



your gray matter

in the intelligence department.

Q: Does the eldest child tend to be the smartest?

A: The British study of over 70,000 children showed that first- and last-born children averaged higher I.Q.'s than their brothers and sisters. Why this should be, the investigators don't know.

Q: Are twins more intelligent than other children?

A: While some twins have been found to possess exceptional mental ability, studies show that in general their I.Q. rating tends to fall below average. The University of Wisconsin studied the intelligence-test scores of nearly 120,000 children enrolled in Wisconsin state schools—824 were twins. The median I.Q. score for the twins was 10 points lower than that averaged by the rest of the children.

It should not be inferred from these findings, however, that some twins aren't exceptionally bright. Nothing could be further from the fact. In a University of Michigan study, some twins rolled up I.Q. scores of as high as 138, which is well above the average rating.

Q: Does lack of fresh air and adequate exercise affect your ability to think?

A: Yes. Tests show that to function efficiently your brain cells must have a continuous and plentiful supply of oxygen. And your thinking apparatus depends for its oxygen supply on (1) your respiration (shallow breathing doesn't give your brain a break); (2) circulation of blood (if your circulation is sluggish your intelligence can't function at peak efficiency); (3) sufficient oxygen in the air you breathe (your mental faculties don't operate well in an extremely stuffy room or at high altitudes where the oxygen

content of the air is considerably diminished).

At the University of Illinois a group of medical students was given intelligence tests while breathing air which contained a normal amount of oxygen. When the tests were repeated with the oxygen content of the air artificially reduced, the scores made on the I.Q. tests took a sharp drop.

Significantly, students who were short, stocky and barrel-chested showed the least drop in intelligence. On the other hand, tall, slender students, with a lesser lung capacity, showed the greatest drop of all.

To keep your brain functioning at top efficiency cultivate a posture that permits you to breathe properly, getting adequate oxygen into the lungs. Exercise enough to insure good circulation of blood. And if you move to a high altitude, wait until you become acclimatized before you try to do any heavy thinking.

Q: Does a person who works with his brain need less sleep than one who makes his living with his muscles?

A: On the contrary, the mental worker requires considerably more sleep. Studies at Colgate University have shown, for example, that while manual workers could accomplish their jobs satisfactorily with as little as four or five hours sleep, most brainworkers required a full eight hours to function at top efficiency.

Tests showed that while it takes only about four hours sleep to restore our physical energies to a large extent, it takes twice as long to replenish energy expended in mental effort.

It was also found that when a mental worker loses two hours sleep, not only does his efficiency suffer next day, but he accumulates twice as much fatigue.

Q: Is it true that the smarter you are, the longer you're likely to live?

A: Generally speaking, research strongly suggests this likelihood. At Westminster College, Professor Chester Alexander and his colleagues analyzed the life-spans of nearly 10,000 of the world's most intelligent people. These included persons from virtually every profession, in 18 different countries.

Their findings showed that, as a



BINGHAM: Some geniuses, he found, never see high school

general rule, people of higher intelligence live appreciably longer than their fellowmen; and that "longevity is significantly correlated with occupational eminence." In other words, brainier people tend to live longer—particularly if they distinguish themselves in their work.

Q: Are lawyers and business executives more intelligent than truck drivers and boiler makers?

A: A surprising percentage of them are not. Of the 10,000,000 men whose intelligence was tested by the War Department in World War II, lawyers ranked close to the top in mental ability. But nine per cent of the boiler makers were found to be at least as smart as the attorneys. And 25 per cent of the men who were truck drivers in civilian life were of higher intelligence than 25 per cent of the business executives.

Similar findings were made regarding hundreds of other professions and occupations. This indicates, as top Army psychologists have pointed out, that millions of Americans fail to achieve the occupational status that their intelligence warrants. They fail because they have set their sights too low, and have not fitted themselves by education for professions on a par with their abilities.

Q: Can you increase your intelligence?

A: Most authorities agree that there is comparatively little we can do actually to increase our basic mental capacities.

But there's a terrifically important corollary: *We can increase our ability to use those capacities effectively.* Studies show that most people have more mental "horsepower" than they are capable of using efficiently. A person of average intelligence who knows how to use his brains will accomplish far more than a man in the higher I.Q. brackets who doesn't.

How can you utilize your brain potential to the fullest extent? First, you must give your intelligence as much as possible to work with—that's education. A good education is valuable, not because it will put any more brains in your head, but because it will enable you to use the gray matter you have more effectively.

Second, you've got to use your brains—not just occasionally, but consistently. Wide-scale tests conducted at the University of Minnesota show that to function at maximum efficiency our mental faculties need regular exercise, just as our muscles do. The studies showed conclusively that when a man's profession or avocation makes continuous demands on his intelligence, his mental efficiency steadily increases.

Conversely, it was found that people whose occupations did not keep their "mental muscles" working showed a gradual decline in the ability to use their brains effectively. *The End*

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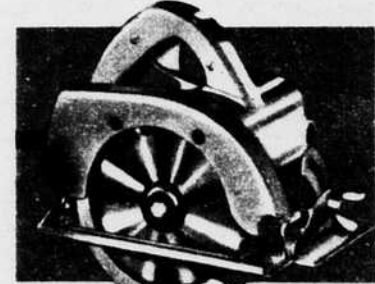


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