

A History of
MEDICAL PSYCHOLOGY



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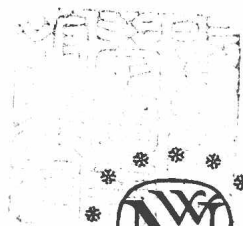
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A History of
**MEDICAL
PSYCHOLOGY**

GREGORY ZILBOORG, M.D.

in collaboration with

GEORGE W. HENRY, M.D.



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*L'histoire rend manifestes nos erreurs.
L'histoire nous rend modestes et fait
entrer en nous la persuasion, que l'er-
reur est loin d'être une exception.*

F. DEL GRECO



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FOREWORD

THESE pages owe their existence not only nor even primarily to those who wrote them. To a number of persons, some no longer living, gratitude is due for guidance, moral support, and inspiration. The first notes outlining the book were penned late in 1926; the first person to be consulted on the subject was Dr. Thomas W. Salmon, then professor of psychiatry at the College of Physicians and Surgeons in New York. Dr. Salmon's responsive encouragement did much to put into effect the plan of writing a history of medical psychology. He was an eager, serene enthusiast and tireless. To him psychiatry was a specialty dealing with the living psychology of living people; it was devoid of formalism or rigid classificatory bureaucracy. Psychiatric education, organization of research, and mental hygiene were to him dynamic forces. He saw clearly that the history of medical psychology is the rational foundation of psychiatry. Unfortunately, he died in 1927 before it was possible to submit to him any of these pages, but his moral and intellectual support proved invaluable. Also, it was through Dr. Salmon that it became possible to do a great part of the preliminary work on this book under the protective roof of Bloomingdale Hospital, now the Westchester Division of the New York Hospital. It was while there that I asked my colleague on the staff, Dr. George W. Henry, then Director of the Laboratory, to prepare some special chapters.

To Dr. Mortimer W. Raynor, then Medical Director of Blooming-

dale Hospital, particularly grateful acknowledgment is due. Guide and friend, he was keenly interested in the progress of this book and he was the first to read some of its chapters; he followed the growth and the vicissitudes of the manuscript with enthusiasm and the fraternal pride so characteristic of his attitude toward any younger colleague who was engaged in a new study. More than anyone else, Dr. Raynor was helpful with advice and counsel. He was respectful of our psychiatric past and solicitous that its record be preserved. He collected many notes and uncovered valuable material for the history of Bloomingdale Hospital which he hoped to write some day. He always wished that this book might have been completed sooner; many of his plans and hopes for it were brought to naught by his untimely death in 1935.

One also feels deeply indebted to the many pioneers in the field who proved of invaluable assistance in the laborious and slow work of collecting the material for this book. Since no history of medical psychology was available as a guide, the task proved more complex than originally foreseen; the clinicians of the past century were more aware of the value of psychiatric history than our generation, and they broke the ground and laid the first stones in the foundation of a comprehensive history of psychiatry which was and still is to be written. Jelliffe's translation of Friedreich some twenty-five years ago offered valuable source material but no true historical perspective. Kannabich's history of psychiatry which appeared in Russian in 1928 presents a useful compilation, the first in several generations; it is, however, too condensed to serve as a source book. Research in this field has not yet been properly systematized. Friedreich, Calmeil, Lélut, Trélat, and particularly Armand Semelaigne and his son René were the pioneers of historical psychiatric research and they are still the exemplary representatives in the field. Nor can one pass over without a thought of gratitude the historical essays of D. H. Tuke and of Theodore Kirchhoff.

As to the plan of this book, a glance at the table of contents will make it clear. It is intended to serve as an introductory historical survey of medical psychology rather than of psychiatry. "Psychiatry" is a term hardly one hundred years old and it now designates more the

specialty than the whole field of abnormal psychology and the contingent mass of practical and theoretical problems. Historically the term "medical psychology," or "psychological medicine," is older and more comprehensive.

Dr. Henry's two chapters are an important beginning of the historical evaluation of a very significant part of psychiatric history, the part marking the age-long effort which finally succeeded in establishing the specialty of psychiatry by differentiating organic mental disorders from neuroses and psychoses and by transforming asylums into hospitals. There are many more chapters to be written by the future historian—such as those on psychiatric education, on such modes of auxiliary treatment as occupational therapy, or on psychiatric nursing—which are outside the scope of this book. If these be omissions, they are deliberate omissions which, it is deemed, will add to the clarity of the historical perspective rather than detract from it. There are other omissions which were made with the same intention: for instance, mention of the great educational influence of Elmer E. Southard who brought up a whole generation of brilliant contemporary American psychiatrists. American psychiatry has of necessity to be viewed only as part of an immense whole and not as a separate unit. It not only deserves to but must be treated as a separate subject, and to do it justice a special history of American psychiatry should be written. Fortunately, plans for such a history are being considered now. The historical consciousness of American psychiatry is reflected in the recent appointment by the American Psychiatric Association of a special committee on the history of psychiatry. It is in a future historical survey of American psychiatry that the inception and the development of mental hygiene will find an honorable place. The mental hygiene movement is typically American in its pioneering spirit; it is a topic apart and can not therefore be included in a brief general history of medical psychology. Mental hygiene is, moreover, so recent and so vigorous a phenomenon that no proper historical evaluation of it is possible at this date. The dynamic and creative leadership of Clifford Beers, Thomas W. Salmon, and Frankwood E. Williams opened many new fields of activity such as child guidance and preventive psychiatry, which bid fair to be two of the chief instruments for combining socio-

logical and psychiatric research. The history of this extension of psychiatry is being made under our own eyes and it must await its special student.

The portrait of Philippe Pinel at the age of eighty and the case history written in Pinel's own handwriting are the property of the Westchester Division of the New York Hospital, and I wish to thank Dr. Clarence O. Cheney, its Medical Director, for his kind permission to reproduce them here.

For the quality of the final manuscript I am deeply indebted to Miss Margaret Norton Stone and Miss Suzette Watson. The checking of names, dates, quotations, as well as the reading of proofs, they performed with painstaking and intelligent industry and an excellent sense of accuracy.

Gregory Zilboorg

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