

# Bio-rhythmics

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## BIO-RHYTHMICS.

Some two months ago, I had the opportunity of attending a Press Conference in Zurich conveyed by the Persan Institute, A.G., Zurich, where Ingenieur Früh and Mr. Reisdorf very ably introduced a matter, which for the last 50 years has occupied scientists all over the world, namely the science of Bio-Rhythmics.

The credit of discovering the periods of rise and fall in our physical condition is due to the late biologist and physician, Dr. Wilhelm Fliess of Berlin, his extensive studies were supplemented and still further investigated by Dr. Rexford B. Hersey of the University of Pennsylvania. (U.S.A.)

### What is Bio-Rhythmics?

It is an indisputable fact, which has been known for years to psychologists, and experienced by every human being, that people react differently on different days to the same things. Have we not experienced ourselves, that during certain periods things just wouldn't go right. We attributed this low mental state to various factors, such as temporary ill health, over tiredness and mental depression due to set-backs or disappointments.

The two above mentioned scientists, who have intimately studied the rise and fall of human emotions for more than two decades, have ascertained that with all of us, "high" and "low" spirits follow each other with a regularity as dependable as that of the tides.

They claim that extensive tests over a long period of years have shown that the physical, emotional and intellectual efficiency of a person fluctuates in regular and well-defined stages, giving "plus" and "minus" periods.

In the case of physical power, according to their investigations, the cycle changes every 23 days, the emotional "rhythm" has a 28 day cycle, whilst the intellectual faculties change every 33 days. These cycles continue with unalterable regularity throughout life, the governing periods being the same for every individual.

### How then is this science to be applied?

Special calculating machines have been produced in Switzerland by the Persan, A.G., Zurich, to work out, month by month, a person's Bio-Rhythm from his date of birth. A chart card is issued monthly, showing three columns, one column indicates the physical cycle, another the emotional cycle, and the third one the intellectual cycle.

By reading these cards, you can see at once how tremendously important these findings can be to you personally. First of all you can lessen any discouragement you may feel from temporary set-backs, worry or anxiety about the future, when your chart shows a "low" period. After you have found when to expect your "high" and "low" emotional tides, you can take advantage of both by planning your work intelligently and accordingly.

In "high" periods, you are likely to be stimulated by difficult tasks, in "low" periods you are apt to be defeated by them. With a little experimenting you may find yourself able to plan the tough, constructive jobs, which require energy and confidence,

for your "high" periods. At the bottom of your cycle, your powers of observation, co-ordination and memory seem less acute; you are more likely to make mistakes or have accidents, hence that is the period to reserve for easy routine work.

Both the speakers at the said Conference, which was not only attended by Journalists but also by a number of well-known personalities in Sport circles and representatives of Industrial and Commercial concerns, gave some concrete examples of the usefulness of Bio-Rhythmics to the individual person, and a number of famous sports people, both professional and amateurs, have given signed testimonials to the value of bio-rhythmic readings used in the planning of their training and racing programmes, such as the cyclists Bartali, Kubler and Koblet, Fritz Schaer, and the runner Fritz Schwab, whose training plan is based exclusively on his bio-chart.

The testimonials given by various members of the audience clearly proved, that f. i. in sports events, performance of the individual competitor has been unsatisfactory during the "minus" period, whilst in the "plus" period almost every time success has been registered.

Bio-Rhythmic does, of course, not only apply to sport, but to every phase of human life. Carefully worked out schedules show how f. i. air-railway-and-road accidents could have been prevented if the person so concerned would have been for-warned, that on that specific day or period he passed through a "minus" stage, and therefore should be careful, taking no risks in carry out his duties. Prof. Dr. Gonzenbacher of "The Kantonsspital" in Zurich, relies on Bio charts for every patient in operations.

Various examples were given, as to recent air-and-railway accidents, in all these cases it was shown, that either the engine driver or pilot were, on that specific date in the "minus" stage, or in other words not 100 per cent efficient.

We may here quote an example. The bio-card for the crew of the Hermes aeroplane which crashed in West Africa on the 26th of May, 1952, shows that the first pilot, and even more so the navigator were passing through a minus period. According to a report issued by the Ministry of Civil aviation, the machine was considerably out of its course, due to bad navigation.

A large number of important industrial concerns, both in America and Switzerland have recently started experiments with these charts, principally with a view to preventing accidents.

If we accept as proved that the physical and mental attributes of a person do, in fact, work in cycles, then the rest is simply a matter of intelligent and careful application.

As mentioned above this science is being commercialised to the extent that charts can be supplied for individual showing the fluctuations of the cycle month by month.

We are informed that these charts are now available also in this country. They are worked out on special calculating machines, and it can not be stressed too strongly that there is no suggestion that they are in any way horoscopes to fortell the future.

All information and particulars can be obtained

by the London Office of the Persan Institute (Messrs. Persan, Ltd., 39, Berners Street, London, W.1.; Managing-Director: E. Siegrist, Director: J. Foster, A.S.A.A., F.C.I.S.)

ST.

### VOTES FOR SWISS WOMEN.

Under this title "The Swiss Observer" No. 1216 of November 13th, 1953, published an article in which ST. came to the conclusion that there was no great enthusiasm amongst Swiss women to be put on the voting register. He then went on to give a few suggestions, which if carried out, might have the desired result (votes for women).

May it be allowed to a woman active in the suffrage movement at home to make a few remarks on this article. By doing so, I fully acknowledge the positive attitude of ST. towards the women's vote in Switzerland. However, he seems to misjudge certain facts and attitudes in his home country, due, I am sure, to his having lived in England for many years.

First of all, I should like to point out that there has been, so far, only one test poll for women. This was in November, 1952, in the Canton of Geneva (a second one will take place in the Canton of Basle-city, on February 20th/21st, 1954). 71,500 adult women were invited to the Geneva test poll; 42,400 actually went to the poll, that is 59% of the total, 35,970 voted for the women's vote, 6,430 against. The majority of those in favour of the women's vote was therefore indeed overwhelming. The total attendance at the poll, 59% of the adult women, must be considered in the light of the attendance shown by men. For more than 10 years, the attendance of men voters, in the Canton of Geneva, has always been lower than 50%. And yet, the men were not called to the poll for a test only, but for decisions.

Furthermore, it may be mentioned that in the first half of the last century, when the modern democratic rights were to be introduced in the Swiss Cantons, there were but a small minority of men fighting for them. — Is it not a commonly known experience that new ideas have always been fought for by a minority only? The masses follow on the path that has been prepared for them.

A minority of Swiss women have been fighting for the vote since about 50 years. If they did not succeed so far, this is due to a series of circumstances special to Switzerland. I do not hesitate to admit that the Swiss suffragists were, on the whole, too cautious and timid. However, this is not peculiar to them, but a trait of Swiss mentality. Other circumstances have been much more responsible for the unsuccessful fight. I can but mention them: the more and more conservative trend of the Swiss people especially in the political field; hard social strains caused by wars which elsewhere opened the way to the women's vote having been absent in Switzerland since decades; the referendum or the constitutional necessity to introduce the women's vote by popular votation whereas in other countries it was introduced by Parliamentary decision only.

Personally, I have been active in the women's movement in the Canton of Berne for more than 10 years. Out of my experience and knowledge of the Swiss character, I do not believe that the aggressive tactics which ST. suggests would be successful here. We are bound to choose our methods according to the prevailing Swiss customs. As conditions are, nothing but a long campaign without any interruption *in the masses of the whole Swiss population* will lead us to success. This mass-campaign demands an unusual measure of perseverance and tenacity. I dare say that our fight is a harder one than it was in other countries. But I am convinced, as well, that we shall win eventually.

Dr. Marie Boehlen, Berne.

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