

his bed. Twain (and his bride) slept so that when he sat up in bed his back was not disturbed by the carvings but could rest against the smooth curved inner surface of the foot portion of the sleigh bed, and the chandelier trailing light fixture would be behind him and illuminate his reading material or the paper upon which he was writing, all of which is very logical, very practical, quite advanced for the age, and contrary to what I dare say is the way 100% of the members of this club use their bed, and also probably a similar number of those acquainted with Mr. Clemens, without intending any overlap of the two groups.

When all is said and done, Mark Twain was an original American treasure and as George Bernard Shaw said: "Mark Twain and I are in very much the same position. We have to put things in such a way as to make people who would otherwise hang us, believe that we are joking."

THE CONFESSIONS OF A TWIN

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Identical Twins are a marvelous birth defect. For reasons unknown, about three and a half times out of every thousand conceptions, the developing embryo splits into two equal and viable halves sometime during the first ten days or so after conception. Then each continues to develop into, first, a fetus, and then a baby. The original fertilized ovum contained in its DNA the genetic blueprint for a unique human being, different from any other human being on earth. And when it splits, that same genetic blueprint now becomes the identical blueprint for each twin. I was and am a twin, sharing an identical genetic blueprint with my twin brother, Harry.

I've been talking about identical twins, of course. Fraternal twins are born from two different

fertilized eggs rather than one. They occur when a Mother produces two or more ova during the same menstruation cycle. Unlike identical twins, the ability to produce fraternal twins seems to be inherited and varies in frequency among or within different societies. For example, in Japan, with the lowest frequency, fraternal twins occur about 6 times per 1000 births, while in Nigeria, which has the highest rate, they occur about 45 times per 1000 births. In comparison, identical twins are much less common, and have about the same rate of occurrence in all societies, about 3.5 times per 1000 births.

Twins pose questions we might not think to ask if there were no twins. Twins are unsettling in that they undermine our idea of the uniqueness of each individual. In some cultures they are worshipped as a divine gift, and in others they were killed at birth and the mother ostracized. In most societies, however, twins are looked upon with interest because they are different. Twins have always been a puzzle and they confound both science and philosophy, even when much more information is known about them today.

Twin studies have been controversial, and bitter disputes have erupted over their interpretation. (When I say Twin studies I will always mean Identical twin studies). The question of what those studies show us about human nature has been clouded by deeply held philosophical, political and religious ideals. But twins are a more satisfactory subject than rats are for some kinds of research, especially research in the debate of Nurture vs. Nature, because for the layman it is more believable. You probably remember the psychologist, B.F. Skinner and his work, along with Margaret Mead, an anthropologist, and the famous baby doctor and author, Benjamin Spock, all were convinced that children are born with blank slates so we must be careful not to harm them. Mothers even took the blame for autism and homosexuality. Some years later, partly as a result of twin studies, some now say, "We are, but we also become". Books have been written about this research and at the University of Minnesota, there is a Twins Research center, with records on thousands of pairs of twins, The Universities of Virginia and

Colorado also conduct studies on twins, as do a few other individuals around the country.

In preparing for this paper I have read several books and a number of articles about twins, mostly about the study of twins. I have also reviewed my memories of being one. I will share with you what I think is most pertinent to an understanding of them in the light of my experience as one of the Judd twins born in Oak Park, Illinois in 1916.

There is one aspect of being a twin that I discovered as I was recalling my thoughts and experiences in my early years, an aspect not mentioned in the literature. That aspect is the desire of one twin, or probably both, to be different than his twin, to be unique, just as all single birth persons are unique. I was not conscience of this feeling while I was growing up, not until I wrote this paper as I said a bit earlier, but now I see it as a reason for many of my reactions with my brother, Harry. I'm sure this desire to be unique was taken for granted by many of the scholars, or, maybe, they assumed that this was understood. But because I didn't find in the books or articles any mention of twins wishing to be different, perhaps I am adding a piece to the literature on twins.

The nearest mention of uniqueness as a factor with identical twins, in what I have read, is a statement, and I think a profound one, by Lawrence Wright, in his book, "Twins". "Finally, twins raise the question of what the self really is. Being genetically identical with another human being encroaches on our sense of being unique in this world."

I find it an interesting observation about humans that most people didn't want to believe that aggression can be inherited. Because twin studies have shown that aggression was indeed inheritable, some studies were even stopped in Germany and Russian in the 1930s, and accepted with regret by others. A study of identical twins is difficult to dispute.

About twenty years ago, my wife, Jean, and I attended an Elderhostel in Macon, Ga. where one of the three courses we had that week was a course on

Genetics, given by a local medical school professor. Sometime during the course he made the remark, "I'm always thankful that I'm not a twin". At the end of the lecture, I asked him what he meant, and I told him that I was a twin. His reply was, "Well, you don't know what it is like not to be a twin". . .I, naturally, then read several books that were written about twins. And several years ago I decided to make notes of ideas and thoughts about being a twin, about growing up as a twin, but now living apart from my twin.

This is not the first paper to be read to the club on twins. . .Back on December 7th, 1981, Bruce Petrie read his paper, entitled, "To be - or to be twice - that is the question". Bruce's paper was a nice introduction, written from the perspective of someone who found himself to be the grandfather of twins. Some of the facts and ideas he presented are similar to mine, but I believe that my perspective, as a twin, may be a bit different from the perspective of someone who is a grandfather of twins.

Twins have been a fascinating subject of study by psychologists all of this century. In the 1920s, my twin brother, Harry, and I were studied twice. Once by a group from Northwestern University and again by a group from somewhere else, probably the University of Chicago. Harry and I were still in grade school when these studies were made, and they were made several years apart. Both studies gave us IQ tests, which would be usual, and we tested about the same. We were also measured, and I remember being told that we were mirror image twins. Mirror image meant that our fingerprints were mirror image identical, and that my left ear was the same size as Harry's right ear, etc. Only about 25% of identical twins are mirror image twins.

Another memory I have relates to an interesting story about twins and advertising. Harry and I were selected to participate in a study about teeth, and we were paid for being studied! Harry was given one toothpaste to use, I think it was called something like Pebeco, and I was given another, probably Pepsodent. Our teeth were examined at the start and every several

weeks thereafter for a period of about six months. The dentist then declared that Harry's teeth were brighter and cleaner than mine were. Our pictures were in several magazine ads for Pebecco, with Harry always in front with his whiter teeth. They said that they picked Harry, because he had straighter teeth than I had, but I don't think he did.

That test reminds me of a study made on twins to verify Linus Pauling's theory about vitamin C. Large doses of Vitamin C, according to Pauling, would keep one free of the common cold. Pauling, a two time Nobel Prize winner and a man one didn't wish to argue with on scientific subjects, wouldn't object, the researchers thought, to a study using twins. So a number of twins were recruited and for each pair, one was given vitamin C pills and the other placebos. At the end of a year, or some such period, most of the twins had come down with colds, at some time, and those with the vitamin C fared just about the same in frequency of colds as did the placebo swallowing twins. I was never told what Pauling said, except, I think, he still swore by Vitamin C until his death.

There is an interesting sidelight to studies made on twins. The Maxim Gorky Institute in Moscow got into the study of twins in 1938. It was soon apparent in the studies that abilities could be inherited. This put an abrupt end to the studies, since this was contrary to the Marxian ideal that people were inherently the same and that differences are imposed on them by their environment. When the so-called Lamarckian belief became Marxist doctrine, some of Russia's leading geneticists left Russia as a result.

B.F. Skinner, the Harvard Psychologist, was a name we all knew and revered in the post-war years as many of us worked to make sure our schools realized the importance of environment and used a curriculum suggested by Skinner. He was revered almost as a god, one not to be doubted. To him the importance of heredity was secondary. But a pupil of Skinner's, a Richard Herrnstein, decided that studies of twins reared apart would be a valid way to prove the importance of environment. His tests showed that each twin, when given I.Q. tests, had almost identical

scores. This, of course, was in contradiction to "environmental behaviorism". Later when Herrnstein wrote an article, published in "The Atlantic Monthly", and then co-authored a book with Charles Murray, "The Bell Curve", he was the subject of much criticism. My opinion of the article was positive, but the book seemed to over emphasize heredity. But as scholars and others started to read the stories and studies of separated twins, it became obvious that genetics and environment, both, were important in predicting behavior. Later, it was revealed that in a few cases, the twins had known each other growing up, so weren't really "completely separated" from birth, and this was used by some to invalidate the studies. But with the much larger studies, done at the University of Minnesota and elsewhere, this argument subsided, with still a few hold outs for the major importance of the environment.

It was a bitter struggle, and just recently, "The New Yorker" magazine, (August '98) ran an article about a grandmother scholar, in New Jersey, named Judith Harris. Her article, published in the scholarly journal "Psychological Review" in 1994, and with her book, "The Nurture Assumption" published later, have shown that we must consider a child's peers, especially during the teen age years, as a major factor in the child's development. Dr. Harris received a prize, from the American Psychological Association for her article and her book. So now we much consider a child's peers as an important factor in the environment. It isn't as simple as we used to believe it was.

I found it interesting to read that the handwriting of twins differs one from the other, almost universally. In growing up, twins may differ in ideas, as a result of different readings and teachers, etc., but most habits, and tastes will be nearly the same, at least until twins part company. In my case, my penmanship is very different from Harry's, but I always blamed my poor penmanship on my desire to write the way I thought an architect would write. So I printed, much the way many girls do today. (It could be that I was once again seeking to be different from Harry.) I quickly got over my fascination with architecture when all architects were starving after 1929, but my writing

never got over it. Now I understand that most twins have different writing styles, and so I no longer need to blame my early ambition for my poor penmanship.

Memories are many times far from accurate, I realize, but let me do my confessing, and recall some of my memories of being conscious of being a twin as I grew up. I have never compared notes with Harry, so I don't know how similar our memories are. One never can really remember being a baby, but I vaguely remember feeling put upon when we were exhibit number ONE! I was told that both of us howled when ever anyone came close and told our Mother how cute we were. Besides our being odd, in that we were identical twins, we were my parent's pride. Harry and I were made to wear identical clothes, no matter whether at school, Church or playing. . .I think I can speak for Harry in saying that we both hated it! Our Grammar School, Emerson Public Grammar School, went through the eighth grade, and we were identical twins there in every respect until the summer following our promotion to the Oak Park and River Forest Township High School. Our Mother, (and let me add here that I never, or hardly ever, referred to her as "my" Mother, in conversation it was always "our" Mother. Our Mother did promise that when we finished grammar school, we could choose our own clothes. You have all guessed, I'm sure, that, from then on, we bought clothes at the same time, together, so that we would be sure to buy clothes that were different. All through High School we never dressed alike.

An interesting thing happened when we went away to college. We went to different colleges, Harry to Brown University, and I to Yale University. So off we went, our first time east of the Great Lakes, stopping for a few days in New York City with a priest living in the South Bronx, He, Father Russell, had been the summer supply, as people called them, at our Church in Oak Park. We were shown the city by one of his parishioners, a young man of Italian parents. After our "introduction" to the "east", we went on to our colleges. At our respective colleges, we were expected to attend class, always wearing a shirt with tie and always a coat. Coming from a public high school, we had sweaters, and only a coat for special occasions.

So we each purchased a coat and some ties. When Christmas time came, we returned home for a short vacation, discovering that we each had made almost identical purchases of a coat and ties! So much for trying to be different.

In looking back, I have speculated why we weren't the typical image of what identical twins are supposed to be or what I thought that image was. The image, I had, is that we were supposed to be real pals, to be close and to confide everything to each other. But we weren't and we didn't. We were competitive in many ways. This is typical of most siblings, I realize, but, a part of our competitiveness could have been that we wanted to establish differences from each other. Until High School, circumstances were such that we were always together, had the same friends, went to the same events, etc. In High School we were, with rare exceptions, placed in different classes. The high school seemed to understand our needs as twins to establish our separate identities better than our parents did. Scouting was one place, while we were still in grammar school, that allowed us to part company.

In scouting we were in different patrols and at scout camp in different tents. Harry and I both advanced from tenderfoot scouts to eagle scouts at a rapid pace, because we would try to out do each other. Even after becoming eagle rank, we continue to earn more merit badges. I hate to admit this, but I think Harry finished our scouting career with a few more badges than I did. High school brought scouting to an end.

The desire to be different had been a part of us for sometime, I'm sure, and it showed up strongly in High School when we were allowed to go our unique ways. We developed different friends. When we dated, which was mostly in our last two years in high school, as we both were, by nature, shy, we usually double dated. However we would double date with a friend and his date but seldom with each other.

As a family we spent a part of each summer at a lake where our parents rented a cottage for several

weeks to a month. As a result of spending so much time in the water, we both tried out for the swimming team. And we both made the team, Harry swimming the short distances, and I the longer ones. It was apparent to me that he was really the better swimmer. So the next Fall I went out for the football team, and I played some. Later I rejoined the swim team, but in my desire to be different I had done my thing on the football field.

Needless to say, Harry and I looked very much alike. We were always having to answer the question, "Now, which twin are you?" I don't remember when or how I learned that I could have curly hair. But I developed curly hair while Harry did not. It was, I'm sure, a way for me to look different than he. We both used hair brushes, as our Father did. This way, with some water, our hair was sure to be slicked down. Somehow I discovered, that if the longer hair on top was only sprinkled with water, it wouldn't lie flat, and with a little coaching it would be wavy, or at least not flat. This change in my hair happened about the time we finished grammar school. As a freshman in High school I was elected president of the Science club, the one club a high school freshman could join. At home, Harry explained to our parents that the only reason I was elected was because I had curly hair.

There are studies about twins growing in the womb that are interesting, where one can see that some wish to fight and some wish to be friendly. These are studies in which mothers-to-be are examined frequently with a sonograph. They discovered that identical twins in the womb are much more common than identical twins born. Since the identical twin birth rate has been consistent (with all groups) over the years, something must happen. One of the twins in the womb just disappears or the twins abort. How and why this happens no one knows. Sometimes the twins will hurt each other, even causing a miscarriage. When viewing the sonographs of twins, they will see the twins kissing, or hitting each other, or ignoring each other. I remember once seeing a doctor about a nose problem I had. After examining my nose, the doctor asked, how had I broken it?, to which I replied that I had never broken my nose. But, he said, "I'm sorry but your nose

was once broken". Perhaps Harry and I fought before birth. We must have had a draw because Harry's nose had the same odd bump as mine has. Unfortunately, Harry's nose has had to be changed some lately.

Most people think that all identical twins look alike and should be the same in all respects. However, in all of the studies I have read, it is shown that many twins differ to some extent at birth, by height, weight, or expression, and this is due to one of them receiving more or less food, more or less exercise, more or less protection than the other during pregnancy. In most births there is a difference in weight, sometimes a greater difference than would be expected. When twins are born, one may be of high color and the other pale, etc. As twins age, their looks will change, due to environment, profession or life style, I suppose, and now it is common for people to say that Harry and I don't look like twins, but more like brothers. And yet in our early photos, even we have a tough time telling which one is which. Until recently, when we were not together, we frequently would be taken for each other. As an example, when our daughter, Leslie, was married, and Harry and I were in our fifties, at the close of the wedding reception, many of the guests thanked Harry for the nice party, thinking they were thanking me.

It is an interesting thought that if it were possible to clone twins or if twins could be separated into two wombs very early, we really would have identical twins to study since there would be no competition in the womb.

I found it thought-provoking, in the study of twins, that those who were separated at birth had more similar traits, habits and mannerisms than those who were not separated. Apparently my feeling when I was younger, of wishing to be different, may be a more common trait when twins are brought up together; and therefore a trait that would not be present with twins who had not grown up together.

A word about our families and our professions. We each have three children, each with two boys and a girl. We each have eight grandchildren, but these vary

in number of boys or girls. We both have a grandson named Sam. Our wives were about the same size, but were otherwise dissimilar. We had different kinds of jobs, Harry working for a large company and I for a small family business. Harry became an important officer in his company, with many responsibilities; his job required a good deal of thought, effort and concentration. Being with a smaller company, my job wasn't as demanding. Harry out paced me professionally and is considered a great business success. Perhaps instinctively to be different, unconsciously, I didn't have the same drive to be a successful executive of a large corporation.

On the other hand, my job gave me greater freedom to pursue many activities in addition to my professional work. Harry's activities were with such groups as the Churches, Hospitals, Schools and seldom in the political arena as mine were. Due to reading and contact with certain friends, I took a great interest in the nature of Man, leading me to a belief in the sacredness of all persons. This is what changed my politics and directed some of my outside activities. Harry is still a good Republican and I am a liberal, a Charterite, locally. I don't believe our different political orientations today are a result of our desire to be different from each other. It was a good fifteen years after we lived apart that my politics changed. Growing up in Oak Park, and until I was in my thirties, I was a good Teddy Roosevelt Republican. Harry continues as such; I veered away.

Harry and I both read a fair amount, but his taste runs to novels, while mine is mostly non-fiction. Again, I don't think this is due to our wanting to be different; I believe this comes from our different interests today.

There is an important question that I haven't spoken of, and is also the hardest one for me to answer. It is, "how do I differ in feelings toward my twin, from my other brothers?" This is an appropriate way to end my "confession". There is a difference. I still feel some rivalry with Harry; less now, but there is still a remnant, especially when we are together, and he does too. The feeling of wanting to be my own

person, being unique, is always present, although not as strong today. I don't think this is rivalry. It is more neutral, since at the same time I want Harry to be his own self, too, not to be like me. Then there is a feeling of empathy, or understanding, I have with Harry, different than with my other brothers. Empathy is the only word I can think of to express the feeling. It is a feeling of knowing, sort of, how he feels about various things, or thinking I know what his reaction will be to certain situations, etc. Now with my other two brothers, I have a great fondness toward them, as I do with Harry, but with them it is more in the order of very close friends, with a special family concern and loyalty as well. But it is not empathy.

Did you know that there is a town in Ohio, called Twinsburg? I don't know the history, so I have no idea of why the town has such a name, but they have used that name to host an annual gathering of twins each summer. I am told that seven thousand, or more, twins come to it each year. Obviously my feeling about being a twin is not common with all twins. I just can't picture myself and Harry going to that gathering, where the only thing we would have in common with the others there is an unusual birth. This prompts one last remark. I don't think I am more competitive than most of my peers just because I was competitive with a twin brother. Being a twin may have made me more conscious of who I am than most others are, having had to establish myself as a unique individual, but it did not instill a feeling of being better, or worse, than others.

So, there you have it. The confession of a twin. Maybe more than you wanted to know about twins. . .or of this one!
