

Letter from . . . Chicago

Typologies

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In accordance with the time honoured precept "know thyself" I recently took a test to find out my colour type. A pleasant young woman applied a cleansing cream to my face, then placed me between two strong lights, and draped me across the shoulders with cloths of different colours. She quickly determined that my skin was blue based rather than yellow, but had to carry out further drappings before pronouncing me a winter type. She then gave me a wad of coloured swatches, explaining that my clothes should match or blend with the prescribed colours. My suits would have to be black, true or charcoal grey, true or navy blue, possibly taupe, but never brown. Winters look good in clear sharp colours, in pure white or in black, she explained; also in a variety of cool (blue based) so called icy colours, especially icy grey, yellow, aqua, pink, or blue. She said that I could wear the true primary colours and their bluer counterparts, mentioning specifically royal blue, Chinese blue, hot turquoise, shocking pink, deep hot pink, magenta, fuchsia, and royal purple, but not brown, orange, gold, beige, or yellow green. She added as an afterthought that my suits should be single breasted, unpadded, with vertical stripes and no cuffs, to make me look taller, whereas heavy tweeds would make me look "top heavy." My sister, who also took the test, was found to be a summer, thus having to change her make up and replace most of her wardrobe.

After the exam was over the consultant told me that diagnostic errors were possible but rare, and that with proper testing most people could be placed in their proper categories. The principles, also explained in two books, one for women¹ and one for men,² are based on the physics of colour. A person has either a blue deep skin undertone (winters and summers) or a golden undertone (springs and autumns). But this is not always easy to determine and may require an examination of the untanned parts of the body in a good light. It is important, she explained, to look for the undertone and not be misled by the superficial colouring of the skin. Winters, exemplified by Elizabeth Taylor and Jacqueline Onassis, are in the majority in most parts of the world. They have mostly dark eyes and dark or grey hair, and their skin is grey beige, with no visible pink, often olive, sallow or milky white, but always with a blue undertone. Summers, also blue based, are represented by Princess Grace of Monaco, Queen Elizabeth, and Farrah Fawcett. Their skin may be beige or pink, the hair platinum or ash blonde, mousy brown, dark taupe brown, blue grey, or pearl white, but always blue based; and their eyes mostly blue, green, aqua, or grey. Summers look best in soft neutral pastel colours, especially blue and rose. Autumns have a golden undertone, often have red hair and brown eyes, are exemplified by Shirley McLaine, Maggie Smith, and Vanessa Redgrave, and look good in brown and golden colours. Also yellow or golden are the springs, with creamy, peachy, pink or golden beige skin, blonde hair, eyes often blue, like Marilyn Monroe and Zsa Zsa Gabor, often looking best in clear, warm (yellow) colours.

Wearing the right colours

As a rule people look best when they wear the right colours, but appear pale, washed out, and plain when dressed in the wrong ones. Though the correct diagnosis is often obvious, an examination by a colour consultant is sometimes necessary. Many people know intuitively what colours look best on themselves or on their children: "Put on that cream dress with the brown lace—it suits your colouring," says Lydia to her daughter, presumably an autumn, in the *Man from St Petersburg*.³ Some people, however, always wear the wrong colours, suggesting that they are not what Jung called sensation types (see below). So far no association has been described between skin type and blood groups, gastric acidity, breast cancer, or pseudoxanthoma elasticum. Whether doctors, long accustomed to diagnose disease from looking at the skin, should include colour typing in their physical examination remains unclear. But they might find their horizons widened by a cursory acquaintance with C G Jung's *Psychological Types*, first published in 1921.⁴

Jung recognised two attitudes, the extraverted, where the psychic energy flows out towards the surrounding objects, and the introverted, where it flows inwards, tending to make the subject introspective and withdrawn. He also described four functions, two rational and two irrational, meaning that evaluations do or do not require an act of judgment.^{4,7} Thinking and feeling are the mutually exclusive rational functions (you cannot think when you feel and vice versa), thinking being the intellectual attempt to understand things and connect ideas with each other, feeling being the evaluation of ideas according to whether they are pleasant or unpleasant. Sensation and intuition are the irrational functions, requiring no act of judgment. Sensation is perception by the senses, intuition comes out of the blue, is "felt in one's bones," and has been called extrasensory perception. Some people are very clearly defined types, others fall in between the extremes. Whenever a particular function dominates, the opposing "inferior" one is suppressed, but may appear in a primitive form in the unconscious, in dreams, under the influence of alcohol or drugs, during an illness, or on the odd occasion when the person behaves as though he "is not himself," the extreme example being Dr Jekyll and Mr Hyde.⁶

Introverted thinkers are exemplified by the philosophers. They seem to live in a world of their own and often make others feel excluded, unwanted, or redundant. In society they may seem solitary, inarticulate, arrogant, cold, unfeeling. The introverted thinker is concerned with ideas, and tries to understand reality and basics. He tends to want to be left alone, is not too concerned about having others adopt his ideas, and is often clumsy or naive when trying to bring other people around to his point of view. Often impractical, he generally dislikes publicity. Feeling is his inferior function, often appearing in extraverted ways such as clinging intensely to loved or hated objects. The extraverted thinkers, by contrast, though also ruled by reason, are concerned with the object, not the idea, and they try to understand scientific principles, laws of nature, and the relationships between objects in the outer world. They are the Darwins and the Einsteins, also corporate executives, planners, and statesmen. They make reason their fetish

and in extreme cases become intolerant of criticisms, exceptions, or other opinions. Their feelings are often suppressed and introverted; when alone they may wonder if their work is really important.

Deep waters running deep

Extraverted feeling types, often women, are well adjusted, considerate, amiable. They make friends easily, are liked, happily married, aware of other people's feelings. They pick the right partners but are conventional, concerned to maintain social acceptance. They put themselves out to help other people, even sacrifice themselves, but may be gushy, capricious, ostentatious, moody, their love easily turning to hate. Thinking is suppressed, especially introverted thinking. They cannot think what they cannot consciously feel. Introverted feeling types, often women, are difficult to understand because they keep their feelings hidden. Jung characterised them as deep waters running deep. They often give the impression of being depressed, melancholy, or at peace with themselves.

Extraverted intuitives are wonderful to have around if you can catch their attention as they flit from one event to another, always seeing new possibilities, always taking up new projects or hobbies, but soon losing interest and moving on to something else. Routine bores them and they are always looking for novelty. Creative and enterprising, they may be artists, stockbrokers, publishers, or fashion designers who know what will be popular next year. Also aware of possibilities are the introverted intuitives, but they tend to be religious prophets, artists, poets. They often seem enigmatic, and may be out of touch with reality. Nietzsche may have been such a type, full of brilliant intuitions.

More common in the world, however, in contrast to the intuitives, are the sensation types. Often men, they are practical, realistic, aware of their surroundings. They observe everything, smell everything, notice every detail and may remember it for years. They know how to build and fix things; they are the practical men in society. They tend to have suppressed intuition and often are unimaginative. The introverted sensation types, somewhat harder to understand, have been described as a highly sensitive photographic plate that absorbs everything, but the impression goes in, like a stone falling into water, so they may seem slow or stupid.

Though often criticised, Jung's classification of types is surprisingly useful in helping to understand people. It explains why some people get along with each other, but others do not. Opposite types may complement each other, especially during the early period of marriage; but they may also irritate each other, because they find the opposite type difficult to understand, his faults glaring, irritating, incomprehensible. Feeling types are often shocked by the thinking type's suppressed feeling. To the thinking man the feeling type's inability to reason may be quite baffling. Sensation types keep the business or machinery going, but may be unimaginative and devoid of new ideas. Expanding a business or looking for new

opportunities requires intuitives, but it would not do to hire such people as accountants, machinists, or airplane pilots. Employers and department heads might with advantage use Jungian typology to select the right person for the right job. Doctors, trained in organic psychiatry or no psychiatry at all, may also gain a better understanding of their patients (and also their colleagues, who incidentally tend to be thinking or sensation types). Those who like to classify diseases know that all distinctions are artificial, that nature does not divide itself into neat categories. They also appreciate that pure types are rare and that admixtures or overlaps between prototypes are more common.

Doctors who made it and those who did not

There are of course other ways of classifying people, by personalities (type A and B), by build (mesomorphs, endomorphs, etc), and also by race. On the latter subject Calvin Trillin has written a delightful essay about a white woman in Louisiana who applies for a passport and is told that she is black, leading to a prolonged battle that eventually took her to the supreme court.⁶ Doctors have also been classified in a multitude of ways. One such system goes back to before the second world war. Doctors were then divided into those who could make it and those who could not. The latter never graduated from their medical school or had their licences revoked for incompetence or crime. The former were divided into three: (1) the good doctors, who went to the office and the hospital and treated patients; (2) the smart doctors, who never ventured away from the hospital but became professors; (3) those who were neither good nor smart and who became administrators. Such a classification has now clearly become outdated. Indeed, Hillman *et al* have recently suggested that the medical industrial complex needs as managers doctor executives, trained to understand accounting, planning, financial analysis, budgeting, marketing, and the other intricacies of the business world.⁹ Yet even in this modern age an excess enthusiasm for classification can have untoward or even embarrassing effects. Having once explained to a woman colleague the principles of colour typing, I later asked her in a loud voice before a crowd of residents if she had been draped. My friend blushed, clearly embarrassed. Quite a few months later she told me the reason of her discomfiture. She thought that I had said "Have you been raped?"

References

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- 2 Jackson C, Lulow K. *Color for men*. New York: Ballantine Books, 1984.
- 3 Follett K. *The man from St Petersburg*. London: Corgi Books, 1982.
- 4 Jung CG. *Psychological types*. Princeton: Bollinger Series, 1971.
- 5 Hall CS, Nordby VJ. *A primer of Jungian psychology*. New York: Mentor, 1973.
- 6 von Franz ML. *The inferior function*. Dallas, Texas: Spring Publications, 1971.
- 7 Wheelwright J. *Psychological types*. San Francisco: C G Jung Institute of San Francisco, 1971.
- 8 Trillin C. Black or white. *The New Yorker* 1986 April 14:62.
- 9 Hillman AL, Nash DB, Kissick WL, Martin SP III. Managing the medical-industrial complex. *N Engl J Med* 1986;315:511-3.

What is the best way of defrosting frozen food?

In thawing and cooking of frozen food it is important to minimise the time that any part of the food spends in the temperature range where micro-organisms will grow rapidly. Thus it is generally advised to thaw out completely at room temperature or in a refrigerator before applying heat. Thawing a food by placing it in a cold oven and applying heat is potentially dangerous as the interior of the food will spend a considerable time passing through the range 15° to 40°C because frozen food is a poor conductor of heat and the rate of heat transfer from the surface to the interior is quite slow. When the cooking procedure is rapid and the pieces of food are thin or of small size (such as frozen peas) the food may be cooked from the frozen state. Microwave ovens, because of the way in which they produce a temperature rise throughout the mass of the food, may also be used to defrost frozen foods. Most frozen foods are labelled with the instructions for the correct thawing procedure and these instructions should be followed.—D A T SOUTHGATE, head nutrition and food quality division, Food Research Institute, Norwich.

A patient in her 60s with angina who had a mild myocardial infarction a few years ago gets relief from taking 2000 IU of vitamin E daily. Is this a recognised treatment and are there any hazards from taking this dose?

The uses of alpha tocopherol have been widely investigated. In animals signs of vitamin E deficiency are protean; in particular, in the cardiovascular system electrocardiographic alterations and heart failure may be seen. The human requirement for vitamin E is 15 IU in men and 12 IU in women and clinical vitamin E has not been detected. In man no benefit has been demonstrated from replacement of vitamin E in physiological or pharmacological doses and there is no evidence for its use in cardiovascular disease. Vitamin E is usually well tolerated even in large doses. Occasionally gastrointestinal disturbances, fatigue, and weakness may be observed. In general, the likelihood of serious adverse effects of large doses of vitamin E is low.¹—I M SHAPIRO, senior medical registrar, London.

1 Reynolds JEF, ed. *Martindale, the extra pharmacopoeia*. 28th ed. London: Pharmaceutical Press, 1982.