



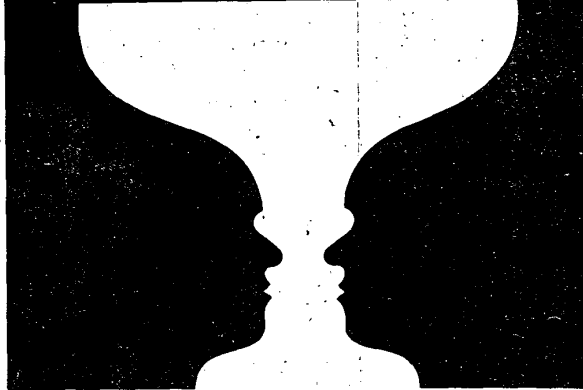
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Freud & Jung on the couch

Reading the Faces of Psychoanalysis

BY BILL TIMS



SIGMUND FREUD

The general impression of Freud's face is one of stern intent and of a powerful analytical intelligence. His mind is extremely precise and orderly but lacks gaiety.

Constitutionally, Freud inherited great strength from his parents as indicated by the firmness of his bone structure, his well-shaped ears with thick lobes, and the way his features center in toward the middle of the face leaving ample space at the sides and top. The massive forehead indicates a highly developed thinking capacity. The power of his nervous system is also shown by the prominent middle ring of his ear; the clearly defined eyebrows, the finely chiselled nose, and the small eyes. These general factors of contraction and strength in the nervous system are due to the type of diet, high in minerals, which his mother ate while pregnant with him.

The genetic heritage from the father generally appears

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more in the nervous system whereas the mother's contribution appears in the digestive system. We can see that Freud's father was more of an influence in shaping his constitution than his mother, because the left side of his face, reflecting the father's contribution, is more strongly compacted and dominant than the right side, with the tip of the nose pointing slightly toward the left, more contracted side.

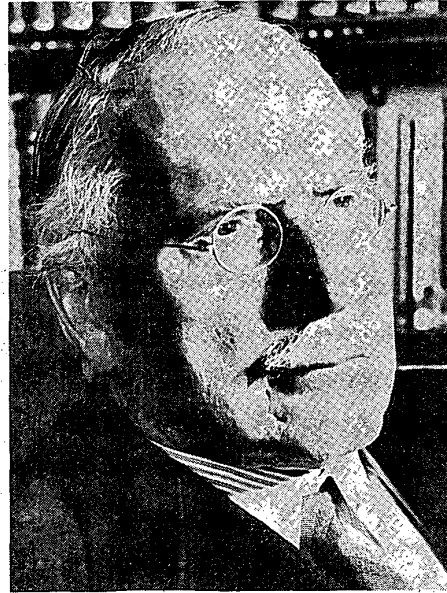
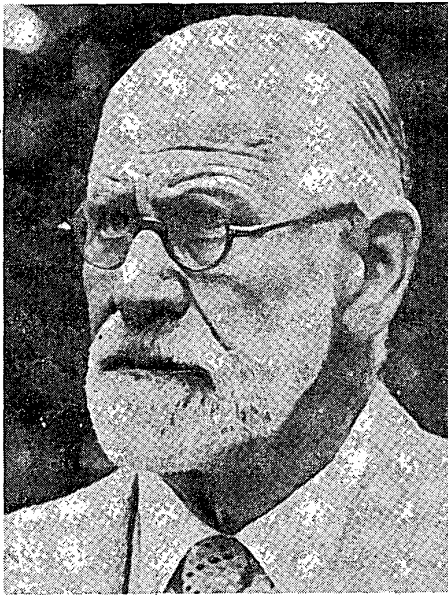
Pictures of Freud's parents confirm this facial evidence. The father was a very stocky, strong, intense man whereas the mother was much more gentle. The constitutional predominance of Freud's nervous system was enhanced even further by his way of life which included rigorous training in the nineteenth-century school of European medicine dominated by the Germanic emphasis on analytical science and also by the heady atmosphere of Vienna where he lived. Freud's mind, however, never became overbearing or fanatically exclusive, because his intellect, shown most clearly in the upper part of his face, was balanced by the gentleness and compassion he inherited from his mother as seen in the lower half of his face, particularly the area of the lips, which reflect the condition of his digestive system.

Freud's chronic health problem was retention of liquids. This characteristic, due to weakened functioning of the kidneys, appears in the bags under his eyes and the swollen tip of his nose, as well as in the puffiness in his cheeks. The dietary cause of this condition was the overconsumption of liquids, such as coffee which stimulates the adrenals to the detriment of the kidneys, and also the regular intake of refined sugar, which metabolizes into water, further diluting the blood and reducing its alkalinity. This general condition of water retention is characteristically associated with a weakening of sexual vitality. Lowered sexual vitality appears in the way his head bends down and forward on his neck rather than rising straight up and back on the base of the spinal column. In fact, Freud's preoccupation with sexuality was due to the combination of a very powerful, incessantly active mind and a less-than-optimal degree of sexual satisfaction in his own experience.

His incessant thinking, inability to relax fully, and general moodiness were caused by chronic congestion in the liver and gallbladder functions, due to overconsumption of animal fats. This liver condition appears in the constriction between his eyebrows. His melancholy and pessimistic outlook were further aggravated by water retention in the lungs, affecting his respiration and posture.

Freud also suffered from constipation, as shown by the contraction of his lips due to overconsumption of animal food. This dietary imbalance was ultimately responsible for the cancer of the mouth which led to his death.

In spite of these health problems there is a titanic quality to Freud's face—especially in the huge forehead, the fine nose, the gentle mouth, and the overall intensity—that compel one's admiration. His greatest weak point was his tendency to be too analytical, a necessary result of a very active nervous system coupled with a much weaker digestive and circulatory system. From the point of view of personal happiness, he was simply too cerebral and not in touch with his physical nature; however, the very tension between these two elements was also the source of his greatness. Most people who make a powerful impact on the world come from parents with an unusual degree of polarity between them. The greater the polarity, the greater that individual's basic



Freud's kidney and liver condition contributed to his preoccupation with sex while Jung's weakness for pastries and black tea compromised his incisive approach to the psyche.

energy and drive. Freud was a courageous pioneer, rediscovering the vast realm of the unconscious and its link with the conscious, in spite of the dualistic world view of his time. His impact on history was so great because his personal struggle to unite the two polarized tendencies of his own heritage was so intense.

The first half of his life was dominated by his father's intellectual influence, but after the age of forty he was finally able to contact his mother's more gentle and holistic heritage by developing his famous view of the mind with its emphasis on memory and dream as primary factors in our lives. An insight as powerful, basic, and revolutionary as this could only come from a man whose face, for all its weak points, glows with indomitable purpose, honesty, and compassion.

CARL JUNG

In Jung we see a polarity between the left and right sides of the face, mother's and father's hereditary influence, as great as appears in Freud's face, but exactly reversed. Where Freud's father was much stronger than his mother, Jung's mother was by far the dominant parent. His nose bends toward the right, more compacted and vigorous side of his face. The right eye is clearly smaller and more lively than the left eye, and his right cheek has many more lines than the left; in fact he smiles almost completely with the right side of his mouth. The right ear, especially the thick earlobe, is larger and more finely developed than the left one. Even the right side of his cranium bulges out over the eyebrow more than the left. In terms of right brain/left brain functions it is obvious that Jung's thinking was much more holistic and less analytical than Freud's.

Jung was also gifted with a much better balance between intellectual capacity and physical vitality than Freud was, as shown by the strength and solidity in the lower half of his face balancing the powerful nervous system appearing in the upper half.

A man of his strength could not remain a disciple of Freud for long but inevitably had to go out on his own. The most remarkable sign of his constitutional strength is the amazing size of his ears: They extend from above the level of the eyes to below the level of the mouth, lie flat against the side of the head, and are very thick and well-fleshed. Such fully developed ears are seen today only on ancient statues of sages and Bodhisattvas. The modern diet, high in animal food, low in minerals, produces smaller and smaller ears in each generation, reflecting a general decline in the constitutional vitality and spiritual capacity of the species. Jung could not only "see far," as indicated by the piercing intensity of his eyes, and "hear all sides," as indicated by the dimensions of his ears, but also had the stamina to lead a long and vigorous life. In fact, his powers increased with age, a typical characteristic of someone with very strong roots.

The difference between Freud's and Jung's nervous systems appears in the gentler eyes of Jung and the rounder, more horizontal development of his cranium compared to the more analytical, vertical dimensions of Freud. Jung's chin and mouth are much stronger than Freud's, indicating his greater physical vitality. Jung was able to lead a much happier and better-balanced life than Freud, though the great polarity between his parents, plus his unusual endowments, gave him a similar degree of drive and intensity. He was capable of working twenty hours continuously at his desk, and toward the end of his life he built with his own hands a stone chateau of his own design.

Paradoxically, Jung's greatest weakness was a direct result of his enormous strength. People with powerful digestive and circulatory systems such as Jung's have a huge capacity to overindulge in rich foods and can continue in relatively good health despite their consumption of toxins in amounts which would send most of us to the hospital for a salutary rest. The fact is that Jung's favorite food was refined sugar in the form of rich pastries which would sometimes constitute his entire diet for days on end. The harmful effects of this diet appear in the bags under his eyes, indicat-



ing excess fluid (though not to the extent of Freud's chronic problems), and also in a slightly swollen nose showing a progressive weakening of the heart. Jung's attraction to sugar and liquid, in the form of strong black tea, was a natural effort to balance the substantial quantities of animal food—particularly chicken and dairy products, including much cheese—which he and his parents and ancestors consumed. The consumption of fowl shows up in his beak-like nose, the beady quality of his eyes, and the tufts of white hair sticking up and out like a little bantam's. The dairy factor appears in his abnormally large and broad bones, particularly in the hands and feet. The end result of his sugar consumption, though not immediately perceptible in his physical health, nevertheless was a subtle and persistent impairment of his intellectual powers and spiritual capacity. His ideas are always expressed in a very vague, fuzzy, long-winded style that lacks practicality. He saw very far but still fell short of ultimate insight due to the blurring of his vision by extremely dilating and acidic foods, particularly sugar. Consumption of sugar and animal food in the form of cheese appears in the dark "liver spots" which covered his body toward the end of his life.

A limitation like this, although it may be inevitable in the modern world where excessively rich foods are so abundant, is doubly tragic in a man of Jung's potential. Where Freud, under the hereditary influence of his powerful father, was extremely patriarchal in his thinking, Jung tended in the opposite direction, emphasizing the female principle to the near exclusion of its male complement. He has very large theories, but they lack the necessary precision to give us practical direction. Neither thinker was able to perceive the ultimate ramifications of these two basic forces in a harmonious and fully dynamic world view.

ERICH FROMM



here Freud excelled in the vertical, analytic, incisive power of his intellect and Jung in the horizontal, holistic, integrative scope of his mind, Fromm is even more remarkable for the extraordinary fullness and balance of both vertical and horizontal dimensions in his cranial development. The amazing forehead occupies almost half of his face.

His individual features give the overwhelming impression of a leprechaun who understands the great secret, that life is play. By the massiveness of his forehead, a giant among intellectual giants, and by the charming sociability of his features, a frolicksome elf, he is that mixture of paradoxes which constitutes the true master. Each feature—chin, nose, mouth, ear—has its own distinctness, but all form a harmonious whole, with the eyebrows curling up to give the final stamp of sheer joy in being alive.

Fromm inherited the enormous power of his central nervous system from his father, who was considerably stronger than his mother. The great polarity between his parents appears in the unusual difference between his very contracted left side, representing the father, and his relatively expanded right side, representing the mother's hereditary contribution. His sympathy for others, gentleness, and humanitarianism are most clearly visible on the right side, par-



Fromm's elfin face reflects his compassionate teachings.

ticularly the compassion in the eye, reflecting his mother's influence. The right eyebrow curls up even more than the left one, suggesting that his father was responsible for his puckish happiness. Whereas eyebrows which meet in the center over the nose indicate heavy meat consumption by the individual's ancestors, eyebrows which grow bushier toward the outside, such as Fromm's, indicate a more vegetarian ancestry. The healthiness of his ancestors' diet also appears in the full lips, testifying to a sound digestive system, and in the extremely large ears.

Although meat-eating ancestors can give an individual sheer drive and power, the kind of vitality from more vegetarian, grain-eating ancestors that enlivens Fromm's face gives a more enduring kind of invincible strength for the long haul. Fromm led an extremely active life, lecturing around the world, writing many books, and giving of himself unstintingly. It is interesting to compare the kind of food that these three mental giants took to ease the incessant activity of their minds. Where Freud relied first on cocaine and then on coffee, and Jung turned to sugar and black tea, Fromm indulged only in fruit, as indicated by the slight floppiness of his ears and the mild slacking of sharpness in his features which appear in this late photograph—the results of consuming fruit sugars for many years. This dietary factor, however, did not affect his health or mental clarity to any serious degree.

Fromm's explorations in the realm of the mind go far beyond even those of the pioneers Freud and Jung, not only because his philosophic capacity, as shown by his forehead, was greater than theirs, but also because he combined his cerebral gifts with an additional factor which they lacked, a real grasp of social issues, springing from his innate sociability. Fromm was as serious a scholar as Freud and Jung, but he also liked people with a warmth and liveliness that fills the lower half of his face.

His critique of modern capitalism as dehumanizing was the inevitable product of his fundamental playfulness, which could never take seriously any attachment to power or material status. In March of this year, he quietly passed away after eighty years of creativity and encouragement to the aspiration of freedom which is deathless. ■