we think is an important statement made by the patient. The statement is short, usually about 20 seconds, and it deals with the patient's basic difficulty.

"If, for example, a patient feels rejected, then the key statement deals with rejection."

**H**ERE is such a key statement, made by a patient and recorded: "Now that I think about it, seems to me that my parents had me just to even up the family—not because they wanted me—because, of course, their attitude toward me—Gee, I don't remember the boys getting as much hell as I did—or my sister."

Today, such a statement is recorded when the patient first makes it. "We use the patient's own voice now," says Dr. Cameron "because we have found by experimentation that his own hesitations and emphases are much more potent to a patient than any anonymous recorded voice."

"During the last 10 minutes of the weekly treatment hour, we turn on a long-playing record and the patient listens to his own voice, repeating the same thing over and over again."

"We've made the dynamic implant while patients were asleep, while they were under the influence of a sedative—as we did with the man who thought his mother hated him—and while they were hypnotized. But the best and most effective method seems to be when the patient is wide awake. In the doctor's office, it appears to last much longer."

Without exception, all the patients exposed to the dynamic implant have been influenced to some degree. This supports the view of Edward Hunter, a journalist who brought the word "brain-washing" into the English language. Hunter, who wrote a book called *Brain-Washing in Red China*, is convinced that "no man if he is given the full, no-holds-barred treatment, can stand up forever. Eventually, he will be forced to confess."

The dynamic implant is helping to determine how long a man can hold out. Patients who have difficulty in remembering painful and unhappy stages in their own development and who have rigid, fixed ideas, are most likely to benefit from the technique, says Dr. Cameron.

In brain-washing terms, such people would be the first to crack under the impact of cold, hunger, isolation, fear and unceasing indoctrination. Hard to convince in normal circumstances, they are the first to believe in a false confession and to avoid further torture they can persuade themselves that everything they have confessed is true.

But we must remember that where the authorities possess endless patience and no compunction, there is nothing that prisoners cannot be made to confess, however implausible the crime. If you subject any human being to intense silence, deny him sleep, put a flashlight in his eyes, keep him hungry and cold, increase his sense of loneliness and helplessness, convince him that there is only one possible end to his misery and keep up unceasing indoctrination, sooner or later he will break.

Brain-washing is impossible to prevent, but experts are convinced that by exposing the methods used to get them, these so-called confessions will be generally recognized for what they are—the result of what one psychiatrist has called *menticide*—the murder of men's minds.

The doctors at the Allan, of course, are doing the exact opposite of mental murder; they are making sick minds well again. But they face many of the same problems as the professional brain-washers. Prisoners of war resist attempts to indoctrinate them—and almost every patient tries to defend himself.

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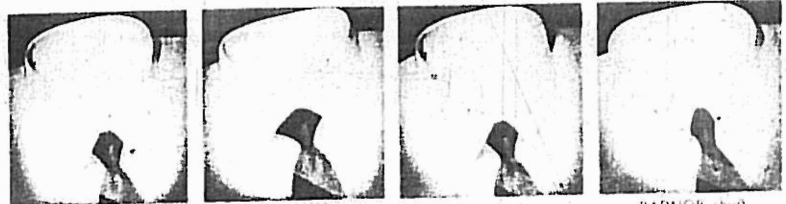
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**DESTRUCTIVE BRAIN-WASHING**

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against the unpleasant impact of his own recorded voice by deliberately not listening to it, or by thinking of something else. The doctors have devised two ways to knock out these defences.

First, the patient wears a headphone. "This," says Dr. Cameron, "causes a much greater impact."

This impact is so great that patients often describe the experience as being "like a voice in my head."

One patient said, "I've heard enough. It goes right through my head."

Another protested, "It's too close. It's horrible. I hear all the stuttering."

The second way to get a patient to listen is to use a filtered record that has a continuous shift in pitch, volume and the spacing of phrases. All these variations keep the patient listening, whether he wants to or not. He can't ignore the voice.

One woman listened with complete indifference to her own voice on an ordinary record.

"I was afraid all the time," the record repeated. "I mean I didn't dare . . . talk anything over with them whenever I went out on a date or something like that . . . I mean a lot of kids . . . you know . . . they'd come home and tell everything they did and everything . . . I never . . . I always felt as if I would be scolded, I mean if I ever did

At eight minutes, she said, "Doctor, Doctor, I've had enough. Please stop it." And she held her head.

At nine minutes, she said, "That's enough. It makes me nervous to hear that."

At 10 minutes, she said, "Why don't you stop it, Doctor?" I heard enough. It is always the same.

At the end of the 10 minutes, the woman said the record had "made me nervous all over again. Everything hurt me all over, as it did before. My voice sounds like I am going to die."

Then the woman who had "nothing on my mind" began talking. She talked about her childhood, about her relations with her parents, about how she felt. The voice had stimulated her memories.

As well as bringing experiences to the surface and thus making treatment easier, the dynamic implant can help to make a patient see his own problems more clearly and frequently he develops a new and critical attitude toward his own neurotic traits.

"I hate my whining voice," one patient said.

"I'm not like that any more," another protested.

This sort of reaction can lead to new and healthier behavior patterns.

Here, for example, is a girl who felt inadequate and dependent and had difficulties in her romantic relationships. Her key



As a prisoner of war, R.C.A.F. jet ace, Sqdn. Ldr. Andy Mackenzie was subjected to Chinese Communist-style brain-washing designed to extract false confession.

mention what I had done and then I wouldn't do it."

At the end of 10 minutes, the woman said, "Is that a record, Doctor? I had no feeling at all as I listened. I was thinking of something else."

And then the same statement was played on a filtered record. This time, the woman listened. She said afterwards she was tired, that the voice sounded as though it were inside her head. "It brought back a lot of memories of my childhood days," she said.

A few weeks later, when she had listened to the filtered record several times, the woman said: "When I listen to that voice now, I feel like screaming and putting on a tantrum. The voice seems to scream at me all the time. It is like the voice of a stranger though I know it is my own."

This distaste is fairly general among patients on the receding end of the dynamic implant. Here is what another woman had to listen to:

"I stayed home all the time when my mother lived. I stayed with her. I didn't want to leave her. I was always left staying home with her and . . . I didn't have any life like all the other girls."

THE day she was to hear the recording for the first time, this woman was rather gay and told her doctor she had nothing on her mind and nothing to talk about.

Five minutes after the record started, she said, "It makes me nervous. You'd better stop it. It makes me feel bad." She became restless and anxious and very different from the gay person she had been when she came in.

statement ran this way:

" . . . and there's . . . uh . . . there's still that tendency to idolize or despise . . . that tendency still exists . . . uh . . . I perhaps don't do either quite as strongly now . . . or feel either, I should say . . . but uh . . . there still is that feeling, that one is a king and the other is a piece of dirt. Well . . . I mean . . . uh . . . as you very well know you know exactly the type of fellow that I go for . . . uh . . . all the others I just seem to have no use for . . ."

When she heard this statement repeated, the girl said, "I sound bitter and dissatisfied. I sound as though I am reaching for something I can't have." Her behavior improved immediately after that first session.

The second time she heard the record, there was another change for the better and the girl put an end to an unsuitable love affair. After further sessions, she gave up the whole idea of wanting a "king" and said she had fallen in love with a man of her own age.

"I simply made up my mind that, since I can't get a king, I would give myself a chance with John," she explained. "I don't put people on a pedestal like I used to. I don't feel the same way I used to about the boss. I used to have a bitter grudge against my father for my troubles. Now, I see him as a weak person I don't admire."

One of the most important features of the new technique is the fact that the influence of the dynamic implant gradually declines when there is no longer any need for it.

Once a patient recognizes his own personality problems and learns to handle them, the implant loses its force.