

**METHODS OF**

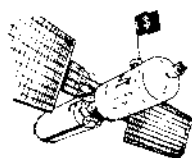
**DISGUISE**



**By John Sample**

# METHODS OF DISGUISE

By John Sample



Loompanics Unlimited      Port Townsend, WA

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### METHODS OF DISGUISE

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## INTRODUCTION

It is easy to define the word “disguise”: Disguise is changing appearance to impede recognition. Although this definition appears simple, it implies a lot. The main reason for disguise is its effect on others. This differentiates it from what has come to be called “body image” changing, where dieting, plastic surgery and other measures are taken mainly for the effect on the self.

There are both legitimate and illegitimate reasons for assuming a disguise. Let's dispose of the illegitimate reasons first, because they are not the main topic of this book.

The principle reason for an individual's disguising himself for illegitimate purposes is to make himself less recognizable by either lawmen or witnesses to a crime. A bank robber is likely to put on a stocking mask, or a hat and sunglasses, in order to confound witnesses. A fugitive from justice may try to change his appearance so that he no longer looks like the photo on the wanted poster.

The question inevitably arises whether a book detailing methods of disguise spreads knowledge which will be mainly used by criminals, and therefore serves a negative social purpose. There are two good answers to this:

(1) The criminal already knows the methods involved, having learned them from his associates, cellmates in prison, or the copious crime shows on television. Hollywood movies spread the tradecraft of crime, not only showing the how-to, but explicitly screening the scenarios in which criminal techniques are used. The newspapers often print accounts of crimes in very explicit detail, thereby informing all who can read exactly how the criminal operates. Thus, the technical information is readily available to anyone who is interested.

(2) Tools and techniques are not illegal or immoral in themselves. They can be well-used or misused. An automobile is not a criminal

device, but it can be used by a drunk driver or a bank robber. A camera is not a criminal instrument, yet it can be employed for blackmail photos or pornography. The situation is much the same as the gun control issue. A gun is not evil in itself, being useful for hunting, target shooting, and other legitimate purposes. However, individuals can misuse guns, either through carelessness or for criminal purposes. The tools and techniques are neutral; everything depends on the person using them.

This touches upon a basic problem in human history: New inventions can serve good or evil purposes. This theme runs through both history and fiction. Frankenstein's monster and the various "mad scientist" stories are examples of how technology is liable to misuse.

Let's now turn to the legitimate uses of disguise, which happily outnumber the others.

Stage, screen and television artists almost always use makeup, a moderate form of disguise, to obliterate wrinkles and other blemishes. Sometimes, they change their appearances radically for the sake of a role. An actor may play a person who is much older than he is, and the makeup artist must change his appearance to make him look older. Sometimes men play women, and women play men — another application of appearance-changing.

Prominent people sometimes wish to avoid recognition, either because they fear kidnapping or assassination, or the nuisance of "papparazzi": photographers who prey upon various newsworthy figures and invade their privacy. Disguise for personal security is part of the technique of keeping a "low profile," an essential for personal security. Often, it simply means avoiding being conspicuous, rather than putting on a false beard.

Police often use decoys in high street crime areas in an effort to lure a mugger and catch him in the act. This usually means that a policeman must assume the appearance and demeanor of a woman, old man, or even a drunk in order to give the impression of vulnerability and encourage a prospective mugger to attack.

Disguise for the purpose of surveillance and shadowing is another need for both the police and for private investigators, and the individual following a suspect must periodically change his

appearance so that the suspect does not notice the same profile behind him for long periods of time.

In the 1971 film, *The French Connection*, a very realistic example of profile breaking is demonstrated during the chase seen in which Popeye Doyle, the detective, follows the suspect from a restaurant through the streets and finally loses him in a subway station. During the pursuit, Popeye takes off his hat, then his coat, in order to break his profile and avoid recognition.

A person who suspects that his or her spouse is cheating on him may decide to follow him/her to check on the real purpose of a trip. In this case, disguise is essential, as it is critical to avoid recognition.

Runaways may want to change their appearances. While the term "runaway" is usually applied to minors, the same act when committed by adults is usually termed "missing person." Running away from home is what we call a "status offense." If a minor does it, it becomes a police matter. If an adult, unhappy with his situation, decides that he wants to make a clean break and start his life over elsewhere, it is not a police matter. In fact, many adults do run away each year, and this act is illegitimate only if done to escape debt or child support.

The Department of Justice has an official program to protect witnesses against retaliation from organized crime. The Federal Witness Protection Program relocates and provides new identities for such people. As of 1976, over two thousand people received such aid.

It is impossible to totally separate changes done for the effect on others from those done for the effect on the self. A person with a gross cosmetic defect, such as a harelip, will want to have this corrected, both for cosmetic effect and for the feeling of being "normal" that such correction will provide.

Physical defects, whether congenital or acquired, can be corrected by both surgical or non-surgical methods, depending on the case. A harelip must be corrected by surgery, but the fine scar that results can be covered by growing a mustache. One well-known actor has done exactly that. One man who had a port wine stain on his face hid it with a beard.

It is true that the correction of a cosmetic defect can change the appearance so much as to make the person unrecognizable to someone who has not seen the individual since before the correction. In that sense, it is disguise, as well as body-image work.

Reconstruction after injury is another reason for using methods of disguise. There may be prominent scarring, or a missing limb, and there are both surgical and non-surgical methods for correcting or concealing the defect. In fact, reconstructive surgery is a noted sub-specialty of plastic surgery, and the manufacture of prostheses serves the purpose of replacing or concealing a missing part of the body, from a tooth to a limb. In some cases, the prosthesis is as good as the original, as in a tooth, and in other cases it is definitely limited, as in an artificial arm or leg.

The methods of disguise are extremely varied, as we shall see. They range from simple alterations in profile, such as putting on or taking off a piece of clothing, up to elaborate surgery.

There has been a certain amount of misinformation about appearance changing. Much of this has come about from the efforts of people who write detective novels, and who would have you believe that a person's appearance can be changed radically, down to his fingerprints, by simple plastic surgery. We'll look at both fact and fiction, and try to attain a realistic idea of what is possible and how difficult or costly it is to attain.

## HOW PEOPLE IDENTIFY OTHER PEOPLE — LABORATORY RESEARCH

In considering methods of disguise, part of the process is taking into account how people recognize and identify other people. The police, of course, have studied this subject informally, yet intensively, over the years, as identification of perpetrators by witnesses is one of the ways in which they solve crimes. Surprisingly, what the police know about the ways in which people recognize other people, derived through experience, has been confirmed, for the most part, by experiments under controlled conditions in psychological laboratories. What the police know by handed down knowledge is, in fact, more accurate and comprehensive than what has been developed in laboratory research.

Laboratory research is conducted in isolation from real life, in order to separate the conditions being tested from extraneous factors. This is a valid way of going about it, but does impose certain limitations, in that what happens in the laboratory does not necessarily happen out on the street, where there are contaminating conditions which usually influence the results. For example, in one series of studies, all of the test subjects had normal eyesight, either with or without corrective lenses. Out in the real world, many people do not see well. Also in this series, the test subjects were all college students, presumably young and of better than average intelligence and education. On the street, people come in all types and ages.<sup>1</sup>

Nevertheless, the available research is of value in giving some scientific confirmation to what had previously been the result of trial-and-error. It is unfortunate that the research is not comprehensive enough to cover many of the real-life conditions.

One result of the laboratory tests was that the longer a subject studied a person, the more accurate subsequent recognition became. This confirms the common-sense knowledge that the

better you know someone, the easier it is to pick him out in a crowd.<sup>2</sup>

Recognizing people from black-and-white or color photographs is a problem. The laboratory tests showed contradictory results.<sup>3</sup> One study showed that black-and-white mug shots were as good as color slides, while another showed that color improved the results. There were some differences in the ways the tests were run, which probably accounts for the discrepancies. Common sense tells us that color provides another dimension to recognition, which should usually help.

Discrepancies also have to do with the way people perceive the world around them. Much research has been done on the Rorschach, or ink-blot tests, which were originally developed to diagnose mental abnormalities. Those who have worked with Rorschach have found that normal people tend to identify objects by form more than by color, and that using color as the main means of identification is a sign of abnormality. Translated into real life, this means that we are likely to recognize a person by the shape of his facial features, with color being secondary. Color is important, as many will describe the color of a person's hair and eyes when giving a description, but it is not the main determinant.

Memory generally decays over time, and the laboratory work confirms that the longer the interval between seeing the person to be identified and seeing the mug shots, the less accurate identification becomes.<sup>4</sup>

A person's race is important in recognition, and the effects of this factor are dominant in several ways. First, a person always notes another's race, as it is a feature that is easy to see and remember. Witnesses to an event usually state without hesitation the race of the person they describe. Some will even try to assign an ethnic group within a race to the subject they are describing, saying "looks Jewish, Italian," etc.

Another effect of race is that people seem to be able to pick out individuals of their own race more easily than those of another race.<sup>5</sup> In the experiments, Caucasians were able to differentiate between subtleties of features of other Caucasians better than they were able to distinguish between Black subjects. This confirms

what we often hear on the street: "They all look alike to me." One limitation of the research is that it covered only the responses of Caucasian test subjects, and there is no evidence whether members of other races, like Blacks or Orientals, can differentiate well between individual Caucasians.

There was an effort to determine which facial features were the most important in identification. Facial marks were most prominent. People also noticed ears, eye color and teeth often.<sup>6</sup> The most important point which the study revealed was that people tend to notice more those features which stand out by virtue of being uncommon, or different from the norm.<sup>7</sup> A scar, we know by experience, is easy to note and makes a person easy to identify later. We are also more likely to note a facial feature which, although normal, stands out because it is different from most, such as an unusually big nose, long hair, etc.

Skin color, as pertains to race, stood out as a main determinant.<sup>8</sup> Otherwise, complexion was not as important. Although this might be an obvious point, its importance is revealed when we consider a police "line-up" — the means by which a witness identifies a suspect. Most police officers know that a line-up must be of a certain format, as the identification may be invalidated in court if the format is not followed. For example, if the suspect is Black, having him stand in line with six Caucasians will have the effect of dealing from a stacked deck, forcing an identification. Again, if the suspect is male, standing him up with several women will not carry much weight in court.

In a line-up, the police have each of the subjects walk and talk, as they know from experience that recognition is more positive if the witness can observe the subject animate. They know that picking a suspect out from a book of mug shots is often a frustrating process, as the mug shots show only the faces, and not how a subject moves, walks, talks, and all of the other subtle features that make up an individual. They use the mug book only to narrow down a list of suspects, and the final identification must come by viewing the suspect in person. This is confirmed by an experiment in which the use of videotapes, color slides, and black-and-white photos were compared. The experimenters found that the extra dimensions given by videotapes and color slides aided recognition.<sup>9</sup>

The voice is very important, as it reveals speech patterns, accents, and the sex of subjects. In one experiment, the test subjects were able to identify the sex of the person by voice alone.<sup>10</sup>

As we have seen, the laboratory research does not bring out any startling new discoveries, but confirms what we already knew by intuition and experience.

## NOTES

1. Albert Zavala, Ph.D. and James J. Paley, *Personal Appearance Identification* (Springfield, IL: Charles C. Thomas, Publisher, 1972).
2. Ibid., p. 25.
3. Ibid., pp. 39, 298, 311-312.
4. Ibid., pp. 26, 312.
5. Ibid., p. 41.
6. Ibid., pp. 52-54.
7. Ibid., p. 147.
8. Ibid., p. 295.
9. Ibid., pp. 311-312.
10. Ibid., p. 298.

## HOW MUCH IS ENOUGH?

In considering disguise, we must look at the purpose for which we want it, and balance that against the cost, both in money and effort, that the disguise involves.

There are roughly two reasons for which you would consider a disguise:

- (1) To make yourself less recognizable.
- (2) To impersonate someone else.

Changing your appearance to impede recognition is by far the easier of the two. It doesn't matter if you resemble any particular individual, as long as you no longer appear to be the person you are. This gives you considerable freedom in choosing a disguise. Your disguise could be as simple as growing a mustache or beard, or changing your clothing.

Impersonation, as we shall see, is much more complicated. You must change your appearance to fit the description of a specific person, and this entails much more effort, as we shall see in the Appendix on impersonation. It is most difficult when you try to impersonate a specific individual, rather than one of a class. This difference is important.

A police officer may make himself up to look like a derelict or a senior citizen, if he is assigned to a decoy operation. He need not resemble any particular one (muggers usually don't know their victims), but must hide the fact that he is a physically fit, armed, adult male.

Assuming the identity of a specific person, on the other hand, is very difficult, almost impossible in some cases, and utterly impossible in others. This is because the impersonator has to pass scrutiny by the impersonated person's friends and acquaintances, and has to match not only the physical appearance, but also the speech, walk and other behavior of his model.



Whether this is possible, and whether it is economical to try to do so, will be largely determined by the similarities in the two people. Obviously, it is impossible to disguise a 200 pound man to look like an 80 pound, 80-year-old grandmother, especially if the impersonator has to fool the family. If the two start out with a close physical match, it may be possible to disguise the impersonator enough to fool people at close range, although there will still be points of difference that will stand out under close investigation.

Generally, the less disguise, the better. A disguise can be so elaborate that it takes hours to assume, and the person cannot carry it well. An elaborate disguise also is easier to detect, especially if the intention is to impersonate a specific person. We will see that attempts to impersonate an individual usually work only under carefully controlled conditions.

We'll start with the simplest disguises and work up to the most complicated. We'll be able to assess the costs and benefits at each stage, giving you a framework on which to build a realistic evaluation of your needs and your resources.

## A BASIC PHILOSOPHY OF DISGUISE

It is easy to understand that the simpler the disguise, the more effective it will be. We already know that the longer the person whom you're trying to fool studies you, the better his ability to recognize you later. It is also true that he'll have a longer opportunity to penetrate your disguise. The main idea of disguise is to change your appearance, but you can take different approaches to this end. If you have a feature that makes you stand out from the crowd, you can make yourself look more ordinary. If you already look more or less ordinary, you can assume a disguise that includes a striking false feature, taking it off when you want to revert to your normal appearance.

Using natural means of disguise is better because you only need what you already have at hand. A good example is the person who has worn a mustache for years. He can alter his appearance radically by shaving it off, and he can do this quickly. Growing a mustache takes much longer, but there is no danger of the adhesive loosening, as with a false one. Simply changing hair style, or clothing, can be very effective in some circumstances, if done correctly.

Other simple disguises use various makeup techniques and appliances. These tend to be cumbersome, and usually require the purchase of devices and supplies, but they have their place. Many people wear eyeglasses, and these tend to stand out as identifiers. Changing to contact lenses is one way of disguise.

We'll cover in detail the many techniques of disguise in the following chapters. Most of them are mechanical, but that should not obscure the fact that behavioral traits are an important part of the way people see you. You must be prepared to role play if your total disguise is to succeed. Professional actors understand this, and they spend more time learning to play a role than they do learning to apply makeup.

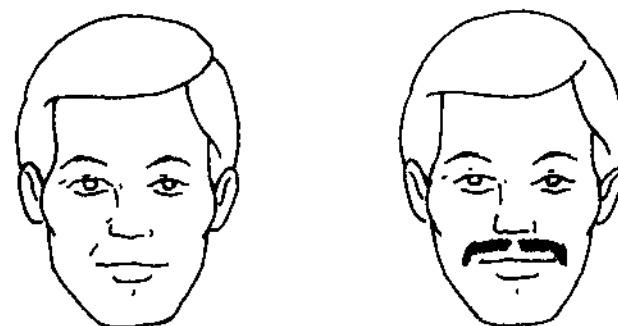
The disguise must fit the situation, and we'll look at various situations and examine what disguises are appropriate for them.

Generally, the ideal disguise is one that you can produce with a minimum of equipment and expense, and which you can apply and remove quickly. Unfortunately, few disguises fit this definition. Compromises are necessary, and judging the need for compromises and where to make them is the hardest part of assuming a disguise.

## NATURAL DISGUISES

It is common for people who want to change their appearance to change the hair style or, in the case of men, to grow a mustache. It is slightly less common for men to grow beards.

One obvious use for facial hair is to cover what the wearer sees as a defect or weak point in his face. A man with a very long upper lip may want to fill the expanse with a neatly-trimmed mustache. A harelip repair scar usually provokes a man who has one to cover it with a mustache. Some of the people you see with beards are masking "weak" chins underneath the face fuzz.

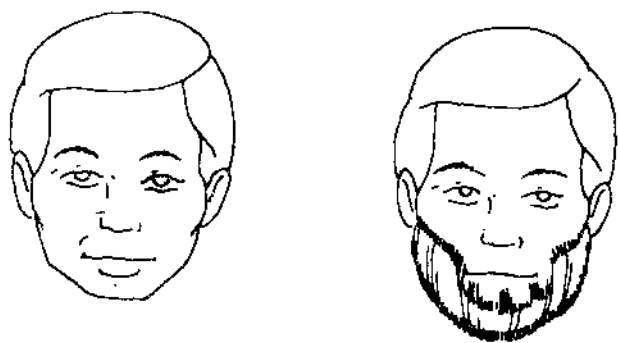


*A mustache can alter the appearance and can be grown to hide a scar or obscure a long upper lip.*

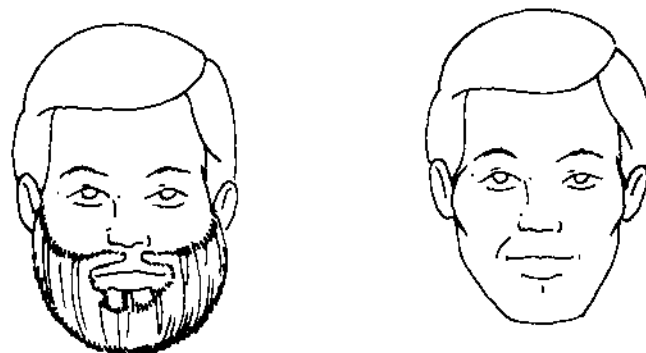
The effectiveness of hair in masking the features is beyond doubt. One of the annoying problems that police face is that of the criminal who normally wears a large, scraggly mustache or a beard during a crime, and then appears in court clean-shaven, confusing the witnesses.

One of the best aspects of facial hair is that the wearer can grow and shape it in many different styles, depending on the effect he wishes. A visit to a hair styling shop, or even an ordinary barbershop, will usually turn up a poster displaying different styles of mustaches. There is even more latitude with a beard. A beard can change the contours of the face, and mask the apparent shape of the head, which is an important feature in the system of identification by facial features. A person with a thin face or a pointed chin can grow his beard out to make his face appear fuller, or his chin bulky. Likewise, a man with a receding chin can grow his beard out to an aggressive point, significantly changing his profile.

The main advantage of growing facial hair is that it is natural and, unlike false beards or mustaches, will not become unstuck at a critical moment. The main disadvantage is that it takes several



*A beard can change the contours of the face and disguise the shape of the head. Growing a beard will cover a weak chin.*



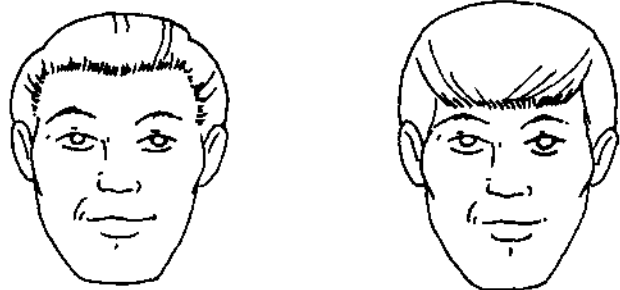
*Shaving off facial hair takes only a few minutes and can change the appearance radically.*

weeks to grow, which means that it is not useful for "quick-change" disguises. On the other hand, it only takes a few minutes to shave one off, making a quick change in the appearance.

Changing hair styles is an option open to both sexes, and many people change their hair styles in the course of their lives in an effort to be fashionable — not for disguise. A look through the pages of the numerous fashion and glamor magazines will show many hair styles, both for men and women.



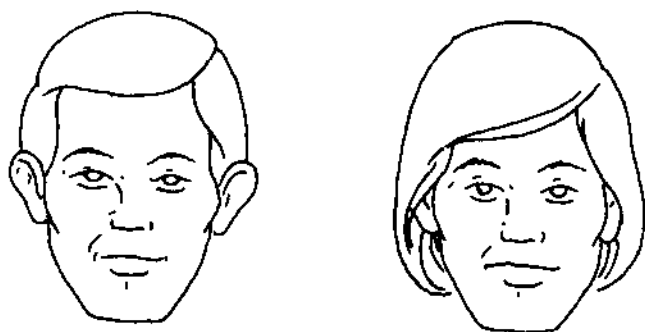
*Changing hair styles is an option open to both sexes and can be a method of disguise or just a way to keep fashionable.*



*By combing the hair forward, a person with a receding hairline can disguise the shape of the forehead.*

As with facial hair, growing the hair out takes a long time, perhaps too long for the purpose, although cutting it short takes only a few minutes. Restyling the hair takes a brush, a comb and a can of hair spray.

There are many ways in which hair can change appearance, modifying both the profile and the full-face view. A person with a receding forehead can comb the hair high over the forehead, making it look more prominent. The apparent width of the forehead depends on how much hair covers it. The ears, which are important in facial identification, can disappear under a mane of long hair. This is especially important if the person has prominent ears which attract attention.



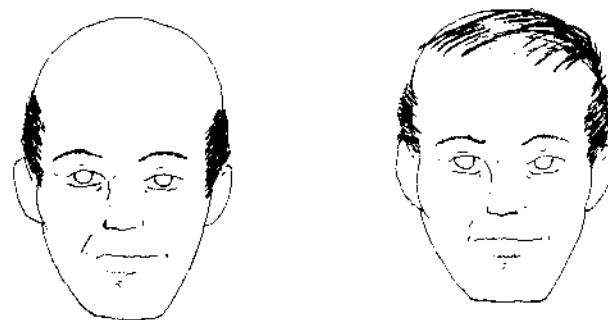
*Growing the hair out will cover protruding ears, thus hiding an important identification feature.*

Long hair even has value in masking the sex of the wearer. A man with delicate features and long hair can often be mistaken for a woman, especially nowadays as both sexes wear similar items of clothing. While it is true that in some instances body build and voice will reveal the sex of the person, in many instances there is some doubt when first seen or heard.

As with the hair-lip, cited above, hair is useful for covering facial deformities of various types. One man, born with a port-wine stain on the left side of his face, grew a beard to cover it. As facial deformities attract attention and are easily remembered, masking them is of paramount importance in disguise.

Among the most common easily remembered features, though not a deformity, is baldness. Many men, as they get older, tend to comb their remaining hair to cover a growing bald spot. If the baldness is slight, and the hair styling not too extreme, few will notice the creeping baldness. However, we have all seen men with long strands of hair combed from one side of the head to the other, which in reality is so obvious that it makes the baldness stand out.

Styling facial hair and hair on the head is more of an art than it is a science. Many people do it to themselves, with varying results. Probably the best way to start is to have it done professionally, although the cost is usually ridiculously high, and then maintain the style, modifying it slightly if necessary.

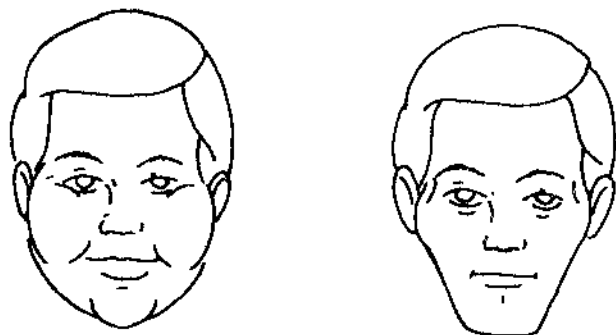


*Baldness is always remembered. A sloppy attempt to comb the hair to cover baldness can call more attention to it.*

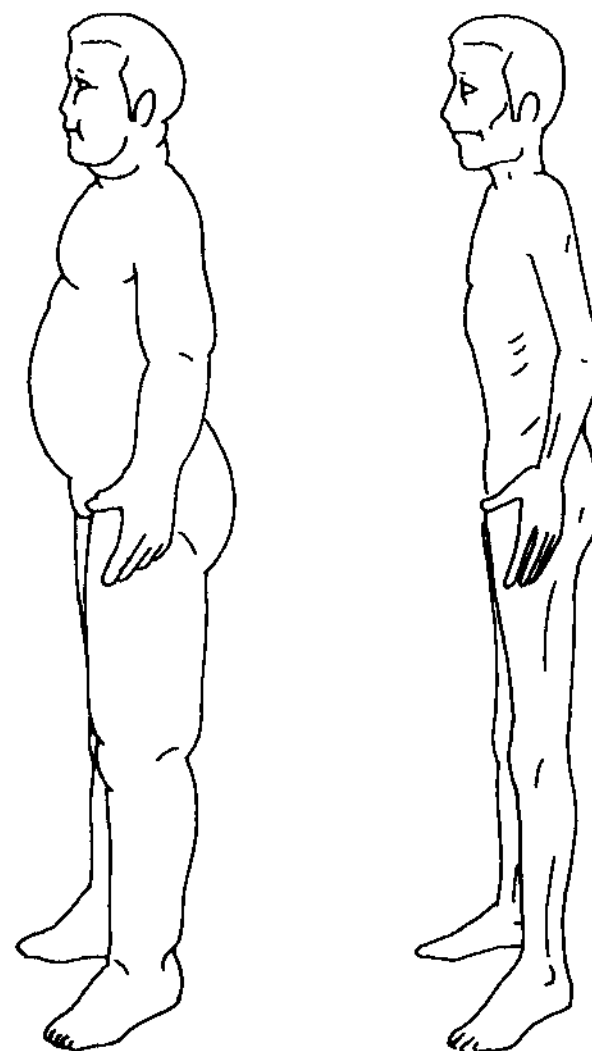
A very effective natural method of changing appearance is often available to people who are overweight: dieting. It usually works, but only if the dieter is serious and well-motivated. It works slowly, taking from a few weeks to over a year depending on the weight loss desired and the ability of the dieter to follow the regime firmly and avoid "cheating."

Loss of a lot of body weight always makes a radical change in appearance. We have all seen before-and-after photos of people who have followed a certain diet plan in the various advertisements that fill the pages of our newspapers and magazines. Of course, these photos are ones which show the most dramatic changes in a graphic manner. Most people will not show such a great change in appearance because they are not as grossly overweight as the models displayed in the ads. Still, most of us have known people who have successfully followed diets and made significant changes in their appearances.

Losing weight not only changes the body profile, but also results in a remodeling of the facial contours. While the shape of the skull stays the same, and other features such as eyebrows and noses do not shrink, the cheeks and chin almost always recede with even a slight loss of body weight. The cheekbones become more prominent as the mask of fat shrinks, and a double or triple chin will shrink in size.



*Weight loss affects the face as well as the body. The cheeks and chin will almost always shrink.*



*Weight loss or gain can drastically alter the appearance.*

The nitty-gritty of a diet is will-power. There are many published systems of diet, and various authors emphasize different philosophies. Some place the emphasis on reducing the caloric intake, while others say that calorie counts are not important and that only reducing the amount of carbohydrates ingested will work. Yet others insist that reducing food intake alone is not effective and that an exercise program is necessary, especially if they are selling exercise devices. The time promised for effectiveness varies, with "crash" diets, "fourteen day" diets, and even indefinite promises such as "quick weight-loss" diets.

It is a paradox that none of these work, and yet they all work. The experience of many people over many years shows that the exact nature of the program is not as important as the basic principle of reducing the intake of food consistently. Using drugs or fillers as appetite suppressants helps some people, but if they do not keep their food intakes down, they will fail.

Diet plans are among the most consistently successful self-help books sold over the years. There are always new ones coming out, aimed at people seeking new answers to the same old problem. The reason for the continued large sales of diet books is simply that there are many people who read the books and do not follow them effectively.

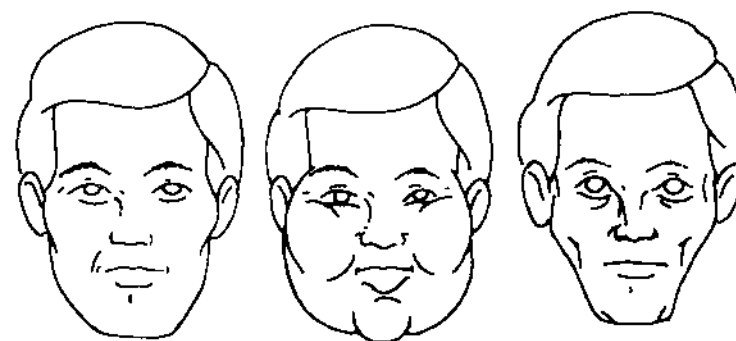
Dieting is aimed at a physical result, yet the psychological aspects are of supreme importance. Anyone starting on a diet should be sure that he or she wants to go through with it, and aware that any failure to restrict food intake will retard the results. Any promise of a certain amount of weight loss in a certain period of time, apart from being a generalization that cannot apply to everyone, is valid only if the dieter does not cheat by punctuating his diet program with periodic high-calorie meals. The motivation must be strong enough to overcome the temptations of over-eating. This is hard to do, especially if the dieter does not eat alone, but in the company of friends or family, most of whom indulge themselves at the table. There is always the temptation to follow the crowd and take an extra portion.

The other psychological factor affecting dieters is the mood swings that often accompany dieting. At first, the dieter notices

several pounds of weight loss. Then, a plateau, during which nothing seems to happen. This is normal during dieting, as weight loss does not progress at a fixed schedule, but follows an alternating pattern. The dieter will lose several pounds one week, then there will be a pause until the weight loss resumes. During the pause, the dieter may become discouraged, and go into a mental trough, unhappy at the lack of progress, and becoming convinced that either the diet does not work or that he has gone as far as he can with that particular plan. He resumes eating at his old rate, and soon gains back what he lost.

It requires a certain amount of confidence and mental stability to stick to a diet through the gains and the plateaus. Avoiding discouragement is easier to say than to do, and many who start with serious resolve soon find their determination melting away while their fat doesn't.

Just as a fat person can disguise himself by losing weight, so can a thin person disguise himself by gaining weight. In fact, if any person of "normal" weight were to gain or lose 50 pounds, his appearance would be altered significantly.



*A weight gain or loss of fifty pounds will significantly alter the appearance. Here we see the effects on the face.*

## MINOR AIDS TO DISGUISE

Many commonly available items serve this purpose of disguise. They are fairly inexpensive, and most people already have some of them.

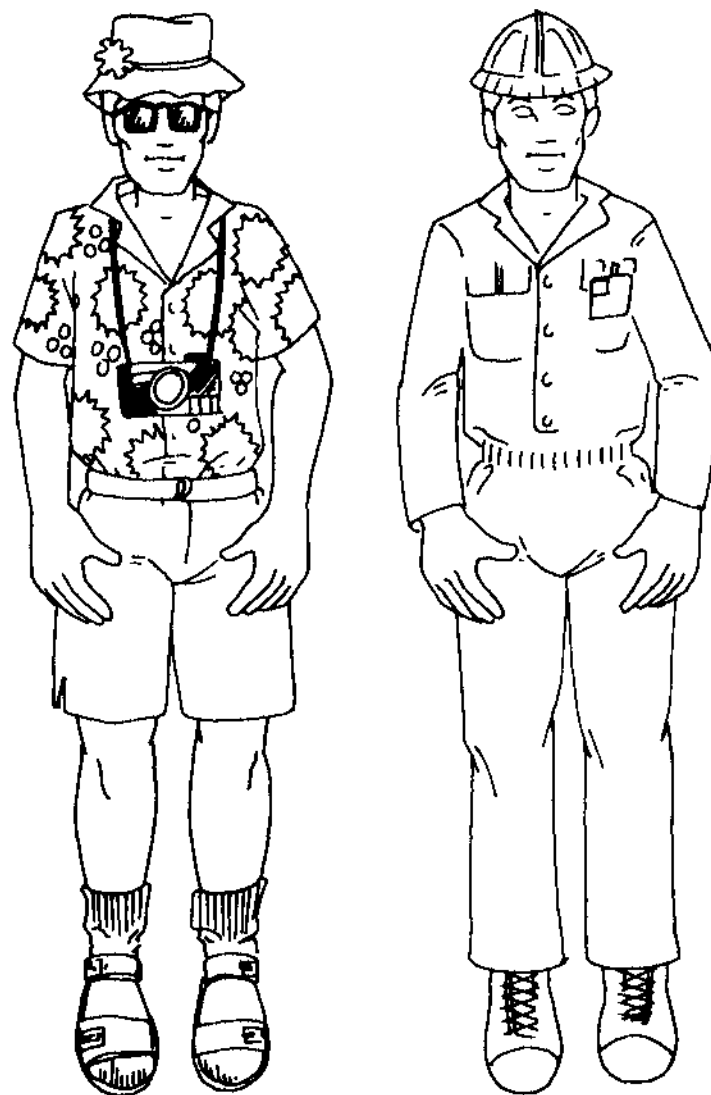
### *Clothing*

A change of clothes will change the appearance enough to be effective unless the person using the disguise is already known to the subject. A pair of overalls can change the role the disguiser appears to be filling, as can a workman's cap or a hard hat. Any sort of headgear masks the shape of the head. A brightly colored hat draws attention from the face, often being the feature remembered most clearly after the event.

### *Eyeglasses*

Experimental evidence has shown that the wearing of glasses impedes recognition.<sup>1</sup> The experiment was run under laboratory conditions and did not accurately reflect the conditions in real life. In reality, the use or non-use of glasses has a greater effect than the results of the experiment show.

A person who normally wears glasses can impede recognition if he removes them. If necessary, he can substitute contact lenses. Similarly, someone who does not wear glasses can put on a pair. There are clear-lens eyeglasses available in some novelty stores, and some may choose to go this way. However, a simpler and cheaper solution is to wear sunglasses, which impede a view of the eyes. Sunglasses can be purchased with prescription lenses. The reflecting kind of sunglasses, which have a mirror surface, totally prevent a view of the wearer's eyes. As the color and shape of eyes are an important factor in recognition, the value of mirror lenses is obvious.



*A change of clothing changes the appearance as well as the role the disguiser is imitating.*



*Putting on eyeglasses will impede identification. Someone who normally wears glasses can remove them or wear contact lenses to avoid recognition.*

Contact lenses are a special case, for those who decide they want their special advantages. They can be ordered by mail,<sup>2</sup> or purchased locally. They come clear or in colors. Therefore, it is possible to change the apparent color of the eyes with colored contact lenses, up to a point. A person with light-colored eyes can make the pupils appear darker, but not the other way around.



*Sunglasses block a view of the eyes and are one of the most inexpensive and effective forms of disguise. They come in several varieties, but mirrored lenses are best for disguise.*

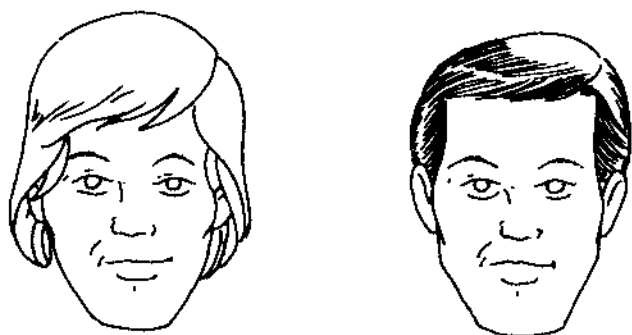
### **Hair**

Dyes and bleaches for the hair are inexpensive, and available in most department stores and supermarkets. Most of them are safe to use, but anyone using them should take care not to get any of the chemicals in their eyes, no matter what claims of safety appear on the label.

In planning the use of hair dyes and bleaches, keep in mind that most people see shapes more prominently than colors, and therefore



use the shape of a subject as a guide to recognition more than the color. This means that the most effective use of a color change in the hair will be combined with a change in hair style, to complete the picture.



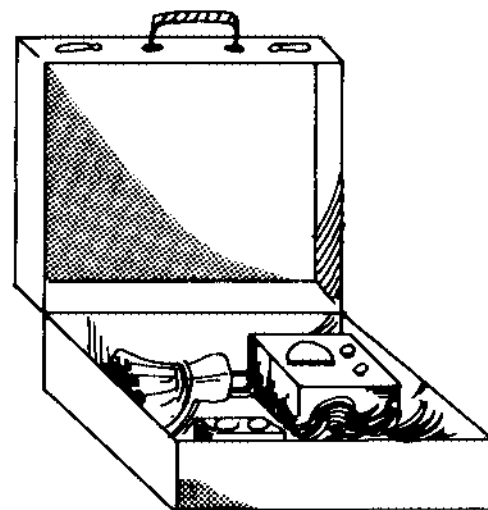
*Changing the color of the hair will make a more effective disguise when the style is changed as well.*

### **Props**

These are hand-carried items, rather than apparel. A tool-box, for example, fills out the picture suggested by overalls and a hard hat. A briefcase fits in with a three-piece suit. A shopping bag is doubly useful, because it can be folded up and put in a pocket when not needed.

All of these props can serve other purposes, especially as a means of carrying other items of disguise. Wigs, false mustaches, hats, etc., all can fit into these containers.

Usually, disguise serves another purpose beyond merely making the wearer unrecognizable. If the purpose is surveillance, a prop such as a briefcase or toolbox can hold electronic devices for bugging and the tools needed to install them. This is well-known to professionals in the field.



*This attache case is a convincing prop as well as a container for tools, surveillance devices, and quick-disguise items.*

### **NOTES**

1. *Personal Appearance Identification*, p. 22.
2. Contact lenses of various types are available by mail from Just Contact Lenses, Inc., 755 New York Avenue, Huntington NY 11743, (516)673-9485.

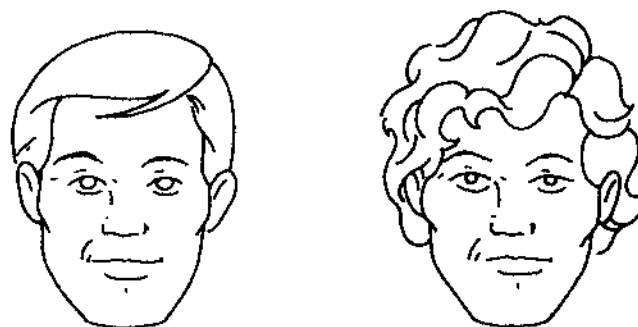
## WIGS, MUSTACHES AND OTHER FACIAL FUZZ

Wigs and false beards are the most popular items in the detective fiction writer's repertoire. Unlike plastic surgery, there is much basis in fact for the fictional claims made for these items of disguise. A wig, mustache, or false beard can change radically a person's appearance, for relatively little cost, without the risk of plastic surgery, and with the choice of reversing the procedure.

As with other forms of makeup, the quality of the results depends very heavily upon the care and skill of the user. He or she can buy a wig by mail, slap it on, and with luck it will give a natural appearance. There are some problems, though, and those interested in good disguises should be aware of them.

Generally, there are two types of hairpieces: full and partial. Costs run from ten dollars to over two hundred and fifty dollars. They are available locally or by mail order. Quality varies from excellent, natural looking wigs to awful mops. The most important feature of a wig is its natural appearance. This depends not only on its quality, but also on the color and the care with which it is fit.

A full wig, covering the entire top of the head, does not have to be a perfect match, as any hair on the scalp will be covered. A toupee, or partial hairpiece made to cover a bald spot, has to match, and the wearer must have it cut to fit so that it blends imperceptibly with the other hair. It is possible for the wearer to do this himself, if he is very skilled. He must have the patience to cut a little at a time and try for fit, knowing that he can always cut off a little more, but cannot put back what he has removed. For most people, the best way to go is to buy a wig locally, at a wig shop, and have it professionally fitted. This is a one-time cost, and is generally worth it. Unlike natural hair, a wig does not need a haircut at regular intervals.



*Wigs are a popular disguise item. A full wig that covers the entire head does not have to match the wearer's hair color.*

The main advantage of a wig over re-styling the hair is that it permits a quick change in appearance. This is not important for the person who wants a wig strictly for cosmetic reasons, but it is important for disguise. As we have seen in the section on natural disguises, cutting the hair is easy, but growing it takes time.

The disadvantages of wigs are cost, delay in ordering and delivery, and possible discomfort. Some advertisements for wigs stress comfort, which shows that many wigs are uncomfortable to wear. This is especially true in hot climates; anyone living in the "Sun Belt" in this country should be aware of this before ordering a wig.

Buying a wig at a local shop is generally easiest for the customer, as the staff will help him select the wig, compare it for match of both color and texture of the hair, and finally hand fit it to his head. One man, sensitive about his baldness, went to the extreme of going to his local beauty shop each morning to have his hairpiece fitted professionally, and combed to blend in with his remaining hair. It did cost him a small fee each day for this service, but the result was excellent, and the hairpiece was such a perfect match that it was undetectable, even upon close examination.

Anyone who wears a hat should note that a wig can slip or come off entirely. Even brushing the hand over the head can dislodge it, with potentially embarrassing results.

Buying a wig by mail order takes longer, and there is always the possibility of dissatisfaction, as the customer cannot see the result until he has paid for the wig and tried it on. There are several companies selling wigs by mail.<sup>1</sup> Some of them sell "as-is," while others offer money-back guarantees.

There is quite a variety of products available by mail. One company specializes in wigs and other hairpieces for Blacks.<sup>2</sup> For



*A great variety of wigs are available through the mail.*

the do-it-yourselfer, there is an excellent section on false face fuzz in a popular book on stage makeup.<sup>3</sup>

When ordering by mail, the customer usually has a choice of colors, hair styles, and synthetic or natural hair. For the best match, he should always send a sample of his hair with his order, although few companies suggest this in their catalogs. The choice between natural and synthetic hair is even more difficult, as hair varies in texture, also. Getting a match is mainly a trial-and-error process.

A wig can simply lay on the head, or the wearer can use an adhesive such as spirit gum to hold it in place. A full wig is usually designed with a net backing made of elastic and shaped to the contours of the head, thus ensuring a better fit.

Spirit gum is available in makeup supply houses, often by mail order,<sup>4</sup> and is especially made for contact with skin. This might seem to be a trivial point, but anyone who plans to use any adhesive on his skin should be aware that they can be irritating, and even toxic, and that not just any adhesive is safe to use. This point is not as important for the wearer of a wig as it is for the person who plans to wear a beard or a mustache. There is no adhesive made that is suitable for all people.

Some people have skin like armor plate, while others have very sensitive skin that gets irritated by the slightest exposure to sunlight or detergents. Even medical adhesive tape, specially made to be applied to the skin, is irritating to about twenty percent of the population. Anyone using any sort of adhesive should be especially careful when using it around the eyes, nose and ears, as they have delicate tissues other than skin more vulnerable to irritation.

As an aid to matching or blending wigs to natural hair, there are several easily-applied hair colorings available from makeup supply houses.<sup>5</sup> These substances have a consistency between wax and vaseline, and can be applied to lighten or darken the hair. A commonly available item is mascara, usually used to darken eyelashes, or eyebrow pencil, usually used on eyebrows. A careful application will soften and blend-in any line of demarcation between a wig and the natural hair showing from underneath. These are temporary makeups, and come off with soap and water. Dyes and bleaches have longer-lasting effects.



*Sideburns and mustaches can be bought mail order or from novelty shops. You can get them pre-cut or buy material and make your own.*

Mustaches, beards and sideburns are available pre-cut or, in some cases, the wearer can buy the material and make his own. False eyelashes, usually made for women, are available in drug and department stores. Novelty shops sell many other unique disguise aids along these lines. They are also available by mail order.<sup>6</sup>

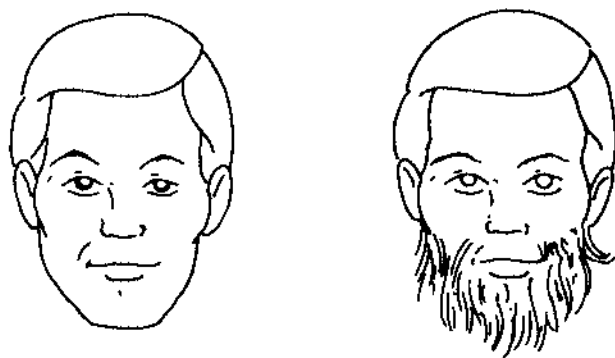
The type of material used depends on the effect that the person wants. There are mustaches and beards available in various styles, from the toothbrush "Hitler" mustache to the full facial hair of the rugged outdoorsman. However, for those wishing to construct their own, there is crepe material available in bulk. This can be cut in various shapes and styled to fit for the desired effect. Crepe normally is kinky and the person who wants straight strands can straighten it with a steam iron before shaping.

Crepe has its own disadvantages. Applying it is a long, tedious process, which involves painting the area of the face with spirit gum and applying the crepe a few strands at a time. For repeated use, it is possible to apply the crepe to a latex base, so that it can be peeled off in one piece, but this may be too involved for most people.

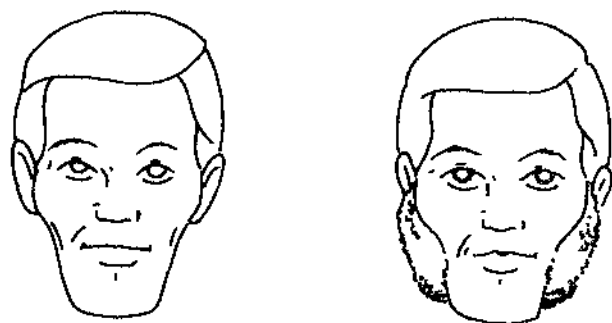
Crepe must be colored to a suitable tone, with makeup cosmetics, and this is an additional step. The skill required for the whole process is more than most of us have time to develop. Crepe is also suited to wispy mustaches and sideburns, not strongly shaped ones with sharp lines. Crepe will do well for someone who wants to look like an old man with scraggly whiskers, or for a Santa Claus, but not for a relatively young man with a neatly trimmed mustache.

Ready-made mustaches are by far the most convenient to use. Color match is not as important as with wigs, as facial hair often is different from hair on the head. Texture is not as critical, except that mustaches tend to have straight hairs, not kinky. Sideburns often are kinky, and they must blend in with the scalp hair at the top where they meet.

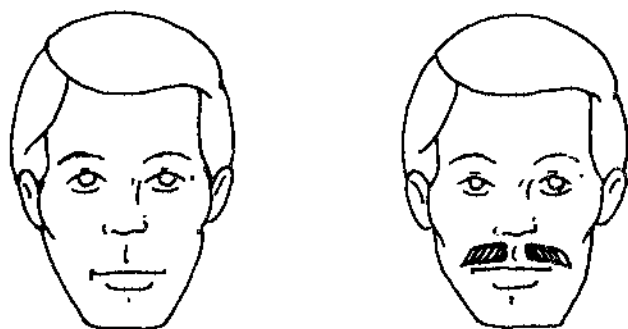
The affect of a mustache or a set of sideburns is the same whether the facial hair is natural or artificial. Sideburns will fill out a thin face, and a mustache can break up the space on a long upper lip or, in the case of a bushy mustache, hide the lips partially or totally.



*Crepe can be used to make wispy whiskers but is unsuitable for tight, neatly trimmed mustaches or beards.*



*Sideburns will fill out a thin face.*



*A mustache will fill in a long gap between nose and mouth.*

False eyebrows are less effective, and don't get much use except by actors making up for a role. Modifying the appearance of the eyes by glasses is far easier than using eyebrow prostheses. False eyelashes are mainly used by women, as a beauty aid. Like eyebrows, their effectiveness in disguise is minimal.

One commonly available aid to keeping a false beard, sideburns or wig in shape is hair spray. Without it, applying the hairpiece will always require careful combing to get it to look right. Some prefer to spray and shape the hairpiece while wearing it, and this is often the most convenient way to do it, as we are accustomed to combing or brushing our hair normally. But in some cases a person will want to use a wig block, which is a plastic device in the shape of a human head.

In principle, applying any facial hair is a time consuming operation. Some users of disguise, however, may have need to apply hairpieces quickly; applying adhesives with a brush, waiting for them to dry, and then cementing the hairpiece in place takes too long for them. In such instances the use of double-faced tape may solve the problem, although it cannot give as perfect a result as careful hand-fitting with conventional methods. There are several brands and types of double-faced tape, some with adhesive on a foam plastic backing, some with cellophane or mylar bases, and at least one type which is just a band of adhesive. This type, 3M's *Scotch Brand* #665, comes in a roll that sells for two or three dollars, and consists of a layer of adhesive on a paper support. The paper is not part of the tape, but is included to separate the layers on the roll. In use, it is necessary to tear off a suitable length and apply it sticky-side down to either the skin or hairpiece, peeling off the paper afterwards. The adhesive layer is very thin, and once the paper is removed, easily shaped to fit. A mustache or sideburn with tape attached can be carried and applied quickly, if the user takes care that the tape on its back does not contact anything while being carried. One expedient is to leave the paper separator on until the moment of use.

As with other tapes and adhesives, double-faced tape may irritate the skin of some people. Generally, the longer it is in contact with the skin, the greater the chance of adverse effects.

## NOTES

1. Wigs are available by mail from several outlets:  
Bob Ellis, 280 Driggs Ave., Brooklyn NY 11222, (212) 383-3379.  
Franklin Fashions Corp., 103 East Hawthorne Ave., Valley Stream, L.I., NY 11582, toll-free (800) 621-5199.  
Jack Stein Makeup Center, 80 Boylston Street, Boston MA 02118, (617) 542-7865.  
Bob Kelly Cosmetics, Inc., 151 West 46th St., New York, NY 10036, (212) 245-2237.
2. Wigs styled for Blacks are available from Afro World Hair Co., 7262 Natural Bridge, St. Louis, MO 63121, (800) 325-8067.
3. Richard Corson, *Stage Make-up*, 6th ed. (Englewood Cliffs, NJ: Prentice-Hall, Inc.), pp. 208-249.
4. Spirit gum is available from Bob Kelly Cosmetics (address listed above).
5. Hair whitener is available from Bob Kelly Cosmetics (address listed above). It comes in a half-ounce tube and is one of the easiest-to-apply makeup products.
6. Mail order beards, mustaches, sideburns, etc., are available from Bob Kelly Cosmetics and Jack Stein (both addresses listed above). Additional sources of supplies are listed in Richard Corson's *Stage Make-up*.

## CRIMINAL DISGUISES

A quick look at the disguises often used by criminals will help to round out the picture. These disguises are, in some cases, not true disguises, in that they not only make the wearer unrecognizable, but conspicuous, which is counter-productive. A ski-mask, although useful for hiding facial features during an armed robbery, is not something to wear on the street.

"Street-wise" criminals get to be fairly sophisticated after some experience and coaching by other criminals, and they have at least a layman's knowledge of identification procedures and the rules of evidence. The successful criminals are also very practical, and stay away from overly elaborate methods which are either difficult or time-consuming to use.

A simple and effective outfit for an armed robber, for example, is a ski-mask and a "211" jacket. The robber can carry the ski-mask wadded in a pocket, putting it on at the last moment and taking it off as soon as the need passes. The "211" jacket is a term used by police on the West Coast to describe a leather or vinyl jacket, long enough to cover to below the waist and conceal a pistol tucked into the pants. It is loose, which helps to mask the contours of the gun, and the large pockets are useful for carrying odd items such as a ski-mask or the proceeds from the robbery.

Any sort of total face covering solves many problems. It hides the contours of the face, blemishes and defects, and frustrates security measures such as cameras. Sophisticated criminals know, though, that often this is not enough. Hiding the face is only one aspect of disguise, as witnesses can identify perpetrators by other features, such as the color of the hands, speech patterns and accents, and gait.

A disadvantage of the overall mask is that the criminal must don it immediately before the act, which implies that witnesses may see him unmasked. In some types of businesses, such as banks, cameras



*A ski-mask and "211" jacket is a simple disguise often used in armed robberies.*

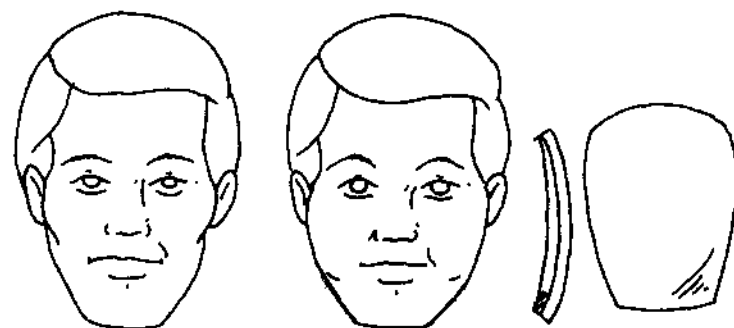
cover the entire premises, and are running constantly, recording onto videotape. Non-stop cameras eliminate the need for an employee to push a hidden button, and sometimes record the robbers unawares before the start of the robbery. Judging the moment to remove the mask is also a problem, for anyone trying to escape into a crowd with a mask will stand out. Removing the mask makes the criminal vulnerable to identification.

The more sophisticated criminals use other disguises, to enable them to walk in the street without attracting attention and yet frustrate recognition by witnesses. They are aware that they may be photographed, and understand that disguise must be for the total effect.

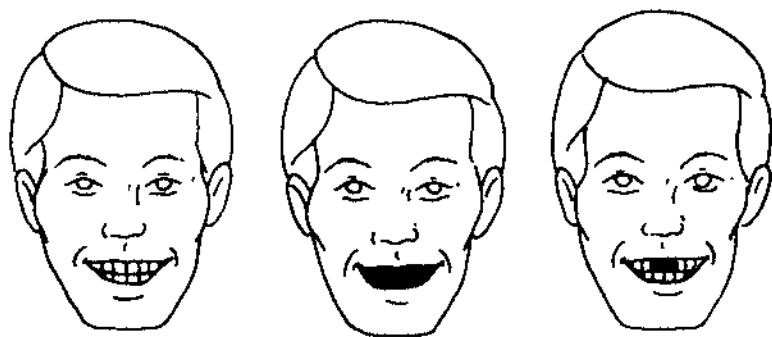
False beards, mustaches, and sideburns are popular, as they don't have to pass close scrutiny and yet effectively hide the face. A cap or sweater in a "loud" color aids the effect, drawing attention from the face. Eyeglasses of various types are among the best and most easily available disguises, especially the mirrored ones. Wigs, cheap and easy to put on, are very useful to a criminal.

Mouth inserts, made of cotton, rubber or plastic, change the contours of the cheeks, as well as modifying the voice. They are easy to put in and to take out.

For those who wear false teeth, removing the dental plates changes the lips and jaw-line. A spare set of dental plates, with one



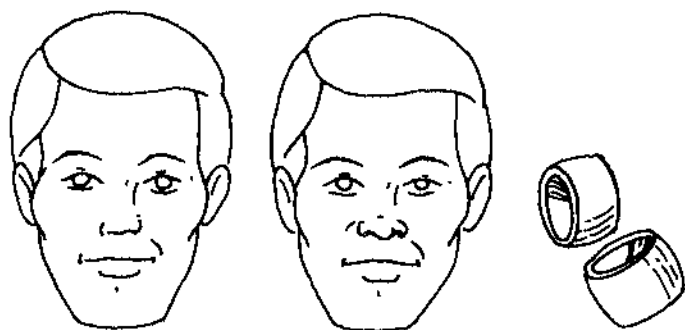
*Mouth inserts change the shape of the face and modify the voice. Front and side views of inserts are shown on right.*



*For those who wear false teeth, a spare set of dental plates can be altered to give the illusion of missing teeth.*

or more teeth blacked out or missing, will give the illusion of missing teeth, an attention-getting feature which will obscure the description.

Nostril inserts, made of cork, rubber or plastic, will widen the nose while allowing the wearer to breath through his nose. These are tubes, of the proper length and shape, which fit inside the nostrils. One application of such inserts is when a Caucasian criminal wants to resemble a member of another race. He can darken his skin with makeup or tanning lotion, but the Caucasian bone structure will give him away. Widening the nostrils will, in many cases, aid the illusion.



*Nostril inserts widen the nose, yet still allow normal breathing. Inserts are shown on the right.*

Body size, shape and contours are also worth changing. Padded clothing can add dozens of pounds to the apparent weight of the wearer.

While "casing" the place of the intended crime, the future robber may notice that there are inconspicuous height indicators in the fields of view of the cameras. These might be rulers along the walls, or just lines drawn on the walls, or a pattern in the wallpaper which can be measured to disclose the height of anyone photographed against that background. He then knows that a hat will not only conceal his hair, but make determining his height more difficult. He might also choose to wear "lifts," which are either shoes with built-up heels or inserts for shoes, to give an increase in height.<sup>1</sup>

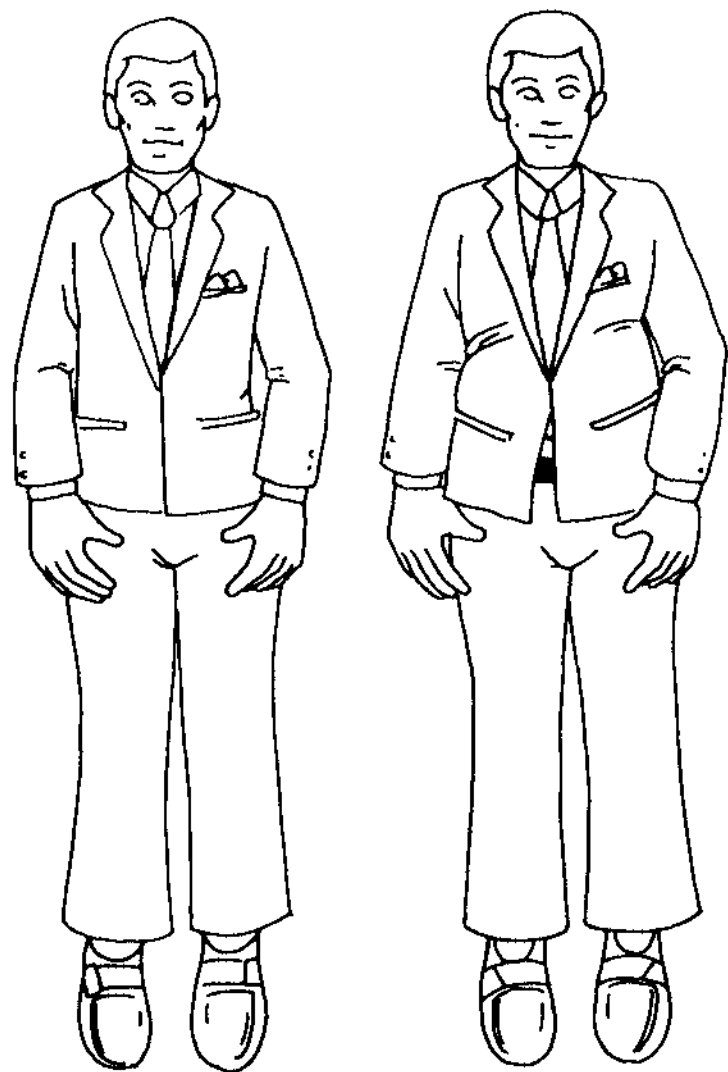
Falsifying distinctive markings or features is another way to impede identification. Tattoos are extremely easy to fake, as almost every child knows that an indelible pencil will, when dipped in water, mark the skin in a color that is similar to that used in common tattoos. Fake tattoos are quick to apply and almost as quick to wash off.

For the more ambitious criminal who has a flair for artistry, there are scars to simulate. There are many ways of building up fake scars on the face, using either stage makeup<sup>2</sup> or rough-and-ready materials bought in a drug store.<sup>3</sup> To simulate warts or moles, the criminal uses mascara or eye shadow to stain the skin.<sup>4</sup>

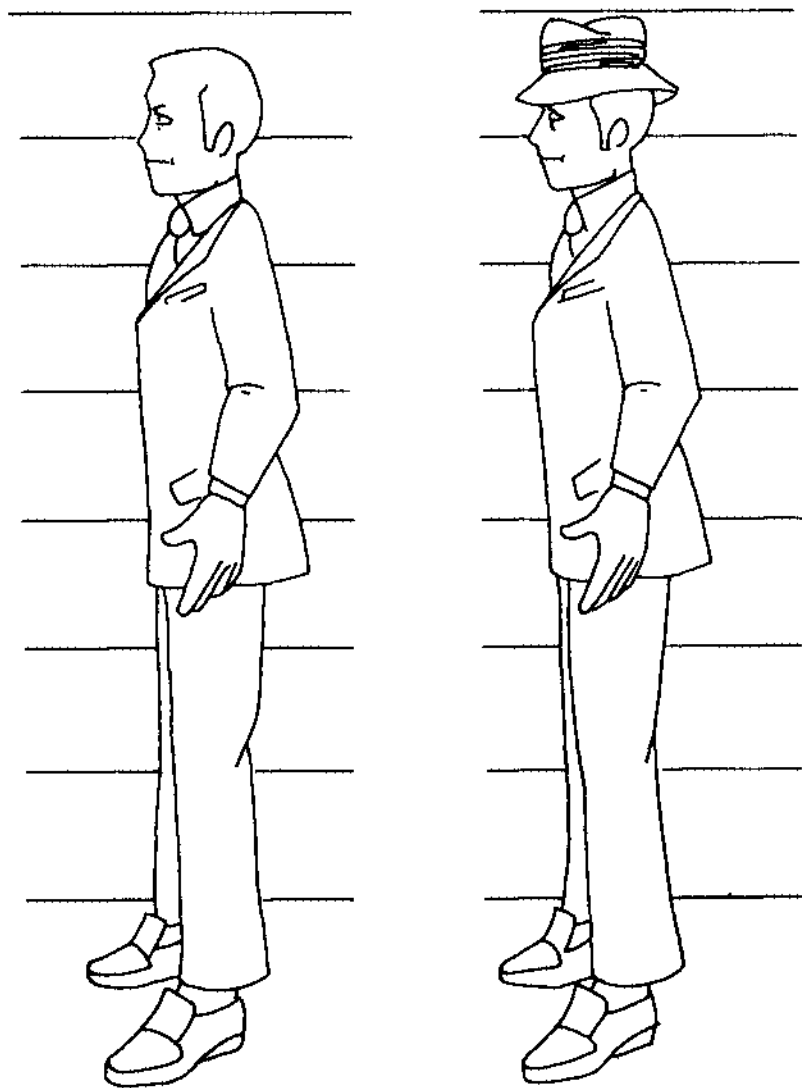
Aging lines, drawn in with makeup or mascara pencil, will give the illusion of maturity. These are easy to apply, and consist simply of drawing lines with the pencil in the normal lines in the skin. The shadowing effect makes them look deeper than they are. This is one of the easiest methods of professional makeup available, and it requires very little skill and practice to learn.

Gloves are important to the criminal, not only for the purpose of avoiding leaving fingerprints, but to mask defects in the hands, or the skin of the hands. Anyone made up to resemble another race or ethnic group will give himself away if his hands don't match the skin tone of his face. Missing fingers or tatoos are conspicuous marks of recognition, and gloves will hide these from view.<sup>5</sup>

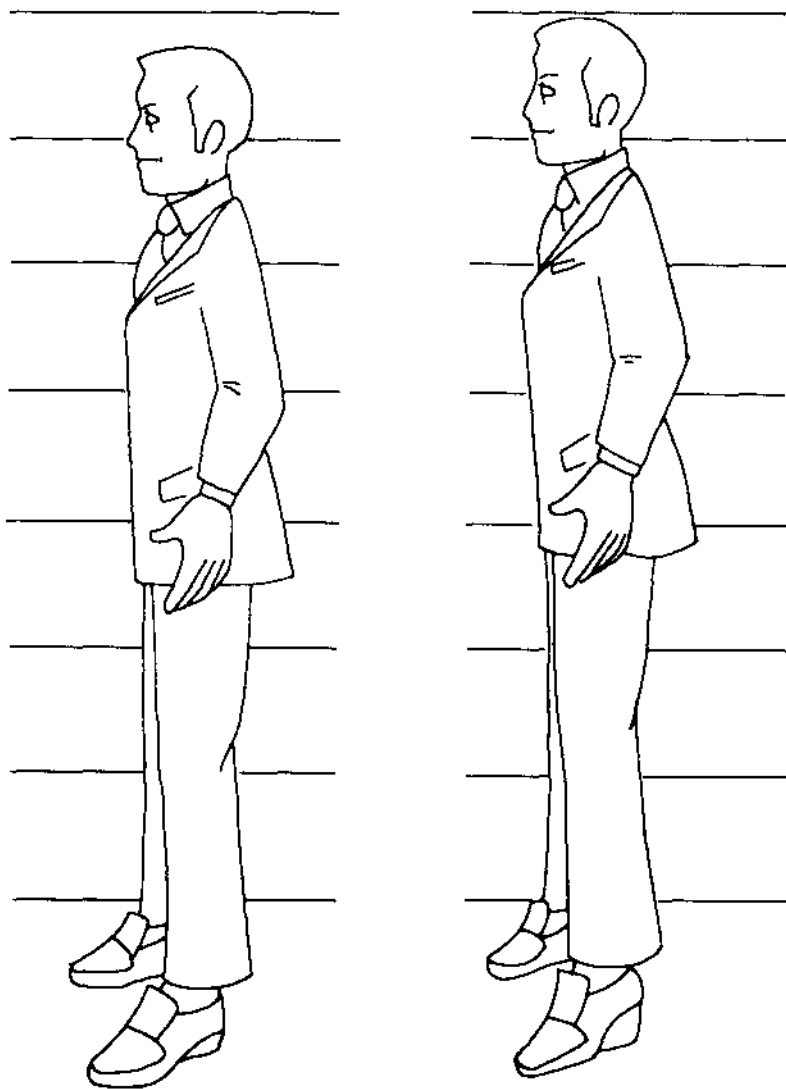




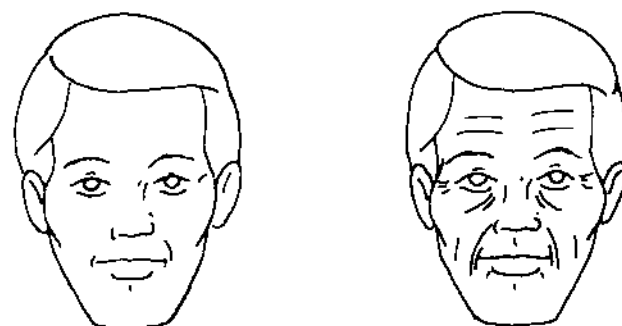
*Padded clothing will add dozens of pounds to the apparent weight of a person.*



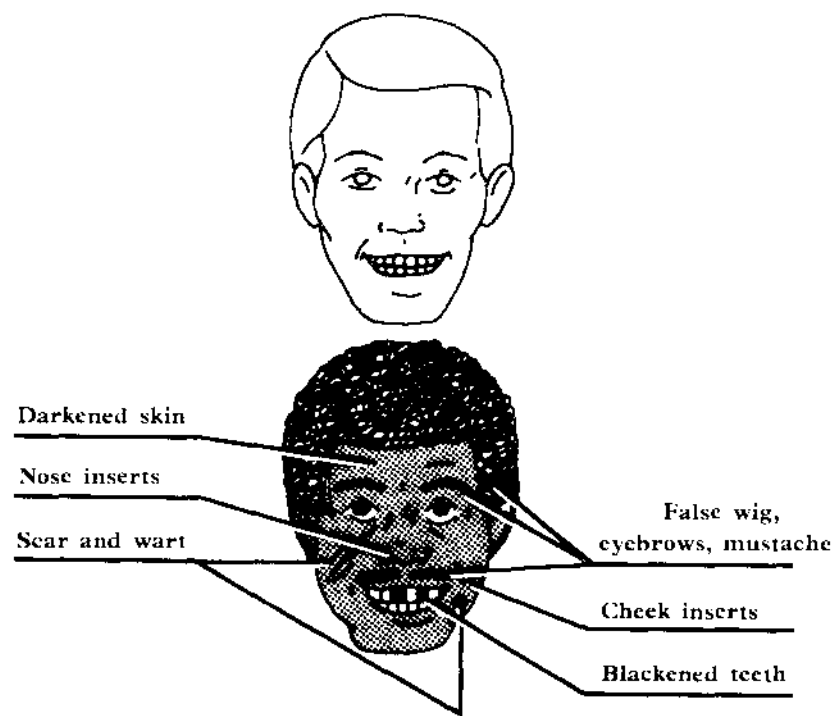
*A hat conceals the hair and alters the apparent height.*



*Shoe lifts will add inches to the apparent height, yet they are seldom detectable in pictures taken by security cameras.*



*Aging lines are an effective and easy-to-apply disguise.*



*A complete transformation! With the proper materials and careful application, a young Caucasian could pass for an older Black person, as long as close inspection isn't possible.*

## NOTES

1. Lifts and elevator shoes are not criminal devices, as they are worn by anyone who wants to appear taller. They are limited, as most of them add only two inches to the apparent height at most. They are available locally, as well as by mail order. Some companies that sell lifts by mail are:

Richlee Shoe Company, 5 Norfolk Avenue, Easton Industrial Park, South Easton, MA 02375.

Richlee's catalog shows elevator shoes, of various styles, including what they call "sport shoes" which resemble sneakers. Richlee also sells boots. One limitation is that the footwear styles are for men only.

Inner Lifts Footwear Co., 2205 Oxford Rd., Raleigh, NC 27608.

This company sells lifts only. These are inner soles and heels that fit inside the shoes to add height. Lifts run about twenty dollars, much less than the complete elevator shoe, and are adaptable to any shoe size or style.

2. *Stage Make-up*, 6th ed. (see earlier citation). This is a comprehensive book on stage makeup, and enumerates various methods of modifying facial features for the stage. While many of the methods listed are too cumbersome for everyday use, and require a high degree of skill to use, some are useful for the average person, and are quick to apply. Chapter 13 covers three-dimensional makeup, including scars.
3. Carl Dorski, *Armed Robbery* (Fort Pierce, FL: Roadrunner Publications, 1978), pp. 7-10. This is a how-to book covering the various aspects of armed robbery, and the section on disguises, while short, is full of precise information.
4. Ibid.
5. Ibid.

## MAKEUP

Makeup is what first comes to mind when thinking about disguise. As with other aspects of disguise, reality conflicts with the popular image. While the use of makeup can make a sharp and dramatic change in appearance, often the results are less spectacular. Nevertheless, while makeup is not a cure-all, it is worth a close look.

There are roughly two overlapping categories of makeup available: ordinary makeup and stage makeup. The first is for use by people in ordinary circumstances, and the second is for use on stage and television.

Ordinary makeup is designed to enhance or change the appearance in day-to-day situations, in close contact with other people, and is readily available.

Stage makeup is, and always has been, a special case. It came about centuries ago, when actors needed to change their appearances to play their roles. At first, it was crude paint or creme, roughly applied, to enable an actor to change his skin color. It was often obviously unrealistic, and even today this is true of some types of makeup, such as clown makeup. Often, makeup accompanied a prothesis, such as a wig, and the effect depended on the skill of the one applying the makeup — something which has not changed over the years.

In the last century, the use of calcium carbide lamps, "limelights," was common for stage illumination. These produced bright and very harsh light, which gave a bleached appearance to the actors' complexions. The use of dark skin cream became necessary to avoid a stark, ghost-like appearance. Thus, makeup became a standard tool for all stage performers, not only those playing a role in which their appearances had to change.

Electric lighting changed this somewhat, as the rosy glow of incandescent lamps did not bleach the complexion as much as the greenish-white of carbide lamps. But carbon arc lights also came into use, with their high ultra-violet emissions, and actors still needed makeup. The movie industry, at the outset equipped only with monochromatic films which inaccurately reproduced the natural colors in shades of black-and-white, was another large user of stage makeup. An important consideration was that the films of those days, apart from their deficient color reproduction, were very insensitive, with speed ratings of only one or two digits instead of the three-digit figures we have come to take for granted. At the time, a film speed of 100 was science fiction, and such insensitive films required high light levels to permit their use.

The story was much the same when television came into use, as the early kinescope cameras needed high light levels to pick up images. In the early days, television was mostly black-and-white, and this made the task of natural rendition of skin color very difficult. Color did not come into widespread use until the 1960's.

Today, with color in use in both the film and television industries, and with quartz-iodide replacing arc and carbide lamps on stage, skin tones appear more natural, although actors still use makeup to enhance their appearances. The emphasis is on subtlety, especially as the much improved cameras of today can pick up every flaw.

There is a sub-category of makeup which falls across the other two. This we can call medical makeup, which started as makeup prescribed or suggested by doctors to cover various skin conditions. What makes these creams and lotions different from other makeup is that they contain some sort of "medication," usually something obtainable without a prescription, for the skin ailment. Apart from this, medical makeup is just heavier than usual pancake-type material.

Ordinary or street makeup is very familiar, and everyone has seen the displays of creams, lipsticks and various types of eye shadows and mascaras which fill the cosmetics departments of almost every store in the country. They serve to enhance the beauty of the user's features and to modify or conceal both real and imaginary defects in

the complexion. Advertisements tell us that dry skin is undesirable, and that there are preparations to correct this. Oily skin is also a fault, and there are cosmetics for that, too.

The basic makeup is the *foundation*: a creamy, flesh-colored preparation that hides small blemishes and serves as a sort of primer coat for other makeup. Foundation comes in many tints, to match every complexion. It comes in consistencies that vary from thick liquids to creams. All of these do two things: cover and color. Some people are convinced that they look unnatural and unhealthy because they are too pale, and they choose a foundation that is darker than their skin color.

There are some preparations that are made to give the skin a tan by stimulating pigmentation. One of these is the well-known *Man-Tan*, a lotion. A similar product is available by mail order, as are tanning pills, which increase the formation of melanin in the skin.<sup>1</sup>

Protective lotions, such as *Coppertone*, are quite different. These are ultraviolet barriers which limit the penetration of ultraviolet light, the wavelength which causes both tanning and sunburn. Some, however, have a tanning ingredient in them, making the distinction less clear.

"Pancake" makeup is heavier than a foundation, and is for covering more noticeable blemishes. A heavy enough pancake will fill in wrinkles, cover liver spots, and other aging marks. A special makeup, *Covermark*, is for covering port wine stains and scars.

Eye shadows and mascara accentuate the eyes, as do false eyelashes. Lipstick will change the color of the lips, but this is not really a disguise.

With street makeup, the most important point is subtlety. Carelessly applied or excessive makeup will show, and usually the best effect is achieved with a light touch, unlike stage makeup. Street makeup must withstand close examination for a prolonged time, and defects in application are noticeable.

The major cosmetics manufacturers put out small makeup kits for accentuating highlights and shadows in the face. These are comparable to stage makeup, but again cannot count as disguises because they do not change the contours of the face.

Makeup for disguises follows three purposes: 1) to suppress identifying scars and blemishes, 2) to change facial features, and 3) to create false blemishes in order to mislead.

Generally, the more ambitious the purpose, the more time and skill it takes to apply the makeup. Stage makeup is very comprehensive, and some of it is unnecessary on the street. There is no need to compensate for harsh lighting, and some of the techniques require more skill than most of us have.

Anyone with enough experience in stage makeup can buy only what is necessary, but the rest of us are better off starting with a kit, which usually contains more than necessary, permitting some experimentation. One suitable kit is Bob Kelly's Junior Creme Kit,<sup>2</sup> which is fairly comprehensive and provides large enough quantities to permit many mistakes. It contains:

- Six Creme Sticks of various shades
- Nine cakes of rouge and liner, in various shades. Three of these (slate gray, leaf green, chestnut brown) are suitable for use as "cammo colors," making them doubly useful.
- One cake of neutral face powder
- One bottle of liquid latex, with applicator brush
- Two eyebrow pencils
- One lip liner pencil
- Three brushes of various sizes
- One sponge for stippling
- One tube of molding putty
- One tube of hair whitener
- One bottle of artificial blood
- One large sponge

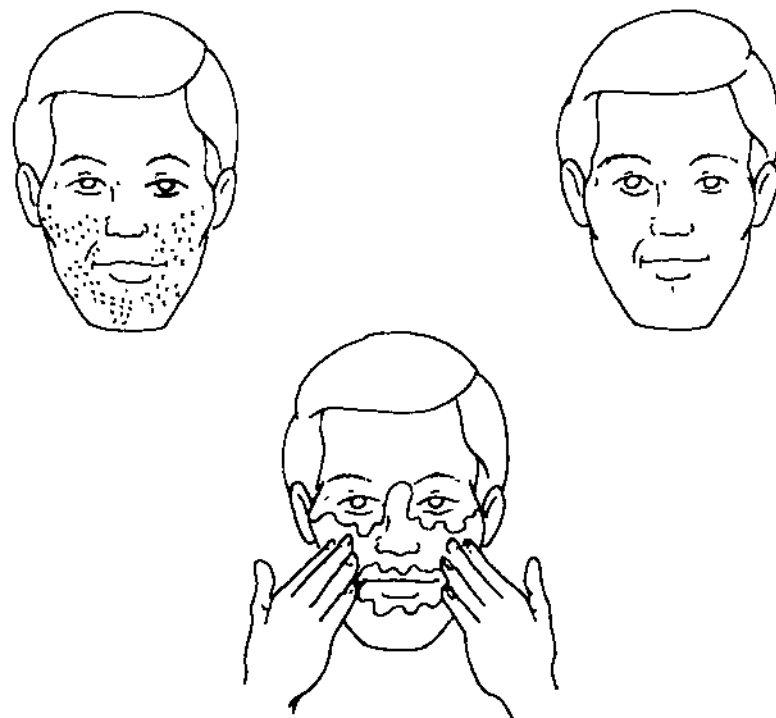
The kit comes in a small cardboard box, along with a leaflet of abbreviated instructions. It is important to emphasize here that not all of the techniques for stage makeup are suitable for the street. Let's run over the more practical ones.

### ***Covering Scars and Blemishes***

Scars, acne and other blemishes, if they are not deep pits, will respond to creme makeup. Chose a shade closest to your skin tone,

and apply it with the fingers, blending it into the skin at the edges of the area you're covering. Cover with a light coat of neutral face powder. If you have deep pits, you can fill them in with molding putty, but this can be time-consuming if there are many pits.

You can simply apply molding putty with the fingers, but it requires a special technique. Molding putty is made to stick to the skin, and it is a tacky, soft and waxy compound. When handling it, you should apply a coat of vegetable jelly, such as *K-Y*, to your fingertips, or it will stick to your fingers. You should apply the putty on clean skin, before applying any creme or foundation, as these will impede the adhesion. Be sure to feather the edges so that there is no clear line where the putty begins. Cover with creme stick, to blend the color in with the rest of your skin.



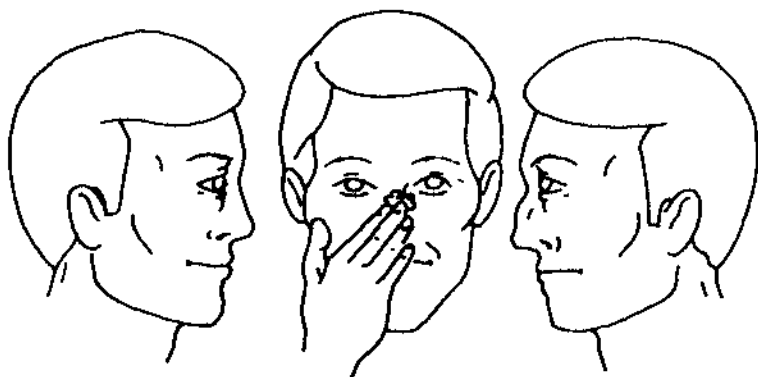
*Scars and acne can be covered by applying creme makeup, blending it in with the fingertips, then coating with powder.*

For small scars and pits, liquid latex will fill them in. You apply this with a brush, in thin layers, allowing some drying time between layers. As latex is white, not flesh-colored like the molding putty, covering it with creme is essential. Again, a light coat of powder will make it look more natural.

If a heavy coat of makeup is necessary, stippling with a coarse sponge, such as those included in makeup kits, will help give it a texture like that of skin. Stippling is a technique that requires practice, not just rough knowledge. Reading about it will explain the technique, but only actual practice will enable you to learn how to do it.

### ***Bump on the Nose***

This is easy to apply, but unfortunately the molding putty tends to come off, especially if you wear glasses and the bridge rests on the edge of the artificial bump. To apply the bump, wet the fingers with *K-Y*, break off a suitable lump of molding putty and apply it to the spot on your nose that you want to build up. Use care in shaping, and blend it in with the contours of your nose. In blending, work from the inside out, using light pressure at first and then more as



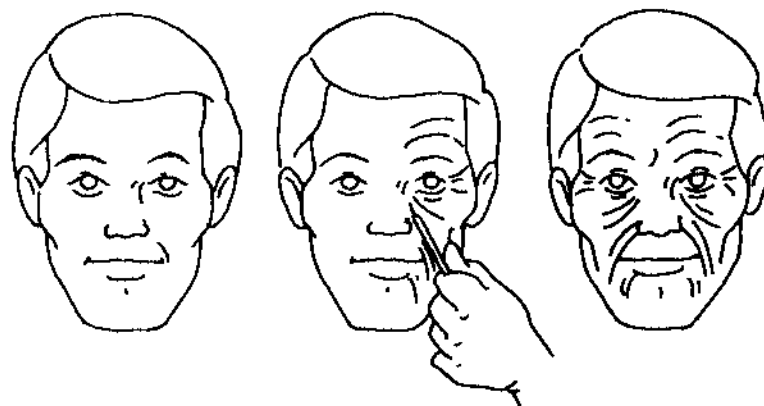
*The profile can be changed by building up a lump on the nose with molding putty and covering it with makeup.*

your fingers travel toward the outside. It is important to get as thin a layer as possible at the outside, feathering the edge so that it blends into your skin without leaving a line. As the putty is flesh-colored, it may match your skin tone closely. If it doesn't match, apply some cream and blend it in, then finish the job with a light coat of powder.

### ***Aging***

In many ways, this is the easiest makeup to apply, because you don't have to reshape your face to do it, and the materials are easy to use.

The basic technique is to enhance the wrinkles already on your face. Make a face to show the wrinkles and, while in front of a mirror, apply liner with a pencil at the bottom of each wrinkle to make it look deeper. An alternative technique is to use a fine brush and to apply creme of a deeper shade than your skin tone. There are several ways to darken the bottom of a wrinkle, and they all work if you use them carefully so as not to make it obvious that you're wearing makeup. This involves blending in the makeup, so that the lines don't stand out.



*Aging lines are created by darkening the existing wrinkles on your face and blending the lines in slightly.*

Using these techniques is almost as easy as reading about them, but don't expect too much. To make a twenty-year-old look like eighty takes much more than this.

Some highlighting on top of the forehead will help the illusion. Use a creme slightly lighter than your skin tone. If necessary, you can blend two shades in the palm of your hand to get the right tone before applying. A white creme stick, as found in the Bob Kelly kit, will lighten any shade with which you blend it.

Hair whitener will make the hair seem either gray or white, depending on the original color and how much you use. Hair whitener comes in stick form, and it is easy to apply, as long as you remember to blend it in with the fingertips after stroking it on. A discreet amount at the temples will suggest a "distinguished" look, but if you prefer, you can whiten your whole head of hair. If you wear a mustache, a good effect is to whiten the mustache and leave the hair natural, or vice versa. The contrast will draw attention from the rest of your face.

As this makeup is designed to fool people up close, it is vital to avoid a sloppy job. Good makeup of this sort has to be subtle, blending in with your natural face, not clashing with it. It is also important to remember that making up the face is not enough to simulate age. A person with an aged face and unlined, youthful hands will be obvious even to many who are normally unobservant. There is more to the appearance of age than just makeup. Gait and mannerisms also help to create an impression of age. A person with a lined face but a light, springy step will not look natural.

### ***Creating Scars and Defects***

There are several materials useful for creating scars and other defects, and the result depends heavily on the skill and imagination of the user.

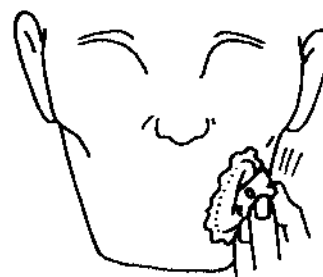
One technique is to build up a scar line using latex or putty, and to fill it in with a ruddy cake makeup. Skillful blending and a light touch are essential. A variation on the theme is to build up a ridge and then slice it down the middle with a butter knife, filling in the bottom with dark makeup. A drop or two of artificial blood can make the scar seem like an open wound.



**Normal Face**



**Build mound**



**Slice mound**



**Darken crack**



**Blend in**



**Completed job**

*A scar line can be created using liquid latex or putty, ruddy makeup for the scar, and regular makeup to blend it in.*

Bob Kelly sells "scar material" designed for application with a brush. Applying this in the desired shape, thin layer after thin layer, will build up a scar effect. To blend it in with the skin, apply a coat of base makeup over it.

It is worth repeating the warning that these makeup materials can cause adverse effects in people who have sensitive skins. Although they are designed to be non-toxic, some of the other chemicals used in conjunction, such as the acetone necessary to remove the scar material, are definitely toxic. It is worthwhile to apply a small amount of the substance on the forearm, or another area of the body away from the face, to test the skin for response.

It is also possible to use a prepared artificial scar, applying it when needed with spirit gum or other adhesive. This is a useful technique at times because it permits you to make a scar when you have the time to do it, getting it exactly right through trial and error. Yet, applying it to the face also requires some work to blend it in, usually the application of a light coat of liquid latex with a sponge to give it texture, and then a thin layer of powder, with a final coat of creme if necessary to match the tone of your skin.

Simulating a severe burn is more involved, although it is the same basic process. The first step is to apply two very thin coats of latex to the area, letting each layer dry before applying the next. Another layer or two will probably be necessary, for best results. This is something you have to work out for yourself, as each person's skin is different. While waiting for each layer to dry, try not to wrinkle the skin. When the last layer is dry, apply a light coat of powder, and then a layer of sunburn shade cream. Then, with a tweezer, lift up a section of the layer of latex, pulling it away from the skin. With a pair of scissors, cut out the center of this section. The edges should peel back and simulate the skin peel that comes after sunburn. Then apply some creme, of a slightly redder shade, in the hole, to simulate the fresh skin that is uncovered by a sunburn peel.

### **Missing Tooth**

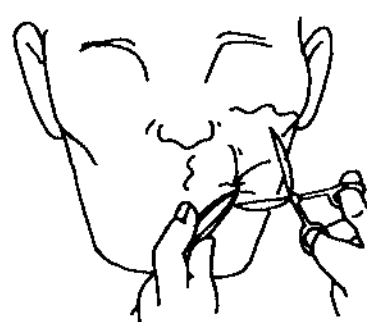
This technique is probably the easiest of all, and only requires black-out tooth wax. A child's non-toxic wax crayon will do as well, if it is black. First, clean the tooth with a paper towel, to remove



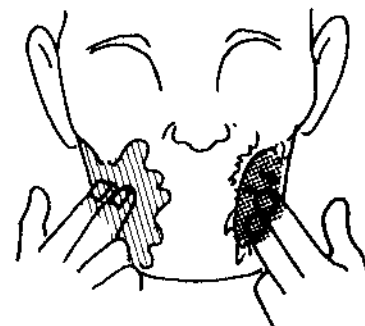
Normal face



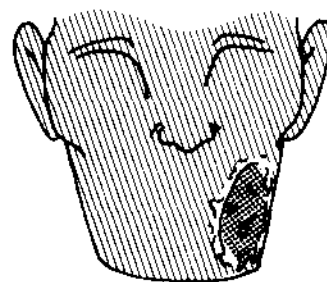
Layers applied



Hole cut



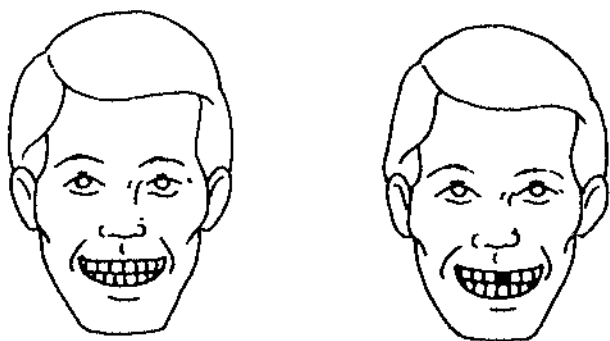
Cremes applied



Completed job

*Red facial creme is used to simulate a severe sunburn, with liquid latex and darker red creme used to show peeling.*





*A missing tooth effect is created with black-out tooth wax or a child's non-toxic wax crayon.*

both tartar and moisture, as these will impede the adhesion of the wax. Next, apply the wax. The limitation of this technique is that the makeup will be visible to anyone who gets a close look. It works best if you normally keep your lips together. If you're one of those people who normally keeps your lips spread slightly, it will become obvious.

### ***The Limitations of Makeup***

Unfortunately, disguise consists of much more than a superficial change in appearance, and the exact depth of the transformation required depends on the situation. We've already noted that for some changes, such as aging, cosmetic work is not enough, and there must be a corresponding effort to act the role.

Another problem is that makeup is not permanent. In most instances, an irreversible change would be undesirable. Makeup is also very vulnerable to damage. Skin preparations rub off easily, and the simple act of drawing your hand across your face, or scratching an itch, can damage the makeup and instantly destroy the illusion.

In one sense, this can be an advantage, as it makes makeup fairly easy to remove, for a quick change, and reverting to the original appearance takes less time than that required for making up.

Putting on makeup takes time, which varies with the effect desired and the skill of the wearer. This points up the need for developing the skill, because reading a chapter in a book will not be enough to make the reader a makeup expert, and he or she must practice to sharpen the skills required. This itself takes many hours.

Using makeup to play a role over a prolonged period is very difficult. It becomes necessary to renew the makeup constantly. Even a semi-permanent makeup such as hair dye or bleach requires frequent touch-ups as the hair grows out, to avoid exposure at the roots of the hair.

Nevertheless, there are many uses for makeup, for someone who understands its limitations and is willing to undertake the effort to develop the skill. With proper selection and application, it can work well in limited circumstances.

### **NOTES**

1. Vita-Beauty Products Company, 1405 Krameria St., Suite 37-C, Denver, CO 80020. Sells sun tan pills, sun tan lotion, and various vitamins and other preparations that change the tint of the skin.
2. This is available from Bob Kelly Cosmetics, 151 West 46th St., New York, NY 10036. Kelly carries a variety of makeup products made for use on stage, television, and the screen. Some of these are adaptable for other purposes.

The standard text on stage makeup is *Stage Make-up*, by Richard Corson (see previous citation). This is the most comprehensive text out, and it is not only very detailed, but profusely illustrated.

In addition, some of the companies that sell stage makeup give leaflets on makeup technique as freebies with each request for a catalog or with orders.

For the person who is serious about using makeup, it is worthwhile to study the texts carefully, to gain not only information about the various techniques, but to discover the limits of what is available. Some techniques, such as the temporary facelift, can

simulate the results of plastic surgery for a short while, but are very cumbersome to apply and require more skill than a particular individual might be willing to develop.

A company that specializes in makeup for covering blemishes is Dermablend Corrective Cosmetics, Box 601, Farmingdale, NJ 07727. This company makes the Dermablend Cover System, for facial scars, acne, and other skin problems that require some sort of heavy cover.

## A POCKET DISGUISE KIT

In some instances, there will be need for a small, light, and extremely portable disguise kit. This can be as small as a plastic bag carried in a pocket, or as comprehensive as a larger kit that will fit only in an attache case. The size and selection of items depend on individual requirements. Let's look at the items that we might consider for inclusion, and see how useful they might be.

**The container** can be anything. A plastic bag or paper bag, a cardboard box, a plastic fishing-tackle box or a briefcase will all do. The only serious requirements are that the container must not be cumbersome to carry and that it must fit in with the situation. An attache case, for example, would be out of place if you are wearing a repairman's outfit. Likewise, a toolbox would not fit with a three-piece suit. A container that will easily fit inside another is the ideal solution. A flat box that can go inside a grocery bag, tool box or attache case will serve the purpose very well.

**Comb, hairbrush and fake hair** serve the purpose of disguising the hair. A quick change in hairstyle can do wonders. So can a wig or false mustache and sideburns.

**Scissors** are useful for a quick and severe hair trim, if you choose to take this step.

**Hair spray** is optional. While it is very useful for styling the hair or a wig, the size and bulk of the can suggest that this is a step you should take at home, before starting out.

**A roll-up hat** is a must. Putting on a hat changes the silhouette so radically, and is so easy and quick, that it is a vital part of any disguise kit. The most important point about a hat is that you can put it on in public, without attracting the attention that you would if you were to stop on the street and apply a wig or false mustache, or cut your hair.

**Adhesive**, if you plan to wear false sideburns or a mustache. While spirit gum is what theatrical people use, almost anything will do, including double-faced tape. For those lucky people who have skin like armor plate, contact cement will work in a pinch.

**A mirror** is vital. While there are many mirrors available in public places, you may not be able to use them for lack of privacy. A small folding mirror, possibly one with a battery-powered light, should suit every situation.

**Foundation** to match your skin tone is important if you plan to use other makeup or putty to create bumps and spots on your face. Putty, although flesh-colored, probably will not match your skin-tone exactly, no matter how much you blend it in with your fingers.

**Liner Special** for generating age lines. This is very quick and easy to apply, but it requires a mirror.

**Black wax crayon**, for the illusion of a missing tooth.

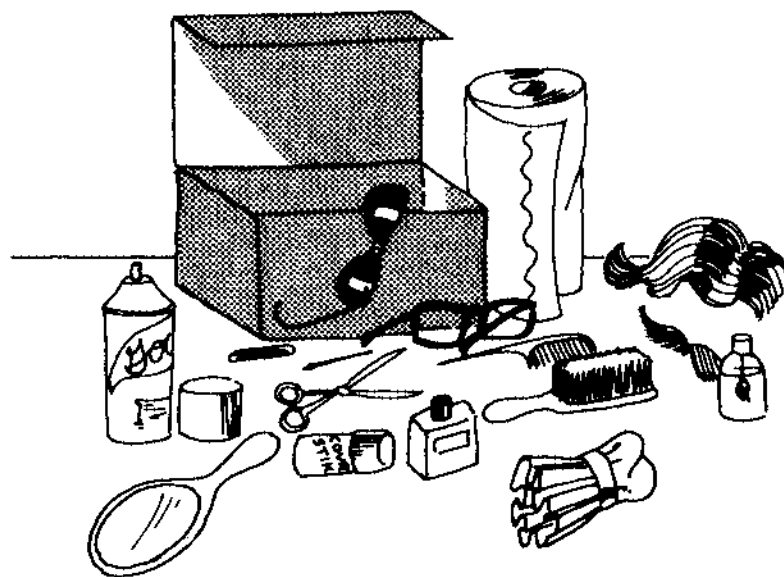
**Paper towels.** Applying and removing skin creams is messy, and you'll want something with which to wipe both your hands and your face.

**Eyeglasses.** One pair may do, or you may want several, with different frames. Sunglasses are a must, preferably mirrored ones. As with a hat, you can put on and remove eyeglasses in public without attracting unwanted attention, which makes them among the most useful items in your kit.

This short list will not cover all situations. You'll perhaps want to add other items as you see fit. The main point about a disguise kit is that the items included must be those which you can apply in as short a time as possible, with a minimum of trouble.

You'll have to select each item with care, to obtain shades that blend with your skin tone and the effect you want. It is vital to stress that it is unwise to order items and throw them into the kit without trying them first. Creating an effective disguise requires both selection and practice. You'll have to experiment with a variety of items to find what is best for you.

Ordering a makeup kit and experimenting with each item in it, in order to weed out the ones which are unsuitable, is the best way to go about it. Weeding out is essential, because although it is possible



*A pocket disguise kit should fit in a concealable container. A complete kit is shown here, though you may only want to carry a few of the items displayed.*

to pack an assortment of cremes, cakes, and powders that will cover every possible situation and complexion, the kit will not be compact and portable.

## SOURCES OF MAKEUP

1. Bob Kelly Cosmetics, Inc., 151 West 46th St., New York, NY 10036, (212) 819-0030.
2. Jack Stein Make-up Center, 80 Boylston St., Boston, MA 02116, (617) 542-7865.
3. The M. Stein Cosmetic Company, 430 Brome St., New York, NY 10013, (212) 226-2430.

There are many others. Local sources are listed in the yellow pages. At the end of each chapter in this book are sources for the items described, such as wigs and mustaches, lifts, etc.

## DISGUIISING THE VOICE

Disguising the voice can take several dimensions. First, there is the basic pitch, which the person can change with conscious effort, speaking in a deeper than normal tone. Then there are the harmonics caused by resonances within the throat or the mouth. There are several ways of changing these, and all involve inserting something into the mouth or nose. Nose plugs constricting the nostrils will change the resonance of the voice, generally giving a higher sound. Stuffing cotton into the cheeks will not only change the contours of the face, but the voice as well.

The position of the tongue affects the sound of the voice, and keeping a marble or other object under the tongue will produce a change. In addition, there are specially made false palates, not commonly available, which will affect the sound when used in the mouth. These are made of plastic or rubber.

For someone who has some mechanical ability, it is possible to make one of these false palates. It requires a cast of the actual palate, made with modeling clay. The next step is to make a mold of this cast, using ordinary plaster. The final step is to make the palate itself, using silicon rubber.<sup>1</sup> It is trial-and-error, as each false palate requires hand-fitting, and the thickness will determine the change in the sound of the voice.

There are books on developing the voice.<sup>2</sup> Some of these are of limited value, having to do only with projecting the voice, a technique useful in acting, public speaking, and commanding troops. These techniques are less important today than they were a century ago, because of the widespread use of electronic amplification.

A more effective method of disguising the voice is to assume an accent. There are accents deriving from ethnic background, while

others are from foreign languages. In this country, as in many others, there are regional dialects. With enough effort, it is quite possible to assume the accent you want. It is not as easy as it may seem at first, though. Adding vowels to the ends of words does make an Italian accent, despite a superficial impression.

The first step is to obtain a tape recording of a person of the same sex speaking in the accent you want to simulate. The next is practice, practice, practice! The use of a tape recorder is essential, because the way a speaker hears his own voice is far different from the way it sounds to others.

Regional American accents are not too difficult for an American to assume. Foreign accents are another matter. A British accent is relatively easy, although many Americans do not realize that there are regional accents in Britain also, and that a London accent sounds quite different from a North Country or West Country accent. There are also class differences in Britain, with the upper socio-economic groups speaking quite differently from the way working class people do. These not so subtle distinctions may be important. Passing as an Englishman to an American who has not been to the British Isles is relatively easy, but trying to fool a British subject is much harder. Claiming to have been born and raised in London, while speaking with a Manchester accent is like an American with a Southern drawl presenting himself as a New Yorker.

Some foreign accents are very difficult for Americans to simulate. For example, the soft "J"s and guttural "R"s of the French are serious obstacles for those brought up to pronounce English in the American fashion. Similarly, the fruity diphthongs of Czech, Russian and other Slavic languages are almost impossible for an American to duplicate without intensive practice.

Unfortunately, learning a foreign language in school is not much help. Most Americans who learn a European language can't pass themselves off as natives if they go to that country. The Oriental languages are even more difficult to imitate, but there is no purpose in trying, as it is very difficult for a Caucasian to pass himself off as an Oriental, even by sight.

A few private schools, such as Berlitz, do a very good job of

teaching foreign languages, and this might be worthwhile for someone willing to spend some time and money. A better and cheaper way is to enroll in a speech class at a local community college. Typically, a speech course teaches the student the movements of the mouth necessary to produce various sounds, and helps him to put them together to produce correct speech. Often, these classes are remedial, aimed at those who have foreign or regional accents, but the techniques are useful for imitating an accent as well as suppressing one. In fact, they are the same, because the classes actually teach the student the accent of the area where the classes are taught.

Altering the manner of speech is also a method of disguise. We all know that there is a difference in speech patterns between people who have higher education and those who don't. It is easier, though, for an educated person to break up his syntax and introduce grammatical errors and mispronunciations into his speech than the other way around. Again, the key is practice — intensive practice with a tape recorder.

Another way to change your voice can be accomplished by altering your hearing. By plugging your ears, you will hear your own voice and external sounds differently. The natural tendency is to compensate for the difference by changing the style of speech. You may talk louder than before, or stress high-pitch sounds like "S"s or "Z"s.

The best way to plug your ears is using soft, flesh-tone earplugs sold in pharmacies and drug stores. These are made of moldable wax which can be shaped for maximum comfort. Cotton can also be used, though its white color will make it detectable by others. You should be careful not to place anything too small into your ears, as it may lodge and require surgery to remove.

Although altering your hearing will not make a substantial difference in your voice, when combined with a conscious effort to change speech patterns, it will add to the effect of the disguise you are attempting.

What are called "speech defects" overlap with accents and speech patterns. Some people consider bad grammar and an uneducated manner of speaking a speech defect, while others limit the definition

to stuttering and structural defects in the organs of speech. Correction of structural defects, such as cleft palate and other malformations, requires surgery and is definitely not a do-it-yourself project. However, stuttering, which affects between 2% and 5% of the population, depending on which study you choose to believe, is possible to handle without medical attention.

Basically, nobody knows why some people stutter and others don't. Various theories have surfaced, mostly the creation of psychologists and psychiatrists, and many of them are linked to the influence of events in early childhood. Whatever the causes of stuttering may be, it is clear that elimination of stuttering can increase the effectiveness of a disguise.

There is a self-treatment method for stuttering.<sup>3</sup> This falls into the category of "behavior therapy," and while it does not always work, it costs almost nothing to use and takes very little time. Basically, the method consists of relaxation exercises, and practicing breathing and speaking in short phrases.

Lisping is another speech problem that is possible to suppress. The basic technique is similar. There is some practice necessary, which consists of reading aloud words which contain the letter "S" while thrusting the jaw forward and pronouncing the "S"s clearly. As with stuttering, the cost and time required are so little that it is worthwhile for anyone with a lisp to try the behavioral method first, before spending time and money on a doctor or psychologist.<sup>4</sup>

There are other ways to disguise the voice, simulating certain characteristics. One fairly common characteristic is hoarseness, either from a cold or cough, or from excessive drinking — what has come to be known as "whiskey voice." Acquiring hoarseness is only a matter of shouting, preferably in an isolated place, until the strain causes the voice to become hoarse. This will, if properly done, cause the throat to become sore, but the discomfort may be worth the effect.

A quicker and less rigorous method is simply to speak in a loud whisper. Many people will assume that your throat is irritated, and you can help the illusion by pointing to your throat when someone asks you to repeat what you said or shows difficulty in hearing you.

The voice is but one dimension of human behavior, but learning to modify it can help a lot in making a disguise effective.

## NOTES

1. Silicon rubber is made in several types and consistencies by both General Electric and Dow Chemical, and is available locally through plastic supply houses. The types useful for casting are the two-part mixtures that consist of the rubber and a catalytic curing agent. It is important to let the rubber casting cure completely before inserting it into the mouth, as some curing agents are toxic.  
There are some caulking and sealing compounds labelled "silicon rubber," available in hardware stores, but these are not suitable for this purpose. They are identifiable by their strong acetic acid odor.
2. Richard Sharretts, *Command Voice* (Harrisburg: Stackpole Company, 1973).
3. Nathan H. Azrin, Ph.D., and R. Gregory Nunn, Ph.D., *Habit Control in a Day* (New York: Pocket Books, 10020), pp. 121-134.
4. *Ibid.*, pp. 144-146.

## MANNERISMS, HABITS AND GAIT

As pointed out in the chapter on makeup, a change in appearance does not make for a complete disguise. If you're trying to play a role, a cosmetic change is only a change in appearance. Clothing must fit the role, as well as speech patterns and other behavior. If you're trying to avoid recognition, someone may still recognize you even without hearing you speak, by your walk and mannerisms.

There are techniques for modifying behavioral patterns to impede recognition or to help play a role. Some are simple; some are more involved.

### Walk

Changing a limp to a normal walk may be very difficult, especially if there is a serious physical defect, such as the aftereffects of polio. Shoe inserts may help, but often this is a problem that doesn't yield to simple measures.

On the other hand, simulating a limp requires, at the simplest, keeping a pebble in one shoe. A less uncomfortable way is to buy a set of shoe inserts, or lifts, and use only one. This will cause a definite limp, but if the situation requires any vigorous physical activity, such as running, it can be a severe handicap.

Some people have a characteristic walk, not as blatant as a limp, but identifiable nevertheless. Some tend to crouch when walking, with the arms held out from the side. Others have a rolling walk, as if they were on the deck of a ship. It is possible to modify these habits by intensive practice, but for temporary purposes the quick way is by use of a prop, both to change the stance and to serve as a reminder to walk differently.

For the person who walks in a crouch, holding the arms out, carrying something heavy in one hand will help to suppress this

habit temporarily. The weight will drag the arm down, and as most people try to maintain body symmetry, will tend to keep the other one down, while the weight will remind the person to walk upright. Carrying something heavy is easier with a straight back, and this will work against the crouching habit.

A rolling walk is harder to suppress. A ruler or dowel taped to the skin along the spine serves as a reminder, but this is often not practical to wear while in disguise, as the situation may require sitting down or bending over, which the ruler would make impractical. The person usually must confine the use of the ruler to help in practicing a different walk, taking it off when actually in disguise.

### **Speech**

Although they are spoken, there are certain speech habits that properly belong in the category of mannerisms. Some people characteristically begin every sentence with "Well...", or punctuate their words with "y'know" several times in each sentence. Mostly, they are unaware of this, especially if most of the people with whom they associate express themselves the same way.

The list of speech mannerisms is quite long, and there are many people who have them — even well-educated people. Some of the mannerisms are quite subtle, and are grammatically correct, but they are still characteristic expressions that serve to identify the speaker even when the other party does not see the speaker at all, such as when using the telephone. Some of these speech mannerisms and pet phrases are: "the bottom line," "okay," "sure," "no way," "It doesn't compute."

Speech mannerisms vary greatly, and some are typical of people in certain parts of the country. "No way" is characteristic of the Western states, hardly heard in the east except from people who have spent some time in the west.

Eliminating them takes conscious effort over a long time, and many practice sessions with a tape recorder. A way to start is to describe, each evening, the events of the day, playing the tape back and listening carefully. This is when speech mannerisms will become evident to the speaker. He can then work on them to change

his patterns of speech. After listening to the tape, he can make another recording while trying to express himself differently.

Another way, more expensive and time-consuming, is to join a local chapter of the Toastmasters Club. The new member will discover that he is not the only one with speech mannerisms, and that there are others who are even worse. He'll be surprised to find out how many people, rather than say a sentence straight through, will utter fragments, punctuating their words with "uh" and "ah." It often takes months or years, but many peoples' speech patterns improve after joining Toastmasters.

### **Habits**

Many people have characteristic habits, such as nail biting, hair stroking or pulling, or scratching themselves. Nobody has been able to prove what causes these habit patterns, but they have given psychologists many happy and profitable hours "treating" people who have come to them in search of a "cure." Possibly the greatest sufferers are the ones with tics, also known as "habit spasms." These are movements of the muscles — sometimes large muscles of the body, but more often muscles of the face. These "nervous twitches" are a social handicap as well as a means of recognition, and they cause much anxiety to the person who has them.

Suppressing these highly visible means of identification can be very difficult indeed. Unfortunately, many have gone to psychiatrists for them, and have found themselves undergoing rigorous treatments, including electroshock therapy in some instances, in an effort to get "cured." There is a strong tendency among psychiatrists and other doctors to try one treatment after another until they find something that seems to work. Although this may be from a genuine eagerness to help the patient, it is still the patient who must pay the bills and take the treatment, as well as suffer the sometimes serious side-effects.

The less formidable methods of dealing with these habits — psychotherapy and psychoanalysis — generally don't work well either. Although they don't have the physical side-effects of electroshock, they can, and often do, produce serious anxiety in the patient, and they are generally so drawn-out that they seem like an illness themselves. Add to this the fact that there are many different

"schools" of psychotherapy and psychoanalysis, and we have a disastrous situation. A patient who finds that one doctor is not helping him will often go to another who uses different methods. The second one is no more likely than the first to get results, and the patient, if he has not yet run out of money, will try a third, and so on.

There has been some success with drugs in the treatment of habits and mannerisms. Tranquilizers often have some calming effect, and others work in ways that are yet unknown. Haloperidol does seem to work in suppressing spasms of the large muscles, but not the small ones. Again, nobody knows why or how. In addition, these drugs usually have side-effects, some of them very serious. Haloperidol, for example, causes blurring of vision, drowsiness, and lethargy, all of which are serious handicaps if the person drives a car. Extended use can produce tardive dyskinesia, which ironically resembles tics in that it is uncontrollable muscle spasms. Unfortunately, this is a physical nervous disorder that is irreversible once it occurs; stopping the drug will not stop the symptoms.<sup>2</sup>

There are ways of suppressing habits at least temporarily. The basic principle is to substitute another movement for the one suppressed. For example, facial tics will yield to gum chewing, often for hours. The person with facial tics will find that the rhythmic motion of the jaw while chewing will eliminate the tics that are otherwise so noticeable.

The principle of substitution is the core of the method of habit suppression and control explained in the book, *Habit Control in a Day*.<sup>3</sup> With conscious effort and practice, it is possible to contract a muscle that pulls in the opposite direction, thus suppressing the visible symptom.

Suppressing habits and mannerisms crosses over into the area of body image modification, in which there are definite psychological benefits that go with the physical changes. The person winds up feeling better about himself, and gains in self-confidence. The method used is essentially a disguise, but the purpose is not so much to deceive as to improve the body image. It is an internal change as much as an external one.

## NOTES

1. Lothar B. Kalinowsky, M.D., and Paul D. Hoch, M.D., *Shock Treatment, Psychosurgery, and Other Somatic Treatments in Psychiatry* (New York: Grune & Stratton, 1952), p. 203.
2. James W. Long, M.D., *The Essential Guide to Prescription Drugs* (New York: Harper & Row, 1980), pp. 344-345.
3. *Habit Control in a Day* (see previous citation). This book is essentially a do-it-yourself guide to modifying bad habits. The title implies that it can all happen in a day, but realistically, it takes longer. The authors explain a program of habit control that the reader can start at once, and get some results with, but carrying it through takes more than a day, usually several weeks. The book is worthwhile, and the methods work, but it is unfortunate that such a book must be flawed by a title that is mostly hype.



## PLASTIC SURGERY

In every field there are legends and misconceptions. In the field of firearms, for example, there are still some who believe that the .30-30 once was the U.S. Army cartridge, and that a silencer will work on a revolver. Some believe that a computer is infallible, or that all police officers are as clean-cut, dedicated and incorruptible as the stars of *Adam-12*.

Part of the reason that legends persist is that few people have the opportunity or the inclination to check them against known facts. There are few fields in which this is more true than plastic surgery, and that is why the legends abound.

Fiction writers do not help much, either. While many describe the actions of their heroes in exacting detail, giving the illusion of authenticity, they also describe unreal situations, and unworkable schemes. For example, in one book, a political assassination thriller, the central character plans to have extensive plastic surgery, even on his fingerprints, to change his appearance and facilitate his disguise.<sup>1</sup> Detective novels are full of criminals who have had their faces or fingerprints obliterated or changed by plastic surgery.

Spy novels are colorful in this regard, and there are dozens of them with characters who undergo extensive plastic surgery to either change their appearances or to make them resemble a certain person. The theme of an espionage agency grooming an agent to replace a key individual in the enemy camp is a common one. *The Spy who Loved America*, by Charles Einstein, has a Soviet agent replacing a U.S. military officer. *The Kremlin Letter*, by Noel Behm, has an American espionage agency preparing an agent to operate in Soviet Russia, and describes the measures considered in order to make him look the part.

In reality, there are few documented cases of plastic surgery used

to change an agent's or a fugitive's appearance. There are several reasons for this:

(1) Some feats are impossible. A plastic surgeon cannot change fingerprints. Any surgeon can, by removing the skin to a sufficient depth, obliterate an individual's fingerprints, and anyone who wants can use an *X-acto* knife or a caustic to do the same. But new and different fingerprints are impossible to generate, given the state of the art. It is also true that if the skin is not removed to enough depth, the old pattern will grow back.

(2) As a practical matter, a person seeking to conceal his identity by having his fingerprints removed will attract an extraordinary amount of attention if he is ever fingerprinted after this renovation. The police will scrutinize very closely anyone who has no fingerprint pattern, and while he may succeed in concealing his origins, he will be under grave suspicion and will surely have to answer questions regarding how his fingerprints came to be obliterated.

(3) The few real people who tried this did not fare very well. John Dillinger had plastic surgery on both his face and fingerprints, by an old doctor who had lost his license and was reduced to treating gangsters for gunshot wounds. Yet, Dillinger still came to grief because he would not abandon his old lifestyle. He still looked very much like his old self, and his fingerprints did not register fingerprints, which would have attracted notice, as we have seen above.

(4) Plastic surgery leaves scars, as does any surgery or injury.<sup>2</sup> It is impossible to perform any surgery without leaving some sort of scar, and although plastic surgeons are trained to be very careful with both incising and suturing the skin in order to leave minimal scars, there are still traces of the surgery. A competent plastic surgeon will make his incision in the hairline, or in the depth of a wrinkle, in order to make the scar blend in or to conceal it altogether. But a scar is still there, and can be found upon close examination.

(5) The person seeking to have plastic surgery for disguise may run into problems finding a surgeon who will do the job. Plastic surgeons always want to know why a patient wants the surgery, and

whether his expectations are realistic or not. This often results in their referring prospective patients to a psychologist or psychiatrist for examination. This can be troublesome.<sup>3</sup>

(6) Although the modern period of plastic surgery began at about the turn of the century, much of it was, and still is, "vanity surgery," and thus was somewhat disreputable in the eyes of other doctors who were oriented toward curing diseases.<sup>4</sup> The implications of this point are serious, as we shall see.

We can start by looking at plastic surgeons, what sort of men they are (most of them are men, as shown by the Directory of Medical Specialists), and what sort of skills they have. The popular image of doctors is that of skilled and altruistic healers. Sometimes this is true, although a great number of doctors are in it mainly for the money. Plastic surgeons are a breed apart, though, as they specialize in what is called "vanity surgery," something quite apart from the life-saving and healing arts. Dr. Reardon paints a very complimentary picture of plastic surgeons in his book,<sup>5</sup> but there is more to the story than that.

Traditionally, plastic surgery has been for those who could afford it. It is costly. A point which bears very strongly on the matter of cost is that plastic surgery for what is called "vanity" is not covered by medical insurance.

The kind of plastic surgery covered by insurance usually involves the correction of disfigurement due to birth defects, injuries or disease. Facial prosthesis, where synthetic features are made to replace damaged ones, has received a boost in recent years by the development of new materials such as Silastic, which looks and feels like skin, and acrylic eyeballs. These false features can be made to look as good or better than the originals, though they don't function like the real thing. Some are attached to the face with medical glue, and others are removable for cleaning. It is necessary to use makeup to cover the margin where the prosthesis meets the face.

The idea behind facial prosthesis is to match the original facial features. It wouldn't be very useful as a disguise, since your new face would look very similar to your old face. In order for facial prosthesis to be performed, the original features must first be destroyed or removed. It is doubtful that anyone would sacrifice

their vision, or a functioning nose, for the disguise effect of prosthesis. But this type of corrective surgery is not what we usually think of when we talk of plastic surgery.

Traditionally, plastic surgery has been for the wealthy. Movie stars, who feel that erasing the effects of advancing age is necessary for their careers, are very able to pay the expense of plastic surgery. So are the jet-setters. Working people, though, usually have no money or inclination for such frivolities, and tend to take the attitude that the less they see of doctors, the better.

Therefore, plastic surgery is a remunerative occupation. In plastic surgery, there is no need to take on a patient who may not be able to pay and pay handsomely. Plastic surgeons tend to be "society" doctors, who pick their patients mainly on their ability to pay the high fees.

Apart from their wealth, what can we say about the skills of plastic surgeons? To call himself a plastic surgeon legitimately, a doctor must have had a certain amount of training, but there is no law requiring this. The American Board of Plastic and Reconstructive Surgeons will certify a doctor who has the training and passes a Board Exam, awarding him a certificate to hang on his wall.<sup>6</sup> But what does this piece of paper really mean? One joke about doctors is that 50% of them graduated in the bottom half of the class. Another is that somewhere is the worst doctor in the U.S. and that someone has an appointment with him tomorrow morning. These are jokes, but they are based on facts.

Some health care professionals look down upon plastic surgeons, calling them "tits and ass" men. Presumably, this is because they do not practice life-saving surgery, handling only safe operations rather than the taxing brain or heart surgery in which a life is in the balance every moment. Plastic surgeons have the opportunity to select their patients carefully, as it is elective surgery, and they tend not to choose patients who present significant physical risks.

We can get a better idea of the variety of men in the field by looking at several plastic surgeons of varying levels of skill.

Dr. Craftsman practices in a large city in the Southwest, and has a good reputation among both his patients and his medical colleagues. He does not need to advertise, as word of mouth brings

him all the patients he can handle. His patients speak of him as an artist as well as a surgeon, and he earns this acclaim by doing careful work.

Dr. Carpenter is a slightly younger man, who operates his own clinic in a wealthy suburb of Dr. Craftsman's city. He is competent, but obviously has gone where the money is.

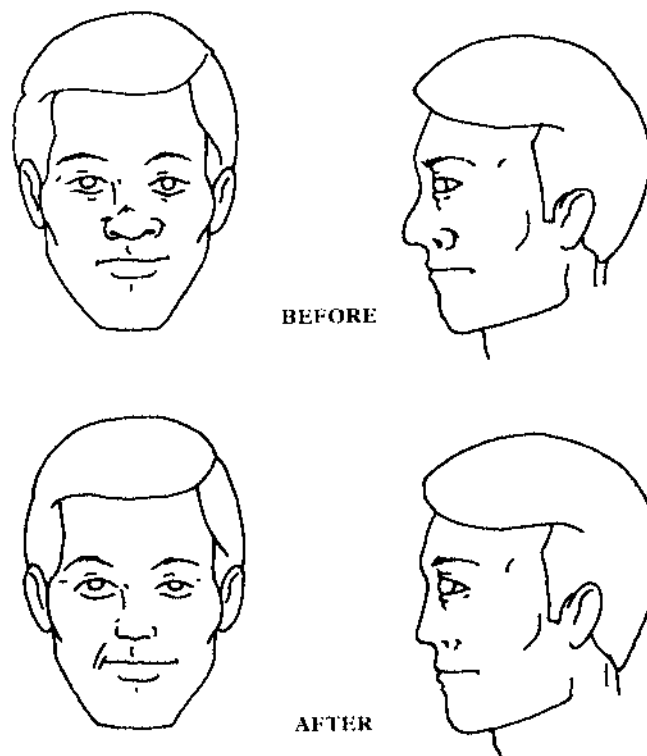
Dr. Shoemaker is young, having been board-certified only three years ago, and has established himself in a city to the south. His interest in money is blatant, and is reflected in the form that he has each new patient fill out. This form, taking both sides of an 8½" x 11" sheet, devotes more space to questions about the patient's financial health than his physical health. New in town, he cannot charge the high fees that older plastic surgeons charge, but he is working his way up the ladder as quickly as he can.

Dr. Butcher is a professor in a medical school. He is a perfect example of the saying: "Those who can, do; those who can't, teach." He has the prestige of his position at the university, and in fact is the one who taught Dr. Shoemaker, who describes Dr. Butcher as his "mentor." He is not very skilled, though. He is simply not dexterous, and this shows in the results of his surgery. He leaves out stitches, his patients have more than the usual complications such as infections and hematomas, but this does not interfere with his opinion of himself.

Now for a quick look at the field itself. We have already seen that plastic surgery is not life-saving surgery. Nobody dies of wrinkles or baldness. The main reason for plastic or "vanity" surgery is to change or improve appearance.

Let's look at specific operations, avoiding the technical language that doctors love:

**Nose Job:** This means reshaping the nose. It may be too big, or have a hook, or have been broken or badly set. If the nose has a hook, the surgeon will go in through the nostrils and shave off the part of the bone causing the hook. In the case of a big nose, he will remove part of the bone to reduce the size of the nose. In a nose job, the surgeon will, if at all possible, try to work from inside the nostrils because this is a convenient and practical way of hiding the inevitable scars.

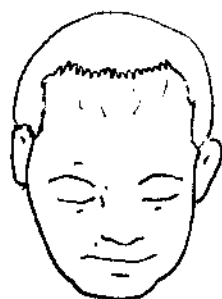
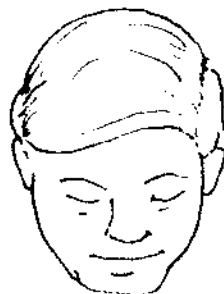
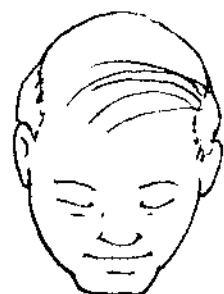
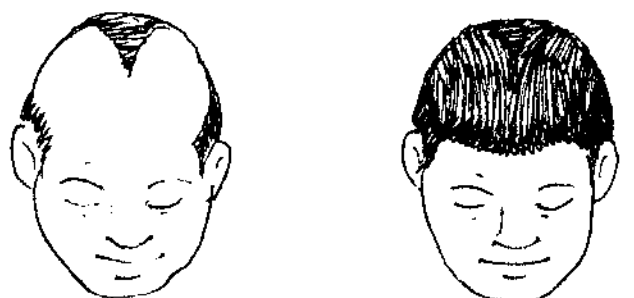


*A nose job.*

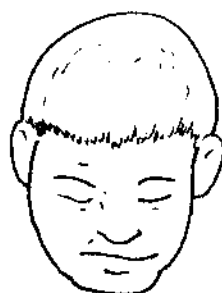
In the case of a broken nose, the surgeon breaks the nose again and resets it properly.

Another type of nose job is to reconstruct a nose that has been damaged in an injury. In one instance, a person who had gone face-first into the dashboard of a car during an accident had his nose flattened as a result. The surgeon was able to take a part of a rib to form the bone that gives the nose its shape.

**Hair Transplant:** This is a technique to cover a bald spot by transplanting hair from another place. Usually, this means that the person must be only partially bald, as there must be enough hair to serve as material for a transplant without denuding the donor site totally. There are roughly two ways of doing a hair transplant: a



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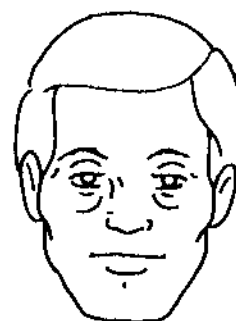
*Hair transplant surgery.*

strip graft or using plugs. A strip graft means lifting a strip of hairy skin from a part of the scalp that is not bald and transferring it to the bald spot. The plug technique is almost exactly like the technique that some landscapers use to re-sod a lawn: taking plugs from patches where there is growth and inserting them in evenly spaced rows in the bald area.

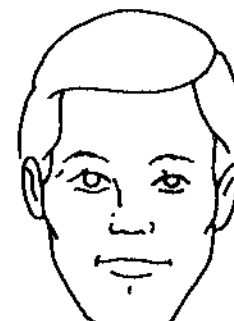
As with nose jobs, there is not much of a problem concealing the scars, as the area is covered with hair and the patient combs it so as to cover the scars. Combing the hair once the surgical site heals, so as to make the best use of the transplanted hair, is part of the process.

**Eye-Lifts:** With age or stress, some people develop bags under their eyes. This makes them look chronically tired, although the bags under the eyes are caused by fatty deposits under the lower eyelids and not fatigue. Often, there is also a droopiness of the upper lid, which accentuates the effect of tiredness.

To modify this, the surgeon removes a strip of skin from the upper lid, cutting so that the scar line will be along the line of the crease, which makes the scar less noticeable. To correct bagginess of the lower lid, he will remove a strip of skin and part or all of the fat pads under the skin. The line of the scar will be immediately below the edge of the lid, so that the eyelashes conceal the scar.



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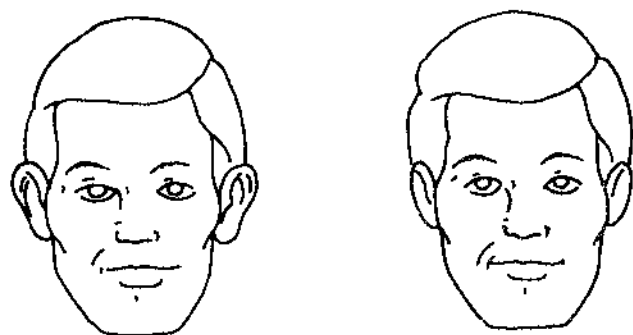
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*Eye-lift surgery — both upper and lower eyelids.*

In some instances, there is a better cosmetic effect if the surgeon also removes a strip of skin immediately above the eyebrow, correcting what is called a "droopy brow," or "hound dog" appearance. The proper technique is to arrange the scar so that it is concealed by the eyebrow.

**Ear Job:** Many of these are to correct congenital defects, as the ears do not droop much with age, although they may get hairier. The ones considered as congenital defects are not really defects at all, but only departures from the norm, as the ears work well otherwise. They just look unusual. Some people are concerned about protruding ears, because ears that lay more or less flat against the head are the accepted look in our society. "Jug ears" can cause some mental anguish, and they are a conspicuous identifying feature. To correct protruding ears, the surgeon makes a cut right behind the ear, exposing the cartilage of the ear and the bone next to it. He sews the cartilage to the bone, "pinning back" the ear, and removes excess skin, if any. There will, as usual, be a scar, but it is at the juncture of the ear and the skull, and will be concealed by this. In any event, it will often be covered by hair.

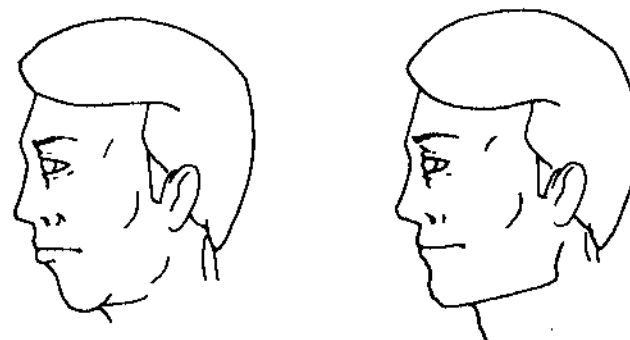
**Chin Job:** A receding chin, or "weak chin," is also possible to correct by plastic surgery. Usually, the operation leaves no visible scar, because the surgeon makes the incision inside the lower lip and inserts an implant to reshape the chin. The implant can be either a



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*Surgery to eliminate protruding ears.*



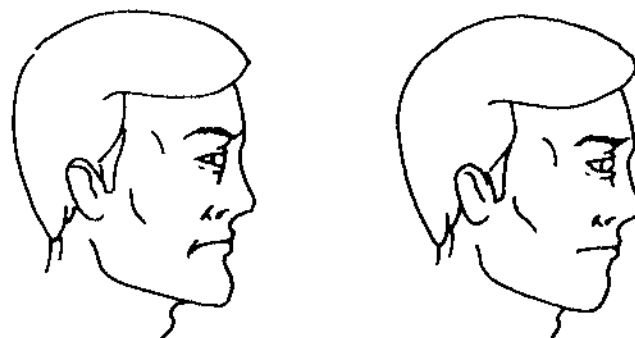
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*Surgery to strengthen a weak chin.*

piece of bone taken from another part of the body, or silastic, which is silicon rubber.

An older technique was to make a half-moon incision under the chin, where it would be less visible from the front, but still noticeable from underneath. Working from the inside of the mouth is the preferred method, as the mucus membrane lining the mouth heals more quickly than any other part of the body, and the scar is totally concealed unless the person opens his mouth widely.



BEFORE

AFTER

*Correcting a jutting chin with surgery.*

A protruding jaw is open to correction by shaving the bone, again making the incision inside the mouth to conceal the scar.

Both nose and jaw jobs can change the profile greatly. While it is impossible, given the state of the art, to change the shape of the skull, the outer parts of the profile are capable of modification, and this can make a significant change in appearance.

**Face Lift:** A face-lift is merely a tightening up of the sagging skin of the face, not a total reshaping. It has nothing to do with congenital defects, repairing an injury, or correcting the shape of any part of the face. The face-lift only alleviates the sagging and wrinkling that come with age.

Accordingly, the face-lift is one of the most overrated practices in plastic surgery. Many expect that it is a rejuvenating operation, but it is not. The skin changes with age, becoming thinner and less elastic, and there is nothing that the surgeon can do about this.<sup>7</sup>

One doctor, in a book promoting plastic surgery, points out that alternatives to a surgical face-lift have their draw-backs.<sup>8</sup> Creams, massages and other techniques are not permanent, according to him. However, a few pages further on, he admits that a surgical face-lift is not permanent, either,<sup>9</sup> in a section titled "The Second Face-Lift." Significantly, this book does not mention the costs of a face-lift, or any other plastic surgery, except to state that plastic surgeons expect the patient to pay in advance.<sup>10</sup>

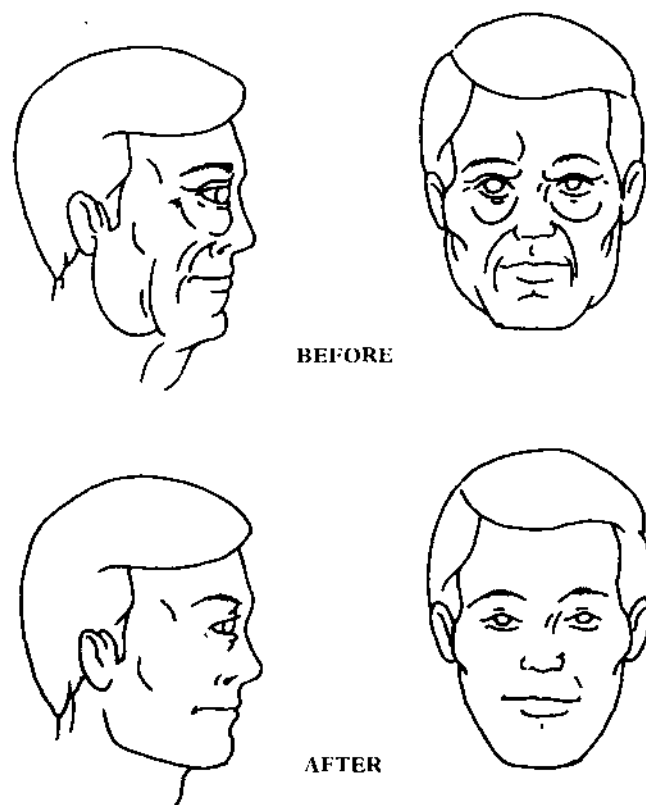
The operation itself, while simple in principle, requires careful work by the surgeon. He makes an incision near or at the hairline, undercuts the skin of the face through these incision, removes a strip of skin to take up the slack, and closes the incision.

The face-lift is in vogue among movie stars who have the money to spend to maintain a youthful appearance. Unfortunately, some of these people are victimized by "youth doctors" who claim to be able to rejuvenate aging bodies by administration of various drugs of dubious, unproven value.

It is impossible to retard the effects of aging. Another hard fact is that aging occurs at different rates for different people, according to their genetic make-ups and lifestyles. The visible effects of aging come on sooner with heavy smoking, drinking alcohol, use of

recreational drugs, poor diet, and lack of exercise. What used to be called "clean living" does have an affect, not in retarding the effects of aging, but in avoiding bringing them on earlier.

Genetic factors are all-important, and impossible to modify at this stage. Some people just age faster than others. Apart from visible aging brought on by abuse of the body, this depends on heredity. For the person interested in living to a ripe old age, a look at his ancestors will tell a lot. If his parents and grandparents look younger than most people of their ages, and if they lived to ripe old ages, apart from death caused by accidents, his chances are better than if they sickened and died young.



*Full face-lift surgery.*

**Removing Blemishes:** Some people have blemishes on various parts of their bodies, some of them self-inflicted. Some who have gotten tattooed in their youths prefer not to display the tattoo when they get older. Others have scars from injuries, or various types of cancerous and pre-cancerous growths on the skin, some of them in places that show. Most of these are possible to remove but the important question is whether the cure is worse than the disease.

As we have seen, all cuts in the skin leave scars, even carefully-done surgical incisions. The question is which is the lesser of two evils: leaving the blemish as it is, or substituting a scar? In the case of a particularly unsightly blemish, such as a prominent tattoo, the patient might decide that the scar is preferable. However, many tattoos are deep enough so that removal of the skin will not erase them. They will still be visible, although somewhat faded. Still, a person might want to have such a prominent mark of recognition removed if at all possible and might be willing to take a chance with plastic surgery, even though the results are somewhat uncertain.

Scars and pits from smallpox and acne are open to treatment by quasi-surgical techniques, such as skin planing, sanding or chemical peeling. These are techniques in which the superficial layers of the skin are removed by various means.

Skin planing is just that, planing with a tool that has a very sharp blade and takes off only the top skin to a depth that the surgeon selects. In principle, the process is very much like planing wood. The rough top layer comes off, leaving a smooth underlayer exposed.

Skin sandings, called "dermabrasion" by those who prefer fancy words to simple language, is also comparable to woodworking. The earlier techniques involved sanding the skin by hand, but today there is a tool for this. The tool resembles a standard motorized disc sander. It consists of a motor, a chuck and an abrasive disk, much like the ones available in hardware stores, and the surgeon uses it in much the same way to remove superficial blemishes.

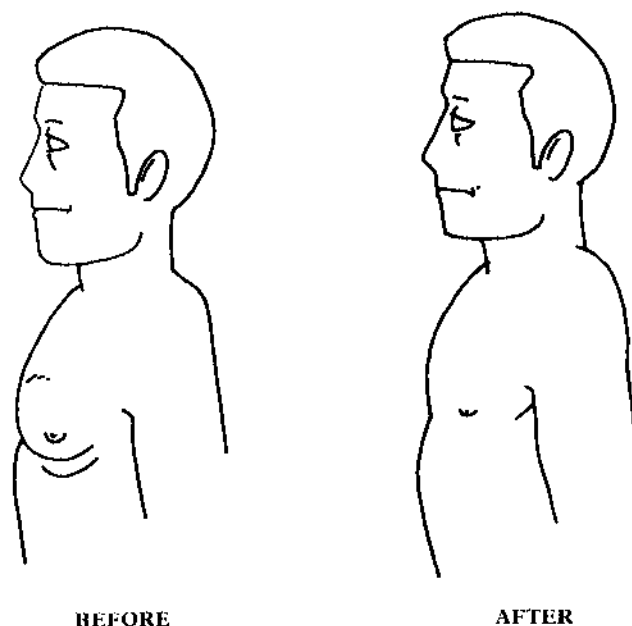
**Body Sculpture:** Plastic surgeons are ambitious, and have experimented with reshaping the body for those patients who had a desperate need and the money to pay for it. Common types of body sculpture are correcting sagging breasts and buttocks, hence the

term, "tits and ass men."

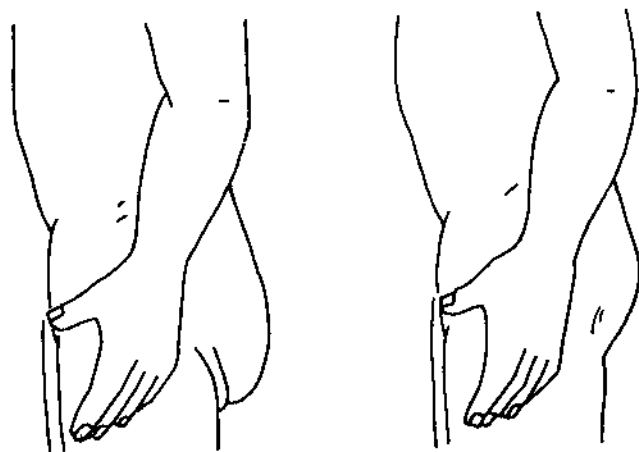
Breasts and buttocks can sag because of several causes. The most common is age. Muscles and skin lose their tone, and the breasts and buttocks start to sag, as does the face. Another cause is fat. Some of us are born chubby, and with society's emphasis on a slender appearance, some will take weight off by dieting. A large weight loss will result in excess skin, which can result in folds.

The smallest group seeking body sculpturing is composed of people who want to have excess fat surgically removed. It is possible to remove, in a couple hours on the operating table, the fat that makes up a "beer belly," but this is an extreme measure and most surgeons will advise the patient to try a diet first.

Some people have a fatty accumulation around the breasts, and this can be embarrassing to a male. This often happens in old age, but



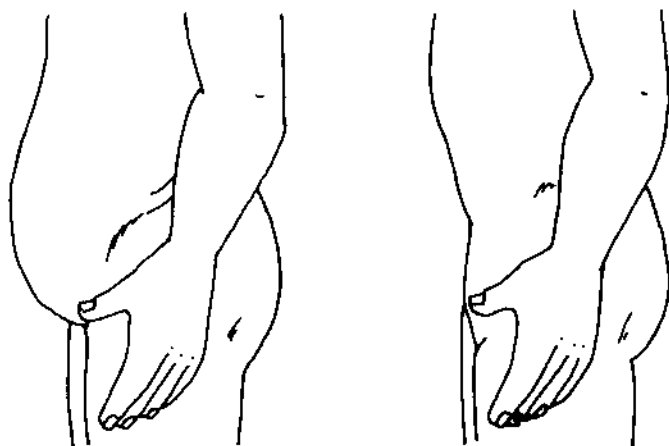
*Breast reduction surgery for men.*



BEFORE

AFTER

*Buttock reduction surgery.*



BEFORE

AFTER

*Abdominal reduction surgery.*

it can be bothersome to a young person if this is his body type. Some young people are grossly overweight in childhood, but make an effort to lose the extra fat in adolescence. This is a good time to diet, as normal growth takes care of the extra skin, but in some cases normal growth is not enough and the teenager is left with sagging breasts or an abdominal "apron." If it bothers him enough, and if his family has the money, he may try plastic surgery to eliminate this.

Breast reduction and abdominal reduction, like other types of surgery, leave scars. But the plastic surgeon can minimize their visibility by selecting carefully where he makes the cuts. In the case of breast reduction, he will most likely cut closely around the nipple, or make a half-moon incision at the place where the underside of the breast meets the chest. For an abdominal reduction, the resulting scar is usually at the groin and in the wrinkle where the skin of the abdomen meets the thighs.

**Harelips:** About one in 1,400 babies born have harelips as congenital defects.<sup>11</sup> This is the sort of defect that the surgeon usually takes care of soon after birth, and few people grow to adulthood with harelips. The main advantage of correcting a harelip early is that the skin heals more quickly in childhood, and the resulting scar will have more time to heal, so that by the time the person reaches adulthood, there should only be a barely visible hareline scar. Unfortunately, it is very rare that the scar from a harelip operation is not noticeable, and most people born with harelips have a visible irregularity despite the correction. Some men, especially if they are actors or other types of public figures, will grow mustaches to conceal this.

**Unusual Applications of Plastic Surgery: Sex Change Operations:** Over the past thirty years, sex change operations have attracted a lot of attention, both in this country and abroad. The term "sex change" is inaccurate. It is impossible to change a person's sex by surgery. Gender depends not only on the shape of the superficial reproductive organs, but on sex glands and specialized internal organs, such as the uterus, and there is no way now known to create these organs if they are not already present. In the case of hermaphrodites, who are born with the glands of both



sexes and misshapen genitals, it is possible to remove the glands of one gender, reshape the external organs, and have a reasonably functioning sex as a result. In the case of a man who believes he has the personality of a woman trapped in a man's body, all that a surgeon can do is to remove the external male organs, reshape the skin to a simulation of a vulva and vagina, and administer hormone treatments to stimulate the development of breasts and the secondary sex characteristics. The result is not a woman, but a castrate. No such simulated woman has yet borne a child, for obvious reasons.

The situation is the same with the even rarer instance of a woman who wants to be a man. The surgeon can remove the ovaries and shape an artificial penis, perhaps using an implant to simulate erection, but he cannot create a man. With hormones, the castrate may be able to grow a beard, but will never be able to father a child.

For the purpose of disguise, though, "sex-change" surgery is not practical. Not only is it an extreme measure, but the effect is strictly limited. A physical examination will reveal immediately that the result is a counterfeit sex. Other sexual characteristics tend to remain the same. The proportions of the body will not change. A man's body typically has broad shoulders and narrow hips, and a woman's body the reverse. The voice of a man is deeper, and sex simulation surgery will not affect this. Christine Jorgenson, the most widely-publicized sex-changer of recent years, still has a deep, masculine voice several years after her surgery.<sup>12</sup>

For the purpose of disguise, in which the subject is not required to disrobe, the appearance of the opposite sex can be simulated by appropriate change of clothing by makeup (see Appendix I).

*Height Reduction* is a rarely applied measure. Some twenty years ago, the wire services carried a story about a young lady in Sweden who stood 6'4" and who wanted to be shorter to improve her social life. The surgeon removed parts of her thigh-bones, and shortened the muscles to fit, and consequently she lost several inches in height. This, like "sex-change" surgery, is an extreme measure and the gain is even more limited. Consequently, a plastic surgeon would most likely advise anyone seeking such surgery to have psychological counseling to enable him or her to live with the excess stature.

*Foreskin Reconstruction:* A little-known form of plastic surgery was used during the Nazi era to enable Jewish men to avoid extermination.<sup>13</sup> The Jewish religion requires circumcision of all males. Doctors in Continental Europe generally do not agree with the American practice of newborn circumcision, which has now been discredited as having no medical value.<sup>14</sup> Some Jews tried to conceal their origins by obtaining false identity papers. The Gestapo was aware of this practice and, in their sweeps, would take any male who seemed suspicious into a doorway or alley for a "drop your pants" inspection.

This led to a number of Jewish males having plastic surgery to undo their circumcisions. The records of the era have been sketchy, and as foreskin reconstruction was a clandestine activity, with no records kept, there is no way of establishing how many people had this done or how successful it was in concealing their origins.

With the spreading recognition that circumcision is a mutilation, rather than a preventive health measure, there have been approximately fifty males in the United States who have had foreskin reconstructive surgery during the last decade. These operations have had varying degrees of success, have been uniformly expensive, and have largely been rendered obsolete by non-surgical methods of restoring the foreskin.<sup>15</sup> Except in extreme circumstances such as existed in Nazi Germany, foreskin restoration belongs in the category of "body image" rather than disguise.

### *Evaluation of Plastic Surgery*

From this discussion, we can see that plastic surgery is limited in its benefits and is always expensive. A recent estimate of cost appears in *Plastic Surgery for Men*, by James Reardon. It is noteworthy that the cheapest procedure costs \$500 as a rock-bottom estimate for the surgeon's fee alone. Anyone considering plastic surgery must also count the cost of hospitalization or outpatient surgical facility. There are also indirect costs, such as the time lost from work, travel, drugs, laboratory tests, and other "incidentals" which can total more than the surgeon's fee.

What plastic surgery can and cannot do is critical. We have seen that it is impossible to rework a person to resemble another,

especially if the difference in appearance is great. Using plastic surgery to impersonate someone else is usually not possible.

It is also impossible to change radically the shape of the face or the body. It is true that, if one can find a surgeon willing to do it, a person can lose some weight in a couple of hours on the operating table, but dieting is much less costly, less dangerous, and leaves no scars. The shape of the skull cannot be changed, but the profile can be modified by the nose and chin. Some of the changes are not even permanent, as wrinkles and sags return in time, and this brings up the question of cost-effectiveness.

A disguise is temporary. A wig, mustache or other appliance put on with adhesive is not a permanent part of the face. It goes on and comes off quickly, which means that the person can change his appearance in a few seconds or minutes. Plastic surgery, in many cases, is semi-permanent. In other cases, such as nose reduction, it is permanent.

The main value of plastic surgery, therefore, is to suppress or obliterate marks of distinction — features that are very noticeable because most people don't have them. This includes a cleft lip, a tattoo, a broken or misshapen nose, a jutting or weak chin, and a prominent blemish. In plain language, plastic surgery works best when it is used to make the patient look like everybody else, not when the patient wants to change an otherwise ordinary face.

When considering disguise, it is important to remember that people tend to recall distinctive features, such as extreme height or corpulence, a squeaky voice, a nervous twitch, or an unusual feature of the face. A description of "average height, coloring, build, weight and face" is almost useless, because so many people fit it.

That means that plastic surgery is of limited value, and that the person interested in disguising himself can do at least as much through conservative means of disguise, and do it much more cheaply and safely, than by submitting to surgery. Plastic surgery is for the exceptional case.

## NOTES

1. Brian O'Connor, *The One-Shot War* (New York: Ballentine Books, 1980). This is a typical shoot-em-up. The reference to

plastic surgery makes it appear that it is as simple as having the teeth cleaned.

2. John A. McCurdy Jr., M.D., F.A.C.S., *Cosmetic Facial Surgery* (New York: Frederick Fell Publishers, Inc.), pp. 14, 52. There is even a chapter on scar revision, a technique to correct scars from injury and previous plastic surgery.
3. Ibid., p. 33. Part of the reason for this is the growing tendency among psychologists and psychiatrists to intrude into areas outside their fields. From treating the mentally ill, they have expanded their efforts so that today they "treat" people who are not mentally ill, but have the normal problems of everyday life. Closely tied to this is the fact that a person consulting a psychiatrist as an outpatient is more likely to be able to pay the high fees than the psychotic in the state hospital.
4. James J. Reardon, M.D., *Plastic Surgery for Men* (New York: Everest House, 1981), p. 17. Dr. Reardon's book is a very practical guide to what a man can expect from plastic surgery. Each discussion of a procedure has a section titled "What Can Go Wrong," which shows a good deal of honesty on Dr. Reardon's part. This is in sharp contrast to the behavior of many other doctors, who push unneeded surgery on patients without adequately advising them of the risks.
5. Ibid., p. 13. It is customary for doctors and other people to flatter themselves, but Dr. Reardon goes on to describe very seriously the possibilities and limitations of plastic surgery, and demonstrates that it cannot work miracles. Both his and Dr. McCurdy's book make efforts to correct some of the myths that have been promoted about plastic surgery.
6. Ibid., p. 41. Wallpapering the office with diplomas and certificates is a common practice among medical specialists, as they know that people are impressed by fancy looking pieces of paper. For the patient, it is critically important to look beyond the wallpaper at the doctor himself. The patient has the very difficult task of trying to evaluate the doctor's skill while knowing little of the field, and the relationship involves a lot of blind trust.

7. *Cosmetic Facial Surgery*, p. 98, *Plastic Surgery for Men*, p. 152.

The effects of creeping age are definite and almost irreversible. Many people are concerned about the visible effects of advancing age, and the cosmetics industry sells millions of dollars worth of creams and lotions each year to people who use them in an effort to disguise or reverse aging skin.

Some women, in consternation at their fading good looks, apply makeup so heavily that it seems to have been put on with a trowel. Others accept age more lightheartedly and stoically. One man, replying to someone's comment about his sharply receding hairline, said: "The only trouble with going bald is that the lobotomy scar starts to show."

8. *Cosmetic Facial Surgery*, p. 109.

9. *Ibid.*, p. 123.

10. *Ibid.*, p. 17.

11. *Plastic Surgery for Men*, p. 206.

12. Personal observation by the author, who met Christine Jorgenson by chance at a wedding reception.

13. Tushnet, L., "Uncircumcision," *Medical Times*, #93, 1965, pp. 588-593. Schneider, T., "Circumcision and Uncircumcision," *South African Medical Journal*, #50, 1976, pp. 556-558.

14. "Report of the Ad Hoc Task Force on Circumcision," *Pediatrics*, Vol. 56, #4, October 1975, pp. 610-611. Circumcision is a widespread example of medical men pushing an unnecessary operation on unwilling patients.

15. Foreskin restoration by non-surgical means, which involves systematic stretching of the remaining skin of the penis to cover the head, has surpassed plastic surgery in popularity. The cost of plastic surgery has priced it out of the market for most. For more information on non-surgical foreskin restoration, contact Cliff Spooner, 6913 N.E. 55th Ave., Vancouver, WA 98661.

## BODY IMAGE

Whatever tangible and practical uses there are for disguise and other means of changing appearance, most people who do so are concerned with changing what has come to be called their "body image," and not with avoiding recognition. A man who grows a mustache to cover a harelip scar, a beard to cover acne scars, or changes the way he combs his hair, does so to improve his appearance, not to become unrecognizable.

The term "body image" has a lot to do with what we call "self-image" — the way in which we see ourselves. We tend to see ourselves in a way that is suggested or dictated by the people around us, and by society in general. There are many influences on the way we see ourselves, some of the most important ones being advertisements, TV, movies, and books.

Years ago, when communication was undeveloped, we obtained our ideas mainly from the people around us — real people whom we saw often. Today, unfortunately, many of our ideas about our self-images are derived from the mass media. Two important facts are mostly responsible for this:

(1) Most of the programming on radio and TV is not concerned with real people. News shows take up only a small part of the daily schedule. Most of the broadcast material is fiction, such as police shows, soap operas, etc.

(2) These fictionalized characters are not only unreal people, they are not even like most of the real people in the world. They tend to be idealized. They are usually young, slender or athletic in build, attractive, well-spoken, middle-class, and they have a sense of purpose.

These fantasy shows are attractive to us because they give us an escape from the real world. The heroes are young, attractive, and they manage to solve their problems. For the most part, neither our

lives or ourselves are like these illusions. The obvious fact is that the parts played in screen and TV programs are played by a group of unusual people — professional actors — and it is evident that actors are a group of especially attractive and articulate people chosen for exactly these qualities.

There is yet another category of fantasy with which we are bombarded by the mass media/advertisers. Produced specifically to sell a product or service, advertisements suggest to us that if we buy the product we will be happier. They show young and attractive people with cigarettes, bottles of soda pop, automobiles, and directly or indirectly promise us that the product will bring us bliss.

Some advertisements nag us, either for real or imagined defects which the products they push will supposedly alleviate. Perspiration, bad breath, gray hair, dry skin, and other physical qualities are the villains of these ads. The ads are intended to make us feel badly about ourselves and move us to buy the products.

Americans, and some people in other industrialized countries, tend to have degraded self-images. We are pressured toward conformity, but because of the pressure of the media, it is not the conformity of the average person, but an unrealistic and unattainable ideal. We cannot all be tall and slender, with regular and attractive faces. We do not stay young forever.

Appearance is important to many people. They place great emphasis on seemingly minor details, such as cosmetics and keeping up with the latest fashions in clothing. Some people have their clothes tailored to minimize what they see as a physical defect. For example, a good tailor can cut a suit to conceal or disguise a flabby or pudgy body. There are custom shoes available containing "lifts" to add an inch or two to the wearer's stature. There are various sorts of cosmetics to hide pits in the skin. All of these fall into what we can call the "normal" range, because they are so common and easily obtainable.

Different people have different ideas of what they would like their bodies to be. Short people would like to be taller. Fat people would like to be slender. Thin people would like to be more muscular. The measures that people are willing to take, or at least consider, to conform to their ideas about body image are sometimes

extreme and surprising. This sometimes goes beyond physical attributes, depending on the group and the specific situation.

Blacks have a difficult time of it, with most of the people who appear in the media being Caucasian. Some of them try to take on Caucasian physical characteristics. There are some hair preparations made to straighten kinky hair. Some wig companies make models with straight black hair, and their advertisements show Blacks with Caucasian-appearing hair styles.<sup>1</sup>

Other ethnic groups have their own problems. Both Italians and Jews sometimes undergo plastic surgery and name changes to conceal or disguise their ethnic origins. The well-known "nose job" is for reducing a big or hooked nose. Name changes are common, with "Benedetto" turning into "Bennet," and "Weinstein" becoming "Winston."

These practices are not confined to only a few ethnic groups. Despite the ideal of America's being the "melting pot," where people of all nationalities, races, and religions live and work together harmoniously in a spirit of brotherhood, the hard reality is quite different. Those who are White, Anglo-Saxon, Gentile and male are often envied by those who are not.

Plastic surgery is often called "body-image surgery" because its purpose is changing appearance, not correcting congenital defects. It is true that the majority of perceived defects corrected by plastic surgeons are not really mistakes of nature. A hare-lip is. A big nose is just a big nose. Sagging eyelids are merely the result of advancing age, and are perfectly natural, however displeasing they may be to the person who has them.

Therefore, we find people making physical changes in themselves for psychological reasons. A person will buy a toupee, have a nose job, or wear custom clothing not for any reason of health or physical well-being, but to improve the way he feels about himself.

In some instances, the effect the person wants directly contradicts nature. It is definitely not a birth defect to be born male or female, yet there are a few people who feel that nature has made a mistake in their cases. Some say that they are "women trapped in men's bodies," or vice versa. This leads to transvestitism, the fancy medical term for cross-dressing.

Interestingly enough, most of these cross-dressers are not psychotic. None of the sex-changers are, as they all have to undergo psychiatric examination before being accepted for surgery and this disqualifies those who are obviously insane.

Most people, at one time or another, have thoughts of changing their body images. Many act upon them, in conservative and minor ways. Some people change their hair styles. Some go on diets. A few go to the extreme of having plastic surgery.

Each person thinking of changing his body image should do some soul-searching, with the effort proportional to the need, the expense, and the severity of the measure. It is extremely important to recognize the consequences, and to keep them in proportion to the perceived benefits.

Some steps are trivial and harmless. Changing the hair style is a temporary thing; if it does not turn out to be suitable, the individual can change again the next day. In the worst case, if the person decides to try a crew cut or the shaven look, the hair will grow back in a few weeks.

Most cosmetics are harmless, and the person who decides that he has made a mistake loses only the few dollars spent for the product. Wigs, toupees and clothing are somewhat more expensive, but again they result in no permanent change in the body.

The most serious steps are those which involve some sort of surgery. Usually, this is not an impulsive decision. The person will have been thinking about it for years, and will have decided to go through with it, accepting the rigors and expense of the surgery as necessary evils, in order to feel better about himself.

Most of the body-image efforts are not rigorous, although at times they may seem so. Dieting is a very common step, one taken by many adult Americans. Anyone who has been on a diet knows the effort and self-discipline required. Along with that comes the knowledge that at any point, if the going becomes too tough, the dieter can discontinue the program, either temporarily or permanently — an option denied to those who go for surgery.

Body-building is another common effort. Again, it is a slow, gradual process, demanding a certain amount of time and the ability to stick to a schedule.

All of these plans can be overdone, and there are slight dangers in both dieting and body-building. Some dieters go to extremes and starve themselves, and some body-builders overexert themselves and suffer muscle cramps and other physical problems. Yet, both have margins of safety and warning signs of impending danger, and most people who feel that they need such programs can undertake them in safety.

Professional opinion to the contrary, psychological counseling is not necessary in most of these cases. Following the practice of American doctors to overtreat and over-prescribe, the psychologists tend to feel that everyone, even those with the most minimal problems, need their services. Most people who have problems have already discussed them with friends and relatives, and professional counseling can add little to this. Providing that the person concerned with his body image does not have a mental disorder, professional counseling is unnecessary. In some instances, it can actually be harmful.

The professional counselor is in it for the money, and this affects both his point of view and his technique. Anyone who turns to a close friend or family member for advice is not likely to be accepted or rejected because of his ability to pay. A father or friend will not bill the seeker for his time, and will give to the relationship the warmth that is often lacking in professional relationships. There is a certain sincerity with family counseling that is hard to simulate in professional encounters.

A person seeking help from a professional counselor may well find that the counselor has his mind on other things. If he is the last patient of the day, the counselor may be preoccupied with closing up shop and going home for dinner. A person who runs out of money before the counselor has finished helping him to solve his problem may find that the relationship is at an end. While it is unlikely that the counselor will rudely show him the door, he may refer him to a public mental health facility where there is a long waiting list, and the person will have to start over again with a new counselor.

Most people are more or less capable of leading their own lives. Most people do not wind up in prison or mental hospitals. Most

people, most of the time, know what is good for them, and do not need professional intrusion.

People considering steps to alter their body images should give very careful thought to their motives. They should examine exactly why they want the change, and be sure in their own minds whether they are acting for their own internal reasons or because of peer pressure. Many people want to conform, to be like everyone else, and it is at this point that they should assess the risks, costs, and benefits of what they plan.

On a simple level, it may be popular to dress in a certain style to fit in with the crowd. In certain occupations, it is very hard to escape this pressure, and in others the pressure to dress a certain way is backed up by company policy. An executive may be required to wear a three-piece suit, and if he shows up one day in jeans and a sweatshirt he will face a reprimand.

Some young people are pressured to have tattoos, if they are members of certain social groups or in the armed forces. Having a tattoo means being a big man. This is more serious because, unlike a suit of clothes, the tattoo does not come off at the end of the day. It is usually a mark for life, and can be a stigma later on. Having a tattoo removed by surgery is somewhat risky and the results are uncertain.

Anyone considering changing body image should, like a person considering other types of changes in lifestyle, think carefully about the costs and the benefits. People change jobs and even occupations for more money. There, the reason is tangible and clear-cut. The reasons for changes in body image often are not. They are intangible, tied in with the reactions of other people and with the person's feelings about himself.

It may be justifiable to change to conform to other people's expectations or demands, if the rewards are enough, and the changes not too severe. Following a company dress code is justifiable if the job pays adequately, or is satisfying in other ways. Conforming to the standards of a crowd or social group is less easy to justify in terms of the rewards. What is social acceptance worth? It is impossible to value it in money.

There is another practical aspect to the problem of conforming to

a crowd. The years pass, and the circle of friends and acquaintances changes. The needs of today become obsolete tomorrow. If the change is something permanent, the person will have it long after the need has disappeared. In the cold afterglow of the day after tomorrow, he may feel that it was not worthwhile.

Internal reasons do not change as radically or as often as social circles. Therefore, a person changing his body image mainly for his own reasons will probably continue to enjoy the results.

Often, the motives are mixes. There will be both internal and external reasons for change, and some of the external reasons may be compelling indeed. A person who is grossly overweight will probably be dissatisfied with his body image, detesting the way he looks, but at the same time aware that his fat appearance degrades his attractiveness to the opposite sex. He will almost surely be aware also of the health risk that serious overweight imposes. This gives him a complex of reasons to try to change, and may give him the motivation to start on a diet and to stick to it. He realizes that if he loses the excess weight, he will look better, feel better about himself, and probably live longer. Dieting is not easy to do, as it taxes the person's will power, but it is not risky nor does it involve an irrevocable commitment as do some more serious steps. Once started on a diet, the rewards start to come. There is a satisfaction at seeing the weight melt off, and a gradual improvement in self-confidence as his body image approaches his expectations.

The intangible, but still very real, effect of changing body image is the satisfaction and self-confidence that comes with it. In some cases, such as facial disfigurements, it means the shedding of self-consciousness.

Changing body image is a decision that each person must make for himself. Other people's opinions, while important, are secondary, as he is the one who will have to live with the effects long after the other are gone.

## NOTES

1. Afro World Hair Company brochure, 7262 Natural Bridge, St. Louis, MO 63121.

## GOING ALL THE WAY

Some people consider that the ultimate in disguise is total suppression of the past and taking on a new identity. This practice is, in fact, rooted in American tradition. In the era when there were hardly any doctors, hospitals or birth certificates, it was easy for a person to claim almost any name he wished. Few written records of any sort existed, one reason being that few people knew how to read or write. The high rate of illiteracy alone made a bureaucracy like today's impossible.

People did not need licenses to ride horses. Few went to school, and so few school records existed. Without photography or fingerprinting, establishing positive identification was almost impossible. Anyone stopped by a law officer might find that, even if he had a birth or baptismal certificate to show, the officer was unable to read it.

In these circumstances it was easy for almost anyone to "pull up stakes" and move on to establish himself with a new name elsewhere. Some people did it for adventure. Others did it because they were fleeing a dark or unpleasant past. Contrary to legend, most people who flee do so for mundane reasons. Most are not running from a murder charge, but from child support or other debts.

With the increasing power of governments, and with technology providing police agencies with a greater ability to practice surveillance of the population, getting a fresh start has become much more difficult. From the moment of birth, a person starts to leave a paperwork trail. There are hospital and health records, school records, employment and credit records, military service records, and sometimes even police records.

One of the effects of this is that today a person finds himself accepted more on the basis of his documentation than his

personality. Paperwork is everything. A motorist stopped by a police officer has only to present a current driver's license and pass a radio check with the national crime computer to be allowed to go on his way. A credit applicant is not closely scrutinized by the company. Instead, he has to list various personal details on a form which goes to a person whom he never meets, who checks the information against records and makes an evaluation on the basis of the paperwork alone. In that sense, the paperwork has become more important than the person.

Ironically, governments have taken steps to subvert the system of identification paperwork. Historically, espionage agencies have done this in order to send agents into enemy territory, forging the enemy government's documents, providing their agents with clothing and personal items manufactured in the enemy country, so that they may appear to be enemy nationals. This is called providing "cover." People living under totalitarian regimes, or under enemy occupation, have had occasion to do this, either to promote their escapes or to survive in various underground movements.

Technically, providing cover does not usually involve physical disguise, because the fugitive usually does not stay in his home locale, but moves to another area. He does not have to fear being recognized by an acquaintance. Most of the effort involves procuring new identity documents and adopting a new lifestyle, all the time keeping a low profile to avoid attracting notice.

Today, in this country, there are several categories of people who want to do this. One is the person who "runs away from home," who is emotionally drained by his old lifestyle, a very unhappy job, a nagging spouse, or the need to support children, and who seeks a fresh start in another part of the country.

Another category is the protected federal witness. Since Joseph Valachi, who was the first member of organized crime to break the code of silence (so the legend goes), there were, up to 1977, at least two thousand people relocated and given new identities to protect them from retaliation from organized crime after their courtroom testimony.<sup>1</sup> However successful, this program has continued unabated since then, with 4,246 people relocated by the summer of 1983.<sup>2</sup>

This program is worth a close look, because it shows the techniques and the hazards of establishing a new identity. The Federal Witness Protection Program was established under Title V of the Omnibus Organized Crime Control Act of 1970 and is run by the United States Marshall's Service.<sup>3</sup> The witnesses, usually former members of crime "families," are provided with new identities, given funds for relocation, usually provided with a corps of U.S. Marshalls as bodyguards during the transitional period, helped to find jobs, and given various supporting services after relocation.

Contrary to some legends, this is not done by wholesale plastic surgery or other extreme measures. The witnesses and their families are simply taken away to another part of the country, assigned new names and given identity documents to support their new identities.

By and large, the program has been successful, and there have been very few witnesses tracked down and killed by the mob.

One who was killed was Joseph Bombacino, who was living in Tempe, Arizona, under the name of Joseph Nardi. One Monday morning in 1974, at about twenty minutes after eight, residents near his apartment heard a loud explosion. In one house, the windows and arcadia door rattled, and the car jumped backward about three feet at the sound of the detonation. Running outside, the residents saw a huge pall of smoke rising into the clear morning sky.

Bombacino's Continental was burned-out wreckage. The gasoline tank had ruptured, and flames licked the devastated car. The Fire Chief estimated that a charge equivalent to fifteen sticks of dynamite had been wired to the stoplights, so that there was no warning as Bombacino started his engine. He normally checked under the hood before getting into his car, as a precaution. He had backed out of his parking space, touched his break pedal, and went into orbit. Pieces of the car were blown over the roof of his building into the next parking bay, and other fragments went as far as the nearby freeway.

This spectacular atrocity, which was never solved, was not so much a failure of the program as a personal failure of Bombacino's to keep a low profile. Having gone to work for a local utility company, he stole some supplies, was detected, and lost his job. He

had brought suit to get his job back. His cardinal error was to bring the suit under his real name. This blew his cover and, once his enemies located him, the rest was simple.

### *The Nuts and Bolts*

Establishing a new identity in America is not very hard. Most of the documentation is not difficult to get, even without the help of government. The procedure for obtaining a new birth certificate, known to secret agents, police and criminals for years, first got wide prominence in Frederick Forsyth's novel, *Day of the Jackal*. Basically, it involves finding a person of the same sex and age, but who died in infancy or early childhood, and sending for the birth certificate.<sup>4</sup>

Going to a library and scanning microfilm copies of old newspapers for obituary notices is the simple first step. The question inevitably comes up, "Why someone who died in childhood?" There is a slight risk in assuming the identity of someone who is still alive. He may be wanted, perhaps for a crime or, more likely, for less dramatic reasons such as bad debts, child support, etc. There is also a slight risk of meeting someone who knows him and who can avow that you are not him. A person who grows up to adulthood also leaves behind him documentation that can be troublesome, such as photographs in school yearbooks.

With a birth certificate, it is easy to obtain other documentation. It is, for example, not even necessary to appear in person to get a social security card, if the applicant claims to be under eighteen. Claiming to be under eighteen is a very logical step, as the social security card does not list age. In any event, most employers, while they ask for the applicant's social security number, do not ask to see the actual card itself.

Making up a fictitious social security number is the quick and dirty way to do it, as the bureaucratic paperwork is so slow, and people make so many mistakes recording numbers, that the government will not catch up to the discrepancy for weeks or months. Giving a false social security number will not automatically bring federal agents to the door when the Social Security Administration discovers the discrepancy. They will simply query



the employer, and he will pass it on to the employee, if he is still there. For someone who just needs a temporary job, this poses no problem.

Getting a drivers license is almost as easy. A birth or baptismal certificate is usually all the proof of identity the authorities require, and a baptismal certificate is even easier to acquire than a birth certificate, as religious supply stores sell blanks.<sup>5</sup>

It is equally easy to get other government documents, such as a library card, resale and transaction tax license, etc. Easier yet is the purchase of business cards, which help to establish a false front. They are very effective, considering their low cost and the ease of having them printed. Printers never check on the person having business cards printed, and it is possible to have spurious cards printed with the name of a non-existent company or a real and well-known one.

Privately issued documents, such as credit cards, are another story. The companies which issue them are not satisfied with proof of identity, but want a credit history. This is something which cannot as easily be falsified, but must be built up from scratch. A way of doing this is detailed in one source.<sup>6</sup>

This brings us to one aspect of building up a new identity that is hardly discussed, because it is a problem that is difficult to overcome. "Backstopping" documents requires leverage that the private individual usually does not have. It is easy to forge a drivers license outright, with a Polaroid camera, but if a police officer checks it out with the bureau of motor vehicles, the answer will come back that there is no record of such a person or license. "Backstopping" means making the documents able to sustain a detailed investigation, such as a credit or security check, in which an investigator will contact the various sources listed in order to verify the information.

Every real person has a history — where he went to school, church, previous employment, residences, etc. This is the most vulnerable point for a runaway, for only the real one exists, not the one pertaining to the new identity. A person with a new identity can claim, on an employment application, to have attended a certain school, but a check with the school will reveal that there is no record

of that person. Even the most superficial background check will disclose the gaps.

The implications of this point are serious. A person assuming a new identity will not be able to obtain certain types of employment, and may be limited to menial jobs and those which do not carry with them a reference check. It is a fact that, despite the copious information demanded on employment applications, many employers, especially the small ones, do not have the time or the inclination to check out the references. In any event, they tend toward the viewpoint that what is important is performance on the job, and they usually hire a new employee with the reservation that if he does not work out they will get rid of him. This is especially true of manual trades, such as construction, printing, and other work which is often well-paid and results in a tangible product. A new employee's skill is easy to assess quickly, and the employer can make an early determination as to whether or not the employee is performing satisfactorily.

Employment with any level of government usually carries with it a background check. Other occupations, such as those in the medical field, also do, although they may not be as formal. A lawyer or doctor cannot run away and continue to practice under another name. He must have a license, and applying for one will demand listing his life story.

The Federal Witness Protection Program does backstop new identities to a certain extent. A cooperative college in the Midwest will, at the request of the justice department, insert the appropriate papers into its records to support a witness's claim of having studied there. Various companies and private individuals around the country will, upon request, serve as references for some of these witnesses. Yet, these measures are not adequate to withstand a thorough background investigation, such as that for a security clearance.

A security clearance, despite what some people believe, does not apply only to government jobs, but is also required, at the stipulation of the Department of Defense, for employment by companies working on sensitive military contracts. Employees working on "sensitive" projects must fill out clearance applications and submit to investigation, which is usually painless, but

thorough. The application requires the employee to list all previous addresses, all schools attended, previous employment, criminal records if any, and the names of all family members. For some higher level clearances, he is obliged to give his fingerprints.

An investigator will write to, phone or visit each school listed, to verify the record and to obtain additional information. He will visit each address listed, and interview the neighbors, asking questions about the applicant's behavior, looking for information which might not show up on official records. An alcoholic, for example, might never have been arrested, yet might spend most of his time in an alcoholic fog, apparent to his neighbors. The investigator will try to confirm the various details, such as the name of the applicant's wife and children, if he has a family. From this quick look at the process involved in granting security clearances, we can see that it does not require exotic techniques, such as lie detectors and drug interviews, but simple, routine digging of the sort that even private individuals can do.

In fact, some companies devote as much time and effort to employee verification as does the government. They follow the same procedures and get the same sort of information. While they do not have the official status of the government, their investigators can usually develop similar information. When they inquire, they inform the interviewee that they are conducting a pre-employment check, and usually this is all that is needed to persuade the interviewee to cooperate.

It is important to emphasize that, contrary to what some people believe, the major effort in background investigation does not involve lie detector tests, wiretapping or other intrusive and possibly illegal measures. Most of the effort, as we have seen, goes into simple, but time-consuming checking of verifiable details. Such an investigation will defeat a new identity established without thorough backstopping, which is extraordinarily difficult to carry out.

From this, we can draw certain conclusions. It is easier to establish a new identity earlier in life, when there are fewer details open to investigation. Establishing a new identity requires not only documents, but time, and the more time available the deeper the cover can be. It is very difficult for a fifty-year-old man to start over

again, especially if he has to leave his former life behind and create a new history for himself.

It can be done, and there have been some exceptional cases of brilliant imposters who passed themselves off as doctors and even performed surgery until they were caught, but this is rare. These extraordinary instances are more a reflection of the carelessness and stupidity of medical school and hospital administrators than an indication of how easy it is. It is not easy, and to get away with an exceptionally bold impersonation requires luck as well as skill.

To "drop out" usually requires a change in lifestyle as well as a change in identity. Much depends on the reason for running away. A person fleeing possible retaliation from organized crime has more reason to make a complete break with his past than one evading an unhappy marriage.

Often, a change of lifestyle means a change of occupation. If the runaway is a professional person, he will no longer be able to practice. Certain occupations also carry paperwork trails that must be broken. A machinist, plumber, carpenter or painter may have a union card, without which he cannot work in many states, and this would betray his past. In many unions, getting a new card requires a considerable initiation fee, and some proof of experience in the field. For such a person, moving to a "right to work" state, in which it is illegal to require union membership to hold a job, is one possibility.

To break the connections with the past, it is necessary to look at how an investigator setting out to trace a fugitive would go about his search.

The investigator would obtain, through interviews with those who knew the target, details about his personal life, hobbies, membership in associations, and other aspects of his lifestyle that might serve to trace him. He would, if practical, try to trace him through his friends and family.

Breaking with the past is more difficult the more status and economic advantages one has. A man with large holdings of stock would want to continue to collect dividends, for example. Even people with modest roots tend to want to keep a part of their past with them, as in continuing to communicate with good friends or

with family members.

Preparing for the change ahead of time is an important step in avoiding vulnerability to a trace. The person planning to flee should sell all of his holdings, and take the cash or re-establish them under his assumed identity. He should also arrange to communicate through a system of mail drops.<sup>7</sup> The telephone is also useful as a means of hard-to-trace communication, but only if the fugitive avoids making long-distance calls from his home phone.

A basic rule is that he should not give his new name and address to anyone, anyone at all. He should be aware that investigators have ruses with which they can pry the information out of someone whom the fugitive has considered trustworthy.

He should also look at his hobbies and other activities. A membership in a sport association could give him away. Any connection with a small organization, with a small enough membership list to make checking on new members practical, could lead to him if he resumes his membership under his new identity. An unusual hobby could betray him.

Much depends on how important he is to the party trying to find him. With enough time and effort, there is a reasonable chance of tracing him. Usually, though, it is not practical to spend much time, effort, or money in unusually expensive ways of tracing the fugitive. While it is possible, for example, to have an investigator attend every chess match in the country in the hope of finding a fugitive who is a chess fanatic, it is also very expensive.

Keeping a low profile is the other part of the technique. Knowing that his new I.D. will stand only so much scrutiny, the person with a new identity will make an effort to avoid attracting attention. This involves the obvious, such as not running for office or getting arrested, and also avoiding situations in which he might have his photograph published in a newspaper. This can occur if he is part of a crowd at a public function, or if he associates with prominent and newsworthy people. In small towns, this can also come about if he is a member of a club. The various "service" and "social" clubs often have a photographer from the local newspaper on hand at some of their meetings, especially the ones in which they give awards. Clubs have a pattern of bestowing awards on people, not always

their own members, for various real or imagined services and contributions to the club or to the community. In this, they are so prolific that often the only way to avoid getting an award is to commit suicide.

"Man in the Street" newspaper or TV interviews are another hazard. Any sort of activity that can lead to unwanted publicity will betray a cover. That is why it is important to be well-informed about the surroundings and the local customs. For example, a fugitive who takes on a job with a company that holds an employees' picnic each year, or gives awards for longevity of service, may also have media coverage for these events, especially in a small town. In one sense, the danger is limited, as such "news" does not go out on the wire service or network TV. Probably only local people will see it, apart from the slight dissemination from mail subscriptions to people out of town.

Local baseball teams and bowling tournaments often get coverage in the local media. Sports news tends to get wider dissemination than club or company affairs. Attending a local sporting event is not necessarily hazardous, but the fugitive should be aware that photographers, in covering the plays, often get part of the crowd in the background. A face in the crowd, one among many, blurred by a halftone screen of newspaper reproduction or a TV raster, is not easy to recognize, and if it is small enough, it looks like many others.

Being a participant definitely leads to a greater chance of publicity. One man, a contestant in a pistol match, was aware the local station was covering the event, but because the TV cameraman was using a zoom lens, was not aware that he was one of the stars of the show until he saw himself on the ten o'clock news.

Paying attention to all of the details of relocation and a new identity requires not only ability, but emotional stamina. Not everyone can do it. To those who have never led an underground existence, it may seem adventurous, even romantic. It is not. It is often dreary, and there sometimes are moments when the fugitive wonders if the future is really better than what he left behind.

## NOTES

1. Fred Graham, *The Alias Program* (Boston: Little, Brown & Company, 1977). This is a fairly thorough book, written mainly in narrative style, on the efforts of the Justice Department to relocate witnesses under new identities. To the careful reader, it shows how assuming a new identity requires a change in lifestyle as well as supporting documents. While writers of crime and espionage novels often mention plastic surgery to give the person a new appearance and new fingerprints, the truth is simpler and less dramatic.
2. *Life Magazine*, Aug. 1983, p. 24.
3. *The Alias Program*, p. 47.
4. *The Paper Trip*, (Fountain Valley, CA: Eden Press, 1971), and *New I.D. in America* (Boulder, CO: Paladin Press, 1983). Both of these books give valuable nuts-and-bolts information on how to procure new I.D. *The Paper Trip* has a second volume, with lists of government offices to write to obtain various identity documents, and a section on graphics, with reproductions of officials seals to aid the person who wants to forge his documents outright.  
*New I.D. in America* has a lot of practical information on the mechanics of establishing a new identity, and it is short and sweet. While there is little hard information, such as the list of birth registrars found in *The Paper Trip II*, it tells the reader how to find such information. More importantly, it tells how to break a trail, and there is even a chapter on how an investigator might try to trace a wanted person.
5. *New I.D. in America*, pp. 9-29.
6. *Ibid.*, p. 81.
7. *Ibid.*, p. 49.

## FUTURISTIC PROSPECTS

In our industrialized society, there are certain legitimate needs for technological methods of personal identification. There is a system of recording births, for example, to establish citizenship. Credit cards of various types are a help in making purchases. However, that is not the whole story. There are both government and private organizations which use methods of identification to establish control over individuals. The police and the various bureaus are two prominent examples.

In many countries, the government requires every person over a certain age to carry a national identity card. This is mainly true in the totalitarian countries, but it has happened in more liberal regimes in wartime. In some countries, citizens are required to register every change of address with the police. Again, this is not confined to the totalitarian countries, but is practiced in countries such as Switzerland.

The United States is one of the few countries which has never had a Single Universal Identifier, or SUI — a personal identity document required as a permanent part of the paperwork that a person must carry with him. As Americans, we do not have to carry a drivers license if we are not driving, we do not have to show a credit card if we pay cash, and even draft cards are usually temporary affairs, existing mainly in time of war or serious tension.

There is a reason for this. We have a tradition of personal freedom that most of us consider to be very important. From the onset, Americans feared and distrusted a powerful central government, and resisted any measures which seemed to impose totalitarian or bureaucratic control over their whereabouts or conduct.

Today, the picture is somewhat different, and identification paperwork has crept up on us, not so much through the government, but by means of private organizations. We are asked to

divulge personal information when applying for employment or credit, and this information usually goes into a computer, and is scrutinized by faceless people we never meet. We have little or no control over what the organizations do with this information, and it often comes back to haunt us long after we provide it. We resent it, but there is little we can do about it. The same freedom which enables us to refuse to disclose personal information applies to an employer or credit organization, which can refuse us consideration if we do not meet their demands.

It is the government which is of most concern to us, because the government, in the end, has more coercive power than any private organization. A loan company cannot execute someone who does not make payments on time, but there are many examples of such extraordinary exercise of power by some of the world's governments.

There are those in the various branches of government who favor more control over the individual, and technology is on their side. Many police officials, for example, have privately expressed the opinion that all babies should be fingerprinted and the prints kept on file by a national police organization or data bank accessible to the various police organizations. This has not come about, mainly because citizens are concerned with the "Big Brother" implications of such a plan. The current controversy over fingerprinting small children, as an aid to identification in case of kidnapping, disaster or other mishaps, is an example of how Americans tend to feel about what they see as an infringement of their freedom.

With new technologies will come more ways of keeping track of individuals, and this poses some severe social and Constitutional problems.<sup>1</sup> Without doubt, there will be strong objections to any plan for national identification, and some of the new ideas will only come about in a limited way, in carefully selected cases.

One such technological innovation is a bracelet that emits a radio signal, picked up by a receiver close by. This is used in an innovative type of probation or parole, in which the receiver is linked to the local probation office. If the person on probation goes more than a certain distance from the receiver, the signal fades, and the probation officer knows that the person has violated the terms of

his parole or probation. The receiver is usually located at the person's home, as a way of enforcing a curfew, or a probation against leaving home except when he is required to go to work.

This is easy to introduce because, in a certain sense, a lawbreaker forfeits his rights once he is sentenced and, as a practical matter, serving a sentence at home is easier than in prison. For the most part, the convicts do not object. There are, however, more devices on the horizon — devices that were not even imagined by science fiction writers some years ago.

It is not hard to imagine a device which would be locked onto the wrist of every citizen, with a miniature transmitter inside giving off coded pulses that would identify the wearer. On a simpler level, a magnetic strip on such a bracelet could serve the same purpose, without the expense of a radio transmitter. Such devices would utterly defeat any disguise.

There are more sinister, or at least objectionable, methods available. Each baby born might not only be fingerprinted, but have surgically implanted a tiny transmitter, smaller than a pacemaker, that would not only identify him throughout his life, but disclose his location through a network of receivers. An implanted device would be more tamper-proof and harder to remove than a bracelet.<sup>2</sup>

The important thing to recognize is that these devices are not science-fiction anymore. They can be built today, with existing technology, and only problems with their legality and public acceptance prevent the police from implementing them. Methods of universal identification have existed for years, one being a tattoo applied at birth.<sup>3</sup> We have never had such a system in this country, but tattoos have been used in other parts of the world, their most notorious applications being to identify inmates of concentration camps.

Each device brings its counter-measures, and there is no reason to believe that futuristic devices might not be defeated by appropriate measures. Let's look at a few scenarios to get an impression of the possibilities.

● A prison administration uses bracelets emitting radio signals to keep track of "trustees" allowed to work outside the prison walls. A

fence surrounds the area in which they are confined, and the fence is not a high, barbed-wire fence, but a low one with antennas every few yards. Anyone wearing such a bracelet who approaches the fence activates an alarm, and the guards rush to stop the possible escape. A prisoner, wishing to escape and evade the electronic fence, takes his bracelet off with a bolt-cutter or a saw, and proceeds undetected through the fence.

- With a system of magnetic bracelets worn by every citizen, counterfeiting rings spring up. Electronic forgers, using sophisticated equipment, record false information on the magnetic strips, for a fee. This enables people to assume false identities even more easily than in the old days of conventional disguise. As the authorities consider the bracelets infallible, they will have the person to be identified place his wrist next to a magnetic reader, and accept the readout without scrutinizing the person further. Electronic engineers reprogram their bracelets with absurd names, while retaining the correct identification number, and pass through security checks into their restricted work areas. They keep this joke up for several weeks before being detected.

- Everyone has a miniature transmitter implanted at birth. This enables the government to locate everyone's position at will, and to keep track of each person's whereabouts every moment of his life, by recording the readings on tape. While this is an aid to the police, helping them to verify presence at the scenes of crimes, many people object to this Big Brotherism. A few bold experimenters find that they can deactivate their implants by exposing them to a short burst of microwaves — not enough to cook the tissue around them, but enough to fry the delicate microchips. The word gets around, and although the majority of citizens do not jam their implants, enough do to make the system partially unworkable.

- With each citizen having a transmitter implanted at birth, a black market springs up, catering to those who want to tamper with their implants. Criminal gangs find it remarkably easy to circumvent the government's system of location. Out of millions of receivers, located in hundred-yard intervals in a grid pattern all over the country, at any moment there are thousands inoperable because of defects, power failures, lightning strikes, and other reasons. They are also the targets of vandals, and in some areas in

the central cities, almost all receivers are out of order. The government requires large repair and maintenance crews, larger even than those of the telephone company, to keep its electronic grid in service.

It is an easy matter for criminals to disable the receivers near the locations of their crimes. Several ways of doing this are discovered. Small, portable, battery-powered microwave generators will, when beamed at one of these black boxes, burn it out within seconds. Smaller devices, the size of hand-held transistor radios, put out a jamming signal strong enough to confuse the receivers. The simplest way to disable the receivers is to hit them with a hammer. This disables the device beyond repair, while the only disadvantage of using a hammer is that many of the grid boxes are mounted on poles, or on the sides of buildings, high above the ground and hard to reach. The more aggressive criminals can disable these with gunfire. It is impossible for the central computer to distinguish whether black boxes have been disabled by casual mishap or deliberate action.

The technology exists. There are sophisticated means of establishing identity and location for each of us. There are also means to frustrate these techniques. Each measure inspires countermeasures. The balance shifts, first one way, then the other. How it will all turn out only the future can tell.

## NOTES

1. George H. Warfel, *Identification Technologies* (Springfield, IL: Charles C. Thomas, Publisher, 1979), pp. 20-31.
2. Ibid., p. 182. The author seems to look forward with eagerness to the prospect of implanted devices.
3. Ibid., p. 183.

## APPENDIX I

### Cross-Dressing and Sex Change

There have been a few instances of people disguising themselves as the opposite sex for other than erotic purposes. A sensational one was the case of Dr. Hawley Crippen, an American living in England. In 1910, Dr. Crippen murdered his wife Belle by poison, in order to be free to give his attention to Ethel Neve, a young lady who seemed more attractive. He buried his wife's body in his basement, but unfortunately for him Scotland Yard became interested in his wife's sudden disappearance and one of their inspectors dug up the basement of Dr. Crippen's house and discovered the remains.<sup>1</sup>

Meanwhile, Dr. Crippen and Ethel Neve had disappeared. Ethel had bought a suit of boy's clothing and disguised herself accordingly. Dr. Crippen, using the name of "Robinson," had booked passage for himself and his "son" on a passenger ship bound across the Atlantic. By the time that the voyage was underway, the Captain noticed something funny about the "boy." The trousers were too tight in the rear, among other things. The news of Dr. Crippen's being wanted for investigation of murder was widespread and the Captain sent a radio message to the British Police. The Inspector on the case took a faster ship and intercepted Crippen and Ethel Neve before they were able to debark in Quebec.

This was an unsuccessful attempt. There is hardly any way of knowing how successful other attempts might have been, or even how many there were. We can make an educated guess and say that there must be few, for the simple reason that disguising oneself as a member of the same sex is easier than taking measures to resemble the opposite sex.

Nevertheless, this course interests some people, and it is worth a quick look. Most large cities have one or more transvestite, or "TV"

bars, not necessarily "gay" bars, in which those who like to make up as the opposite sex gather. In fact, transvestitism is a subculture in this country, although a small one.

The techniques of disguising a man as a woman are similar to the ones generally used by women themselves. A man might want to tweeze his eyebrows if he is "beetlebrowed," and some foundation and face powder will help to soften the complexion. Shaving is a must. Lipstick is optional, although many women use it, more or less discretely. Many wear wigs.

Clothing is not usually a problem, although there are companies that advertise in transsexual publications so that a "TV" who wants to order by mail may do so.<sup>2</sup> It is possible to order the whole gamut: dresses, blouses and sweaters, skirts and pants, jeans, suits and jackets, bags, cosmetics, furs, and even beard covers.

One publication that caters to transvestites is *The Transvestian*, published by Tania Volen, Inc., 200 Main Street, Tennent, NJ 07763-0200. There is even telephone advice for those wishing to learn how to make up as a woman.<sup>3</sup>

The results, as are apparent in the illustrations appearing in "TV" publications, are not very good. Although there are some who manage to create a good simulation of a woman in a photograph, most do not. It is one thing to look at a photograph of a person never seen before, and another to meet the person. There is more to simulating a woman than a wig, some clothing, and makeup. In person, the simulation must be in three dimensions, and this is much more difficult to do, although some have done it extraordinarily well.

One plastic surgeon related a case of a man who had a sex change operation, and in his words the job was "slick." This person used to present himself at a clinic in San Antonio regularly, with both real and imagined ailments, as he got a thrill being examined by doctors and medical students. His counterfeit sex often went undetected.

"Sex change" surgery is even more exotic. According to one prominent plastic surgeon in the field, "several thousand" such operations have taken place in this country. He considers this to be mainly self-image surgery, as the ones who apply for it feel that they are trapped in the wrong gender. The cost is substantial and runs

from \$5,000 to \$20,000, depending on the extent of the surgery, and includes hospitalization and incidentals. Usually, this is not covered by medical insurance, as the insurance companies feel that this is cosmetic surgery, and therefore unnecessary.

As a practical matter, anyone who sought out a plastic surgeon asking for sex reassignment surgery for purposes of disguise would probably get a refusal. This refusal would be, in every sense, a reflection of cultural values rather than the result of considered medical judgment. Most surgeons would consider the reason of disguise as frivolous or irrational, although many of them will accept the patient's feeling that he or she is trapped in the wrong body. The surgery is the same, only the "reasons" differ, and this is hard to justify.

Again, as a purely practical matter, anyone considering sex reassignment surgery must count on a period of psychiatric evaluation that can easily last for two years. This will include psychological testing, and interviews with a psychiatrist. Much of this comes under the heading of "counseling."

The prelude to the surgery is hormone injections, to develop the secondary sex characteristics, such as body hair distribution, and fat deposits in appropriate places. This can affect the figure, although the bone structure is unchanged. While a man will retain his relatively broad shoulders and narrow hips, there will be, under the influence of female hormones, a deposit of fat on the hips, somewhat changing the body's contours.

The surgical techniques vary, both in style and in number. One common technique is to invert the skin of the penis and to implant it into the body, to simulate the vaginal barrel. The scrotal tissue is useful for constructing the labiae. The normal scrotal hair will simulate the pubic hairs on the labia majora.

A bizarre case of sexual reassignment surgery was reported in which a boy whose penis was accidentally amputated during circumcision underwent sex reassignment surgery at the age of eighteen months.<sup>4</sup> Raising him as a girl seemed the best route to his parents.

For the most part, surgery is not practical as a means of disguise by counterfeiting sex. Not only are the technical means unrefined, but there are easier ways to go about it.

## NOTES

1. Raymond T. Bond, editor, *Handbook for Poisoners*, (New York: Collier Books, 1951), pp. 37-40.
2. Laura Lee, PO Box 711, Farmingdale, NJ 07727-0711. Versatile Fashions, 1925 E. Lincoln, Anaheim, CA 92805. Fem Fashions, 157 W. 57th St., Ste. 603, New York, NY 10019.
3. Femina Phone Line: (212)243-6026.
4. John Money, Ph.D., and Patricia Tucker, *Sexual Signatures* (Boston: Little, Brown & Co., 1975), p. 91.



## APPENDIX II

### Falsifying Fingerprints

There are several methods of dealing with the problem of fingerprints. Let's examine each one closely and draw conclusions as to whether or not they are practical.

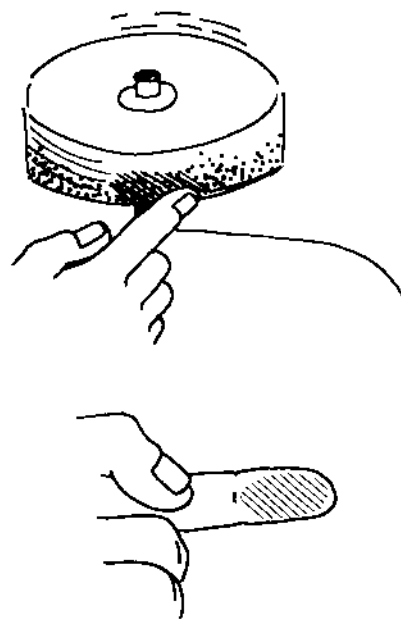
As any plastic surgeon will attest, "dermabrasion," or sandpapering skin, will remove marks, irregularities, and even fingerprints. It is possible, and some criminals have done it, to sandpaper the finger pads and remove the ridges forming the characteristic markings that constitute fingerprints. Removing the top layers of skin will leave a smooth surface that will not deposit the pattern. However, the ridges will grow back within a few weeks, the exact time depending on how much of the skin was removed.

Another technique is to sand the skin until the full thickness is removed, or to remove it surgically. With the underlying layers of the skin removed, the ridges will never grow back. The area will either fill in with scar tissue or, if the technique is surgical, the surgeon can apply grafts from another area of the body.

The catch is that both of these full-thickness removal methods will leave scars that will be more distinctive than the original fingerprints. In the case of a criminal suspect, the police will investigate very thoroughly anyone who shows evidence of surgical tampering with the fingerprints. In that sense, it is counter-productive.

If the object is to avoid leaving identifying fingerprints during a crime, it is much easier to wear gloves than to do any abrasive or surgical modification.

Yet another method of avoiding leaving fingerprints is to coat the fingertips with paint or household cement. This will fill in the grooves between the ridges and mask the characteristic pattern.



*Removing fingerprints with a drum sander. This method will leave smooth fingertips, though the prints will grow back within a few weeks.*

Unfortunately, any coating will make the skin smoother, and as the hands and fingers are necessary for manipulating objects, such as a weapon or lock-picking tools, this can be a serious disadvantage.

There is a method of falsifying fingerprints which works well under controlled conditions, but its use in the field is problematic. It is possible to make a cast of the ridges on the pads of the fingers with liquid latex, obtainable in any of the makeup supply houses listed earlier in this book. The technique is as follows:

- (1) With a brush, apply a thin layer of latex to the pad of the finger, carefully coating the whole surface from the wrinkle of the finger-joint to just below the nail. Allow to dry for at least two minutes. The latex, milky when applied, will turn clear when dry.

- (2) Apply another layer, letting it dry.

(3) Apply another coating, letting it dry, and then a fourth. As the object is to obtain a casting that will peel off without tearing, at least four layers are necessary. For best results, four thin coats are better than two or three thick ones. It is crucially important, though, that the first coat be as thin as possible, and well worked in with the brush to fill in the spaces between the ridges.

(4) Once the latex casting is thoroughly dry, peel it off, starting at the corner and using a pair of tweezers. If you have done it well, it should peel off without tearing or wrinkling.

(5) Two possible problems are tearing and wrinkling. If the latex is too thin, with too few layers applied, it will tend to fold on itself and wrinkle. Tearing is caused by the latex sticking too hard to the skin. This can happen with dry skin. This requires the use of a release agent, and the best one is the natural skin oils found on the forehead and the sides of the nose. Rub the fingertip on the nose or on the forehead before applying the latex.

(6) The result will be a flexible cast of the fingerprint, which you can cement to another finger with rubber cement, spirit gum, or other adhesive that you've found to be safe to use on your skin. The fingerprint will be flopped, that is, left-to-right, but for the purpose of leaving spurious fingerprints it doesn't matter. Small imperfections also will not matter, as normally the surfaces touched and the hands have at least a small amount of dirt which prevents leaving a perfect print.

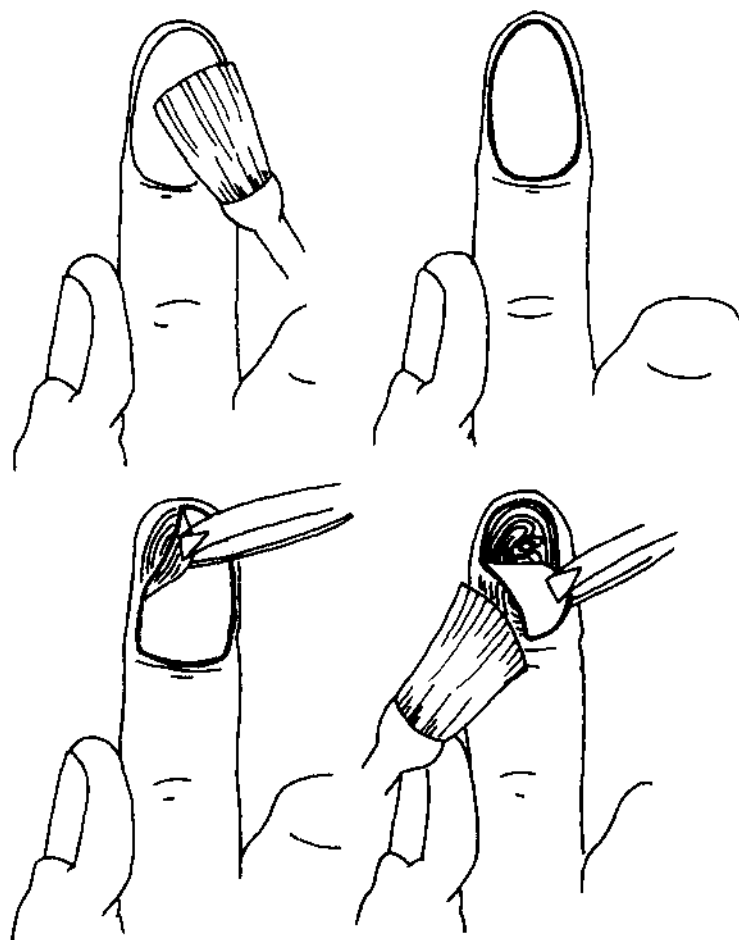
Depositing fingerprints on an object depends on the ridges having a light coating of sweat and skin oil. Skin normally secretes these, but the latex cast won't. Therefore, it is necessary to rub the finger with the false print on the forehead or the nose, very much like touching a rubber stamp to an ink pad.

(7) One problem with this method is getting suitable casts from subjects who might be unwilling. As you will not be doing this to leave your own prints, you need someone else's. Taking the castings with the victim unaware or unwilling leads us into drugs or hypnosis, which belong in a spy thriller rather than a practical manual.

As a practical matter, leaving another person's fingerprints at the scene of a crime is easier to do by leaving an object which the

subject has handled, carefully packing it in cotton and transporting it to the scene.

(8) Another problem is that the method will never pass when having fingerprints taken, as the fingerprint technician is bound to notice the castings cemented to the skin of the fingers. It is next to



*False fingerprints can be created using liquid latex, then flipping the prints and glueing them to the fingertips.*

impossible to cement them perfectly smoothly, without a raised edge, or perfectly match the skin color. In addition, the ink used in fingerprinting is sticky, and unless the castings are solidly in place, they may come off, remaining on the glass plate on which the technician spreads the ink.

## **APPENDIX III**

### **Impersonation**

Impersonating a specific individual is probably the most difficult part of disguise. We'll look at a few specifics and see why.

Let's start with a hypothetical example. If a man appeared and claimed that he was George Washington, and looked the part, to the last detail, clothing, powdered wigs, etc., we probably would laugh at him. But the interesting fact is that we could not prove that he was not George Washington. The reasons why teach us a lot about the nitty-gritty of impersonation.

(1) There are no photographs of George Washington. There are some portraits and busts, the most famous being the Gilbert Stuart representation. Although they are all of the same man, they do not resemble each other.

(2) Even the few physical details we know about George Washington could fit many men. We know, for example, that he was a large man, well over six feet in height, but we don't know exactly how tall he was. The rulers in use then were not standardized, as there was no nationally recognized standard for measurement, and consequently we can't rely on the recorded data.

(3) As fingerprinting was not in use at that time, no fingerprints of George Washington are on file for comparison.

(4) Nobody who knew George Washington is alive today. Therefore, there is nobody who could verify that our hypothetical Washington looked the part, had the same voice, walked the same way, and had the same behavioral characteristics as the original. Without television, motion pictures or sound recording, we really know very little about Washington.

(5) None of the other techniques sometimes used to tell one person from another existed then. We don't have George

Washington's X-rays on file, nor do we know his blood type. Even the details of medical treatment he received during his life are sketchy.

From this we can see that although we simply would not believe a person who claimed to be another who has been dead for two centuries, we could not prove that he was not that person. We see that an individual is made up of characteristics in several dimensions, and that a face or an I.D. card is not enough.

Anyone seeking to impersonate another must consider two factors:

- (1) The closeness of the match attainable.
- (2) The closeness of the scrutiny.

Many people impersonate others every day. An actor who plays a historical figure in a play or movie does this. A check forger who passes himself off as another with the aid of a forged or stolen driver's license is also an impersonator. The actor is a medium-grade impersonator, because he takes the time and trouble to make up as the character, and studies his mannerisms and mimics them. The forger is a low-grade impersonator, because he only tries to pass himself off to a stranger who does not know the original person.

The foremost fact about an actor who plays a part is that he does so under controlled conditions. He does not have to pass truly critical examination and, realistically, he does not try to convince people that he is really that person. It is relatively easy to play a role on the stage or screen, compared to trying to pass as a certain person in real life if the scrutiny will be close. Richard Corson's book on stage makeup shows photographs of Hal Holbrook making up as Mark Twain, and of Peter Falk disguising himself to play Stalin.<sup>1</sup> The accompanying text brings out the fact that the makeup takes hours, and the photographs show the elaborate steps required.

Both of these men are professional actors, and we cannot fault their skills. But if Peter Falk were to walk into the Kremlin and claim that he was Stalin, he would have a great deal of trouble convincing anyone of his authenticity.

People watching a film or TV production suspend their disbelief, which aids the actor. The audience knows that they are watching a

representation, and not a real event, and they applaud an actor who comes close, not expecting an exact match.

Both Robert Duvall and Andrew Duggan have played Eisenhower. Duvall is of average height, as was Eisenhower, while Andrew Duggan is well over six feet. Both have facial bone structure that comes close to Eisenhower's, but neither is an exact match. Nevertheless, both performed successfully.

The reason that performances are successful is that the conditions are carefully controlled. In a film or TV production, the camera angles are under the control of the director, who selects the ones that depict the actor in the best way. On the stage, the audience does not get close enough to the actors to examine them carefully.

Sometimes the discrepancies can be glaring, yet the audience still accepts the performance. George C. Scott's rendition of Patton, for example, conflicted with the real Patton in several important ways, as in Scott's booming voice being quite unlike the real Patton's high-pitched one. Yet, the performance carried the audience. Faye Dunaway and Warren Beatty gave glamorous renditions of the dowdy Bonnie and the drab Clyde, but the film was a success.

Hal Holbrook had an easier time of imitating Mark Twain, as much of Twain's face was covered with whiskers, and there is nobody alive to remember the real Twain.

Anyone who has known identical twins is aware that it is often difficult to tell them apart. The twins themselves sometimes dress alike, and regularly impersonate each other as a joke on family and friends. This is a classic example of closeness of match, in which little or no effort is necessary to pass one off as the other. Yet, no set of identical twins has yet had identical fingerprints, which shows that there are limitations.

One popular saying is that we all have a double somewhere in the world, and some people have found this to be true. There are sets of look-alikes, and sometimes they meet each other.

It was just such a set of look-alikes that led to the Bertillon System's downfall. The Bertillon System was a set of measurements of several body dimensions and facial photographs, which was in use to identify criminals during the late 19th Century and part of the 20th. In 1903, a man named Will West arrived at Leavenworth

Penitentiary to begin his term. The technician who classified him according to the Bertillon System knew that he had seen this man before. It turned out that there was another West in Leavenworth, and his given name was William. To carry the coincidence further, his measurements, facial features and general appearance were so similar to the other West that they seemed to be doubles, although their fingerprints were different. Despite this close similarity, they apparently were not relatives, and did not even know each other.<sup>2</sup>

Some security services have used doubles either to play a game of deception on an enemy, or as a security measure for the protection of a leader. The widely-publicized case of Field Marshall Montgomery's double is one example. A small-time actor was used by the British to impersonate Montgomery and mislead the Germans as to his whereabouts. There have been unverified reports of a Hitler double used to impede assassination attempts, and supposedly Churchill had a double for the same purpose.

The use of doubles for protective purposes is common, although these are not high-grade impersonations. A Presidential motorcade that has several similar limousines, with similarly dressed men inside them, is one common example. A close look would quickly uncover the impostors, but a potential assassin peering at the motorcade from afar may be deceived.

Spy novels are full of instances of enemy agents impersonating government officials. In 1915, *The Thirty-Nine Steps*, by John Buchan, appeared. In the story, a German master spy who was also a master of disguise penetrated a meeting of government officials by impersonating "Lord Alloa," one of the participants. He got in and out undetected by the others, despite the fact that his eyes were very distinctive and he had a finger missing, features which the others, who had known the real Lord Alloa for years, somehow overlooked.<sup>3</sup>

These impersonators in the service of a foreign power are all masters of disguise, according to their creators. Sometimes they are aided by plastic surgery, as in a rash of recent cold-war novels. This is pure fiction.

In real life, there have been several Russian agents who have impersonated citizens of the Western powers, but not in the way

that spy novels present. Molody, the Russian agent who impersonated Gordon Lonsdale in a famous British spy case of a couple of decades ago, took the identity of a person who had been born in Canada but had been taken back to Eastern Europe before the start of World War II, and who had vanished in the storm of the war. Molody simply claimed the identity of Gordon Lonsdale, and did not have a difficult time of it, as there was nobody on this side of the Iron Curtain who had known the real Lonsdale as an adult. He did not apply for any government job, where he would have come under close scrutiny, but immigrated to England under his assumed identity and served as a go-between, contacting agents in the British government who passed him information for the Soviet Intelligence Service. "Lonsdale" never ran into trouble over his impersonation, but was caught by the British Security Service as a result of his spying. His impersonation did not fall apart until after his arrest, when the British security agents subjected him to a close examination.

The closeness of the scrutiny is the most important factor determining the difficulty and the chance of success of the impersonation. In many cases, the imposter does not have to fool anyone who knows the subject well, and does not have to pass any sort of meaningful security check.

In Fairfield, Connecticut, an employee in a closely-guarded defense plant substituted a photo of Adolf Hitler for his own on his identification badge. Daily, he passed in and out of the plant, going by the guards at the gate. During the work day, he mingled with his fellow employees and did his work in a normal manner. After one week, someone noticed that there was something wrong. His little joke came to an end.

This is a good example of how "security measures" often do not provide much real security. A photo I.D. badge should be a safeguard against anyone who does not resemble the photo on the badge, but when bored and careless security guards look at thousands of badges daily, their effectiveness diminishes.

A photo I.D. badge is just the beginning of the trail in security measures and obstacles to be overcome in order for an impersonation to succeed. While it may be easy to impersonate a subject to someone who does not know the person well, or even has never met

him, it is another matter to pass inspection by friends and family. Not only must the facial features match, but many other items, such as:

*Voice quality and speech patterns.*

*Expression* — some people characteristically look happy or sad.

*Clothing* usually worn by the subject.

*Walk* and other physical movements.

*Content of conversation.* A person who knows nothing about baseball would have a hard time of it if his subject were an avid baseball fan.

*Mental state* — some people have sunny dispositions, while others do not. Some are positively gloomy. The impersonator must mimic this, too.

*Political or social opinions* — If an impersonator, however skillful, starts speaking as if he were a liberal, or if he argues against capital punishment, while friends and acquaintances know that the subject has opposite views, he will attract unwanted suspicion.

*Sexual behavior* — This is essential if the subject is married or has a regular sexual relationship with another person.

From this very incomplete list, we can see how difficult it is to manage an impersonation. There are too many dimensions to a human being to copy all of them beyond detection. An impersonator must study his subject well, and mimic not only his appearance but also his behavior to fool even casual acquaintances face to face. Passing through a security check, background investigation, or gaining access to a restricted area that is well protected can be even harder. To understand the nature of the obstacles which the impersonator must overcome, let's look at another hypothetical case, that of a company which does secret work for the government, has an intelligent security chief, well-paid, trained and motivated guards, and an effective access control system.

We must recognize at the outset that the hypothetical organization described here probably does not have a real-life counterpart anywhere in the world, and certainly not in the Western world. In real life, people with repetitive jobs that require vigilance and intelligence become bored, or even burned out after a while, and

relax their alertness. It is also true that security measures are not part of the production process, add nothing to the companies' profits, and fall into the category called "overhead." The executives of companies, even those doing business with the Department of Defense, tend to cut corners on security, doing only the bare minimum required by regulations, and spending as little as possible on personnel and equipment. In real life, the main requirement for a security officer is the willingness to work for low pay. In some instances, the company "security officer" is a person who works in another department, who carries out security duties part-time in addition to his other work. This is especially true for small companies.

Our hypothetical agent applies for a job at our hypothetical company. As a start, he has to fill out the usual employment application, and a security questionnaire. The questionnaire asks for his life history, including his grandmother's maiden name. Before he gets his security clearance, which authorizes him to enter the restricted areas, his paperwork will be investigated by several Defense Department investigators, and the details verified. The reports go to an evaluator, who reads all of the information listed and then either passes or rejects the applicant.

As a part of the initial procedure, the applicant must furnish his fingerprints, which are taken by the security officer on the premises. This is to ensure that the prints are actually those of the applicant, and not a substitution. A government investigator will check out the prints against any on file elsewhere. If the applicant has been in the armed forces, or the police, his fingerprints will be on file with the appropriate agency. If he has been convicted of a felony, his prints will be on file with the FBI. The fingerprint check is both to prove that the applicant is whom he says he is, but also to discover if he has a hidden past. Assuming that the records are in order, and that none have been lost or misfiled, the check will be thorough.

During the initial processing for employment, the applicant will have a medical examination, which can be thorough indeed, depending on the company. In our hypothetical case, the information recorded during the medical examination will be compared with the applicant's earlier medical records. If there are

any discrepancies, such as blood type, this will provoke a closer investigation. If the medical records show that the applicant had an appendectomy at age 15, but there is no corresponding scar on the applicant's body, this is cause for suspicion.

As part of the final processing, once he has gotten his clearance, the new employee will have to furnish several samples of his signature, pose for mug shots, and speak several specific words into a microphone, to provide identification data for the access control system. The security officer will issue him a tamper-resistant identification card with his photo in one corner, and a personal identification number, which he will have to memorize.

Let's now consider the problems which an agent trying to impersonate an employee who has been cleared to work in the high-security area has to face. First, he must be a close physical match to the employee. He must be the same height and weight, at least close enough to be able to adjust his dimensions by shoe lifts or diet, and he should resemble the subject's facial features closely enough so that he can pass with minimal makeup. He will have to study his subject carefully, to learn to mimic his walk and speech.

In his attempt to gain access, he will first have to get a security I.D. badge, either by taking it from the subject or by forgery. If he succeeds at this, he'll be able to get by the guard at the gate. Upon entering the building, he'll have to sign in at the front desk, manned by a security guard. The guard will compare his signature to one of those on file, and if he sees no discrepancy, will let him in.

The badges are color-coded, with each color signifying that the bearer is cleared for access to a certain area. Also, the color codes change periodically, which means that the imposter not only must have a badge, but it must be the right color. This prevents anyone who finds a badge that an employee may have lost from using it for more than a limited period of time. It also complicates the task of forgery.

At the high-security area, the imposter must go through several stages. First, he must sign in again, this time on an electronic pad which records the rhythm of his signature. This is a device that is hard to fool, as a forger may be able to reproduce his subject's signature personally, but will find it hard to do it with the same

speed and rhythm.<sup>4</sup> This screens out forgers who have not watched the subject sign his name, and who have not practiced the same motions. It is doubtful that a forger would be able to duplicate exactly the rhythm of his subject in all cases.

If our agent passes the test, he'll go to a compartment leading to the high-security area. This will have a double set of doors, somewhat like an airlock, electronically interfaced so that one door cannot open unless the other one is closed. To open the outside door, the agent must insert his card into a slot. An electronic device reads the magnetic stripe on the card, feeding the information into a computer programmed for the purpose. The card does not open the door. To gain access, the agent must punch in his PIN (personal identification number) on a keyboard. If he does not punch in the correct number, the door stays closed and a light goes on at a control panel at the guard's desk. If he knows the correct number, the door opens, only to close and lock once the agent is inside the compartment.

A significant detail is that the PIN is not magnetically recorded on the card, nor is any other security information. This prevents anyone, even if he has the equipment, from reading the information and gaining access that way. The card contains only the employee's name and company identification number, which enables the computer to recall and display the information on a monitor at the security guard's post. The information about the employee's signature pattern remains in the computer. All the guard sees is a display that says "match" or "reject."

Inside the booth, the agent turns and faces a TV camera and says his name, and a few key phrases which the subject has previously recorded. The computer checks his words by voiceprint,<sup>5</sup> while a security guard checks his face against a photo that appears on a screen. If the agent passes these checks, the guard will ask him to place his palm on a panel in front of him, where an optical reader will record his print for the computer to check against the one in its memory.<sup>6</sup>

Meanwhile, the guard manning the control panel is visually checking the agent against information displayed on the screen. As well as his photograph, his height and weight are on display, and the

guard makes a visual determination of how closely they match. Behind the agent, as he stands in front of the TV camera, is a scale on the wall, which enables the guard to estimate his height. The floor has a weight sensor, which results in a display on another screen in front of the guard. It is not necessary to have a computer match the weights, and it might even be a source of error, as weight varies according to many circumstances. A heavy meal will increase the weight by a couple of pounds, as will clothing worn. A human guard can understand that in the winter people will wear heavier clothing, and this will result in a variation. In an adequate security system, the guard will know the people personally, and would be able to recognize progressive weight loss resulting from a subject's being on a diet, for example.

A computer is best for comparing features that do not vary, such as fingerprints. Variable features will cause false readings. That is why, in our hypothetical system, the guard visually matches the subject's face against a photo on a screen. Computer facial matching has been done, but a computer would not be able to differentiate between certain conditions and discrepancies which a human would recognize immediately. A guard will recognize the same person, even if he is growing a mustache, or has switched from glasses to contact lenses.

Our hypothetical system is redundant. Only if the imposter passes all of the checks does the guard push the button that opens the inner door. If he fails, the outer door will open and the agent will find a couple of security guards waiting to escort him to the security office, where he will have to undergo a further checkout.

In practice, electronic equipment sometimes fails, resulting in false readings. In our system, the agent has to pass several hurdles, and the system is designed against inadvertently passing an imposter. The expectation is that, even if one system fails, either by equipment defect or by clever imposture by a penetrator, the others will detect the discrepancies. This gives a greater chance of false recognition, but because of the importance of the high-security area and the information contained within, the designers of the system consider this to be an acceptable characteristic and the employees understand the need for it.

The electronic equipment is not a substitute for intelligent and alert human security guards, but an automated aid to speed up the process of personal identity verification. A human guard still has to make the final judgement.

If our agent passes all of the checks inside the booth, the door opens and he goes into the high-security area. Although the odds of his beating the security system are impossibly against him, we'll assume that he has done it successfully, to bring out a final point. Inside, he will come face to face with the subject's fellow employees, and will have to pass their scrutiny, casual though it may be. It is not enough to be a perfect match for the subject. He must also know the thousand details of the subject's job and the subtle interpersonal factors that go into it. If someone approaches him, and gives him an order, he must know whether or not that person is his supervisor. Another may approach him, asking, "Hey, Jerry, are you coming to the big thing tonight?" To give an appropriate answer, he must know what this "thing" is. If it is a party, he might beg off, pleading tiredness. If in his ignorance he begs off attending a compulsory company seminar, this would cause him complications.

Another may ask him, "Have you got that report for me?" The agent must know what the report is, and whether or not the subject has delayed it, to give an answer that will not ring false.

The possibilities are endless. A fellow worker may tell him, "Phil's back." This is a simple declarative sentence, but it says little. The subject may know that Phil was away from work for a few days because his daughter died, and would offer Phil his sympathy, but an impersonator is not likely to know all of the details of his supposed fellow employees' lives, and would stumble over many such points.

From the foregoing, we can see that, although making up to resemble another person is possible if the physical match is close to begin with, a successful impersonation under close scrutiny is impossible. The impersonator would have to mimic too many characteristics, and would require too much specific knowledge, for him to carry it out. He would even have to learn to think like his subject. Even with modern methods of psychological conditioning, this is still science fiction — not fact.



## NOTES

1. *Stage Make-up*, pp. 252-262.
2. Harrison G. Allison, *Personal Identification* (Boston: Holbrook Press, 1973), p. 5.
3. John Buchan, *Thirty-Nine Steps* (New York: Popular Library, 1915).
4. *Identification Technologies*, Chapter 7.
5. *Ibid.*, Chapter 6.
6. *Ibid.*, Chapter 5.

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