

K. PLATONOV

THE WORD

as a Physiological  
and Therapeutic

FACTOR

K. I. P L A T O N O V

---

THE WORD

*as a Physiological  
and Therapeutic*

FACTOR

/THE THEORY AND PRACTICE  
OF PSYCHOTHERAPY ACCORDING TO I. P. PAVLOV/

---

*Foreign Languages Publishing House*

M O S C O W

1 9 5 9

TRANSLATED FROM THE SECOND RUSSIAN EDITION

BY DAVID A. MYSHNE

DESIGNED BY V. DOBER

ПЛАТОНОВ КОНСТАНТИН ИВАНОВИЧ  
СЛОВО КАК ФИЗИОЛОГИЧЕСКИЙ  
И ЛЕЧЕБНЫЙ ФАКТОР

## CONTENTS

	<i>Page</i>
Preface .....	7
Introduction .....	10

### THE WORD AS A PHYSIOLOGICAL FACTOR

#### I. P. PAVLOV'S TEACHINGS ON SLEEP, HYPNOSIS, AND VERBAL INFLUENCE

<i>Chapter I.</i> SUGGESTION AS A CONDITIONED STIMULUS .....	15
<i>Chapter II.</i> SLEEP, HYPNOTIC PHASES, SUGGESTION .....	25
<i>Chapter III.</i> SUGGESTED SLEEP .....	39
Onset of Suggested Sleep and Emergence of the Rapport Zones.....	42
Depth of Suggested Sleep .....	49
Objective Signs of Suggested Sleep.....	52

#### INFLUENCE OF VERBAL SUGGESTION ON THE ACTIVITY OF THE CEREBRAL CORTEX

<i>Chapter IV.</i> GENERAL CHARACTER OF THE ACTIVITY OF THE CEREBRAL CORTEX DURING SUGGESTED SLEEP .....	68
Activity of the Cerebral Cortex at Various Stages of Suggested Sleep.....	72
Suggested Rest During Hypnotic Sleep .....	77
<i>Chapter V.</i> COUPLING FUNCTION .....	80
<i>Chapter VI.</i> ANALYSING FUNCTION .....	88
<i>Chapter VII.</i> DISTORTION OF PHYSIOLOGICAL REACTIONS .....	106
<i>Chapter VIII.</i> RELATIONS BETWEEN THE BASIC CORTICAL PROCESSES .....	120
<i>Chapter IX.</i> MOBILITY OF THE BASIC CORTICAL PROCESSES .....	131
<i>Chapter X.</i> CORTICAL PATTERNS .....	138
<i>Chapter XI.</i> TRACE PROCESSES IN THE CEREBRAL CORTEX .....	144
<i>Chapter XII.</i> ISOLATED TRIGGER POINTS IN THE CEREBRAL CORTEX .....	154

#### INFLUENCE OF VERBAL SUGGESTION ON SUBCORTICAL FUNCTIONS

<i>Chapter XIII.</i> INTERNAL ENVIRONMENT AND THE ACTIVITY OF INTERNAL ORGANS. 159	
Metabolic Processes .....	159
Reactions Connected with Digestion .....	170
Activity of Incretory and Excretory Glands.....	179
Respiration, Circulation, Cutaneous Trophics .....	187
<i>Chapter XIV.</i> COMPLEX UNCONDITIONED REFLEXES .....	198
Instincts .....	198
Emotions .....	205

## THE WORD AS A THERAPEUTIC FACTOR

	<i>Page</i>
<i>Chapter XV. COMPARATIVE EVALUATION OF PSYCHOTHERAPEUTIC METHODS</i> .....	221
Psychotherapy on the Conscious Level .....	225
Psychotherapy in a Drowsy State and During Suggested Sleep .....	231
Therapeutic Value of Suggested Rest .....	234
Reasons for Failure of Psychotherapy .....	238
<i>Chapter XVI. METHODS OF VERBAL SUGGESTION</i> .....	241
General Principles of Building the Formulae of Suggestion and Persuasion	241
Administration of Indirect Suggestion .....	245
Use of Autosuggestion and Dreams in Psychotherapy .....	247
Methods of Sleep Induction and Awakening .....	251
<i>Chapter XVII. PHYSICIAN AND PATIENT</i> .....	256
Physician's Tactics .....	256
Iatrogenia and Didactogenia .....	262
<i>Chapter XVIII. NEUROSES AND THE FACTORS FOSTERING THEIR DEVELOPMENT</i> ..	272
Significance of the Type of Nervous System .....	276
Acute Affective States .....	278
Phasic States .....	281
Pathological Conditioned Reflex Bonds .....	285
Endocrine Reorganizations of the Organism .....	287
Heightened Suggestibility and Autosuggestibility .....	290
Significance of Secondary Second Signal Re-elaboration .....	292
<i>Chapter XIX. PSYCHOTHERAPY AND PSYCHOPROPHYLAXIS OF NEUROSES</i> .....	298
Obsessive-Compulsive Neurosis .....	298
Sexual Neurosis .....	305
Post-Contusional Neuroses .....	311
Occupational Neuroses .....	315
Psychogenic Epilepsy .....	319
Minor Neuroses .....	322
Neuroses with Complicated Clinical Syndromes; and Methods of Psycho-	
therapy .....	324
Psychoprophylaxis of Neuroses .....	348
Criticism of Freud's Teachings on Neuroses .....	350
<i>Chapter XX. ROLE OF PSYCHOTHERAPY IN VARIOUS BRANCHES OF THERAPEUTIC</i>	
MEDICINE .....	358
Suggestive Influence of Therapeutic Measures .....	358
Organic Diseases of the Nervous System .....	362
Mental Diseases .....	372
Internal Diseases .....	385
Surgical Diseases .....	394
Psychotherapy in Obstetrics and Gynaecology .....	399
Children's Diseases .....	405
Skin and Venereal Diseases .....	410
Medical Practice of the Physician at a Health Resort .....	412
Practice of District Physician .....	417
Conclusion .....	420
Supplement .....	425
Bibliography .....	434

K. I. P L A T O N O V

---

THE WORD  
as a Physiological  
and Therapeutic  
FACTOR

/THE THEORY AND PRACTICE  
OF PSYCHOTHERAPY ACCORDING TO I. P. PAVLOV/

---

Foreign Languages Publishing House

M O S C O W

1 9 5 9

TRANSLATED FROM THE SECOND RUSSIAN EDITION

BY DAVID A. MYSHNE

DESIGNED BY V. DOBER

ПЛАТОНОВ КОНСТАНТИН ИВАНОВИЧ  
СЛОВО КАК ФИЗИОЛОГИЧЕСКИЙ  
И ЛЕЧЕБНЫЙ ФАКТОР

## CONTENTS

	<i>Page</i>
Preface .....	7
Introduction .....	10

### THE WORD AS A PHYSIOLOGICAL FACTOR

#### I. P. PAVLOV'S TEACHINGS ON SLEEP, HYPNOSIS, AND VERBAL INFLUENCE

<i>Chapter I.</i> SUGGESTION AS A CONDITIONED STIMULUS .....	15
<i>Chapter II.</i> SLEEP, HYPNOTIC PHASES, SUGGESTION .....	25
<i>Chapter III.</i> SUGGESTED SLEEP .....	39
Onset of Suggested Sleep and Emergence of the Rapport Zones.....	42
Depth of Suggested Sleep .....	49
Objective Signs of Suggested Sleep.....	52

#### INFLUENCE OF VERBAL SUGGESTION ON THE ACTIVITY OF THE CEREBRAL CORTEX

<i>Chapter IV.</i> GENERAL CHARACTER OF THE ACTIVITY OF THE CEREBRAL CORTEX DURING SUGGESTED SLEEP .....	68
Activity of the Cerebral Cortex at Various Stages of Suggested Sleep.....	72
Suggested Rest During Hypnotic Sleep .....	77
<i>Chapter V.</i> COUPLING FUNCTION .....	80
<i>Chapter VI.</i> ANALYSING FUNCTION .....	88
<i>Chapter VII.</i> DISTORTION OF PHYSIOLOGICAL REACTIONS .....	106
<i>Chapter VIII.</i> RELATIONS BETWEEN THE BASIC CORTICAL PROCESSES .....	120
<i>Chapter IX.</i> MOBILITY OF THE BASIC CORTICAL PROCESSES .....	131
<i>Chapter X.</i> CORTICAL PATTERNS .....	138
<i>Chapter XI.</i> TRACE PROCESSES IN THE CEREBRAL CORTEX .....	144
<i>Chapter XII.</i> ISOLATED TRIGGER POINTS IN THE CEREBRAL CORTEX .....	154

#### INFLUENCE OF VERBAL SUGGESTION ON SUBCORTICAL FUNCTIONS

<i>Chapter XIII.</i> INTERNAL ENVIRONMENT AND THE ACTIVITY OF INTERNAL ORGANS. 159	
Metabolic Processes .....	159
Reactions Connected with Digestion .....	170
Activity of Incretory and Excretory Glands.....	179
Respiration, Circulation, Cutaneous Trophics .....	187
<i>Chapter XIV.</i> COMPLEX UNCONDITIONED REFLEXES .....	198
Instincts .....	198
Emotions .....	205



## THE WORD AS A THERAPEUTIC FACTOR

	<i>Page</i>
<i>Chapter XV. COMPARATIVE EVALUATION OF PSYCHOTHERAPEUTIC METHODS</i> . . . . .	221
Psychotherapy on the Conscious Level . . . . .	225
Psychotherapy in a Drowsy State and During Suggested Sleep . . . . .	231
Therapeutic Value of Suggested Rest . . . . .	234
Reasons for Failure of Psychotherapy . . . . .	238
<i>Chapter XVI. METHODS OF VERBAL SUGGESTION</i> . . . . .	241
General Principles of Building the Formulae of Suggestion and Persuasion . . . . .	241
Administration of Indirect Suggestion . . . . .	245
Use of Autosuggestion and Dreams in Psychotherapy . . . . .	247
Methods of Sleep Induction and Awakening . . . . .	251
<i>Chapter XVII. PHYSICIAN AND PATIENT</i> . . . . .	256
Physician's Tactics . . . . .	256
Iatrogenia and Didactogenia . . . . .	262
<i>Chapter XVIII. NEUROSES AND THE FACTORS FOSTERING THEIR DEVELOPMENT</i> . . . . .	272
Significance of the Type of Nervous System . . . . .	276
Acute Affective States . . . . .	278
Phasic States . . . . .	281
Pathological Conditioned Reflex Bonds . . . . .	285
Endocrine Reorganizations of the Organism . . . . .	287
Heightened Suggestibility and Autosuggestibility . . . . .	290
Significance of Secondary Second Signal Re-elaboration . . . . .	292
<i>Chapter XIX. PSYCHOTHERAPY AND PSYCHOPROPHYLAXIS OF NEUROSES</i> . . . . .	298
Obsessive-Compulsive Neurosis . . . . .	298
Sexual Neurosis . . . . .	305
Post-Contusional Neuroses . . . . .	311
Occupational Neuroses . . . . .	315
Psychogenic Epilepsy . . . . .	319
Minor Neuroses . . . . .	322
Neuroses with Complicated Clinical Syndromes; and Methods of Psychotherapy . . . . .	324
Psychoprophylaxis of Neuroses . . . . .	348
Criticism of Freud's Teachings on Neuroses . . . . .	350
<i>Chapter XX. ROLE OF PSYCHOTHERAPY IN VARIOUS BRANCHES OF THERAPEUTIC</i> <i>MEDICINE</i> . . . . .	358
Suggestive Influence of Therapeutic Measures . . . . .	358
Organic Diseases of the Nervous System . . . . .	362
Mental Diseases . . . . .	372
Internal Diseases . . . . .	385
Surgical Diseases . . . . .	394
Psychotherapy in Obstetrics and Gynaecology . . . . .	399
Children's Diseases . . . . .	405
Skin and Venereal Diseases . . . . .	410
Medical Practice of the Physician at a Health Resort . . . . .	412
Practice of District Physician . . . . .	417
Conclusion . . . . .	420
Supplement . . . . .	425
Bibliography . . . . .	434

*Owing to the entire preceding life of the human adult a word is connected with all the external and internal stimuli coming to the cerebral hemispheres, signals all of them, replaces all of them and can, therefore, evoke all the actions and reactions of the organism which these stimuli produce.*

I. PAVLOV



---

## PREFACE

The present, second edition of this monograph is coming out more than 25 years after the first edition which was published in 1930, i.e., in the very beginning of the development of Pavlov's theory of two signal systems of reality. It is therefore but natural that the first edition could not adequately reflect this brilliant Pavlovian conception.

Moreover, we were impelled to publish the second edition by the new facts accumulated by physiologists, as they have elaborated various problems of higher nervous activity since then, and by the necessity of widely introducing Pavlov's physiological teachings into medical practice.

In preparation for the second edition the monograph was radically revised. It now contains a number of new chapters and essential changes and additions to the former parts. In outlining the sequence of our material, we deemed it necessary to show ways of eliminating functional disorders of the higher nervous activity of man by psychotherapeutic methods. In this our investigations were concerned both with the nearest subcortical region and the two signal systems of reality, the normal co-ordination of which underlies the healthy personality, the integrity of our "ego."

During 1925-1932 our experimental work was done mainly in the Laboratory of Physiology of Labour of the Ukrainian Psychoneurological Institute (headed by M. Denisenko), in the Physiological Laboratory of the Ukrainian Institute of Labour (headed by G. Volborth), in the Laboratory of Physiology of Higher Nervous Activity of the Department of Physiology of the Kharkov Pedagogical Institute (headed by Y. Katkov), and later in a number of laboratories of the Central Clinical Psychoneurological Hospital of the Ministry of Railways. Clinical and polyclinical observations were conducted during 1910-1954 essentially in the Psychotherapeutic Department of the Dispensary of the Ukrainian Psychoneurological Institute, in the Clinic of Nervous Diseases of the Kharkov Medical Institute and in the Department of Neuroses of the Central Clinical Psychoneurological Hospital of the Ministry of Railways.

It will be observed that not so many new experimental data have been accumulated since the publication of the first edition. Nevertheless, the *theory of suggestion* has attracted the attention of a wide circle of investigators, especially physiologists, physicians and teachers, because we are now already in a position adequately to understand and appreciate problems of psychotherapy, hypnosis and suggestion in particular.

Far be it from us to think that the material of the monograph can offer an exhaustive solution of the problems of psychotherapy and of the problem of neuroses closely connected with it. We only offer points of departure which may serve as a stimulus for further and deeper elaboration of these problems. Nevertheless, the monograph summarizes our experimental and clinical work done in this field over more than 40 years. It was precisely in 1910, when, on V. Bekhterev's advice, we completed in his clinics our dissertation, one part of which was devoted to mechanisms of verbal suggestion in *suggested sleep*, that our research work in this sphere began. We are certainly fully aware of the fact that a successful solution of all these complicated problems is possible only by continued joint creative work of physiologists and clinicians on the basis of Pavlov's physiological teachings.

The object of our monograph is to show precisely what psychotherapy can and does effect under certain conditions. Not only somatologists but frequently even psychiatrists, have inadequate knowledge of the efficacy of psychotherapy. In order that the methods of psychotherapy be extensively introduced into medical practice, we need facts directly testifying to its efficacy. It has been our object to give these facts since, according to Pavlov, "facts are the breath of life for the scientist." At the same time, we intended to acquaint the reader with our methods of studying and employing psychotherapy on the basis of Pavlov's teachings.

Considering the fact that the results of psychotherapy have thus far been insufficiently palpable for many physicians, we are stressing the method of therapeutic verbal suggestion with patients not only in the waking state, but also, and mainly, during suggested sleep. It is precisely the method of hypnosuggestive therapy in the light of Pavlov's teachings on the higher nervous activity that has now been most scientifically substantiated and produces, in corresponding cases, the fastest and stablest effects satisfying both to the patient and the physician. In order to combat the reserved and sometimes even sceptical attitude to this method still prevailing among physicians we cite numerous facts and try to elucidate them from the physiological positions of Pavlov's school. In addition, we also took into account V. Bekhterev's instructions and invariably based ourselves on his numerous works. It is well known that V. Bekhterev persistently used various methods of psychotherapy, particularly verbal suggestion in a hypnotic state, till the very end of his life.

Of course, it must not be thought that psychotherapy produces a positive effect in every case. If we cite mainly positive results of psychotherapy in certain parts of the monograph, we do so not only to show the degree of its efficacy in corresponding cases, but also to analyse the *mechanisms* of this influence.

Our monograph also aims to emphasize that medicine has essentially four basic therapeutic methods: drugs, surgery, physiotherapy, and psychotherapy, and that psychotherapy, particularly suggestive therapy, runs through all the other therapeutic methods.

We shall therefore consider ourselves highly gratified if our modest contribution attracts the attention of physicians of various specialities and impels them extensively to introduce the methods of psychotherapy and psychoprophylaxis into their daily work.

The enormous significance of the theory of higher nervous activity demands our greatest efforts in making it available to all divisions of clinical medicine, particularly to the clinic of neuroses, these main objects of psychotherapy.

We assume that the material on the theory of suggestion as a physiological and therapeutic factor hereby offered to the readers, may be of certain interest and significance not only to physicians but also to teachers and other specialists closely connected with problems of educating man.

In conclusion, we consider it our pleasant duty to express our heartfelt gratitude to all our closest associates, participants in our common work done since 1923: I. Velvovsky, P. Galperin, D. Gubergrits, Z. Zakamennaya, P. Istomin, L. Kvint, P. Kryuchkovich, A. Matskevich, M. Paikin, F. Tseinskaya, A. Tsinkin, and R. Shlifer. This work was subsequently done by I. Apter, A. Breslav, N. Zelensky, Y. Katkov, K. Katkov, A. Konstantinova, Z. Kopil-Levina, I. Murakhovskaya, A. Prusenko, M. Truten, N. Utevsy, M. Khaimovich, I. Khalfon, and M. Kholodenko. Last but not least, M. Amstislavskaya, Y. Voronina, M. Kashpur, K. Lavrova, and A. Sosedkina took a very active part in this work after the war.

It will be noted that physicians of other specialities answered our appeal to introduce the methods of psychotherapy into their therapeutic practice. In this connection mention can be made of obstetricians M. Vigdorovich (Leningrad), M. Miloslavsky, A. Motsak, V. Ploticher, K. Pronayeva, and M. Sirkin (Kiev), I. Tsvetkov, M. Shestopal, and E. Shugom (Kharkov); surgeons S. Berg (Simferopol), G. Gurevich, I. Mastbaum (Kharkov), and F. Sivenko (Belgorod); internists A. Geniyev (Baku), S. Yoffe (Lvov), V. Shapiro (Serpukhov); dermatologists N. Bezyuk (Kiev) and I. Zhukov (Sochi-Khosta); psychiatrist I. Mezin (Stanislav); psychoneurologists V. Kislov (Donbas, Piatigorsk) and A. Troshin (Sverdlovsk) and psychologist M. Lebedinsky. Psychiatrist A. Gotsiridze (Tbilisi) with his numerous pupils (N. Veshapeli, I. Nikolava, Y. Ter-Ovakimov, et al.) worked in contact with us for many years.

Y. Katkov and V. Poderni actively participated in the publication of the second edition of the monograph, and we took advantage of their advice in difficult cases. The various theoretical problems which had to be elucidated in the new edition of the monograph were elaborated in association with them. We hereby express our special gratitude for all they have done.

We are also very thankful to A. Volfovsky, who volunteered to examine our manuscript and gave us a number of valuable suggestions.

May 1955

Author

---

## INTRODUCTION

Psychotherapy is one of the oldest methods of treatment, and great importance has long been attached to it. The important part played by the psychic factor in the development of morbid states and in their treatment had been pointed out by many outstanding medical workers. But whereas the possibility of favourably affecting the patient and the morbid processes in his body by the suggestion of a physician is now, apparently, no longer doubted, the mechanism of the verbal influence is still insufficiently clear.

Nor are the limits of psychotherapy very clear, and hence, the contradictory and not infrequently incorrect ideas about the essence and importance of various methods of psychotherapy (suggestion in the waking state and under hypnosis, rational psychotherapy according to Dubois, etc.) in the treatment of functional disorders of the higher nervous activity.

It will be observed that of all the therapeutic methods the processes underlying psychotherapy are the most difficult to study objectively. Until recently, psychotherapy was thought to be inaccessible to objective evaluation. For this reason, the influence on the state of the patient's cortical dynamics could not always be in any way objectively recorded.

At the same time, there has been no agreement until very recently in understanding the essence of the functional disorders of the higher nervous activity, as there has been no precisely established nomenclature or classification. This can naturally explain the difficulties of a psychotherapist in analysing the disease and in choosing a rational method of psychotherapy in each particular case.

However, the main reason impeding the scientific substantiation of psychotherapy in the past was the dualistic view of the nature of the human personality prevalent at that time. It was primarily expressed in the subjectively psychological understanding of the laws governing psychic processes both in their normal and pathological manifestations, this understanding being severed from the physiological basis.

It was only with the further development of Pavlov's physiological teachings on the higher nervous activity that psychotherapy entered on a new path which has made possible the materialist understanding of the underlying mechanisms and which has opened new and extensive practical possibilities. Pavlovian physiology has created a physiological basis and has discovered the mechanisms of higher nervous activity permitting of

an understanding of the essence of psychotherapy and its proper application.

Soviet psychotherapy has developed under conditions entirely different from those in foreign countries and in pre-revolutionary Russia. It is being built on the basis of dialectical materialism, a materialist teaching of the higher nervous activity, the unity of the mind and body, and the determination of consciousness by the conditions of life.

It has therefore resolutely discarded the harmful idealist conceptions of foreign psychotherapy (Freud, Adler, et al.) which misinterpret the theory of neuroses and the methods of psychotherapeutic aid. It is well known that in their time these conceptions muddled the idea of the nature of neuroses and their treatment to such an extent that these problems long seemed insoluble.

V. Bekhterev (1911, 1915, 1929), who is rightly considered the founder of Russian psychotherapy, regarded Freud's teachings critically. As a psychoneurologist he outlined some important requisite conditions and possibilities for using psychotherapeutic methods and the direction of their further development.

It must be admitted, however, that before Pavlov's teachings the investigation and understanding of the complexity of the structure of human personality and the diversity of inborn and acquired type peculiarities of the nervous system, like the complexity and variability of the concrete conditions in the relations of the human organism to its social and physical environment, presented absolutely insurmountable difficulties. And only on the basis of the physiological research of the Pavlovian school have we now become able to disclose the concrete structure of a neurosis and the concrete mechanisms of its origin and development.

The achievements of Pavlovian "real physiology" of the brain have forced us radically to change our approach to the study of neuroses and the use of psychotherapy with the result that psychotherapeutic aid, as it is administered today, has become an efficient method of treatment.

It will be noted that psychotherapy is effective not only in cases of functional disorders of the higher nervous activity, but also in psychogenic disorders of the functions of various organs and systems. Many laboratories are now undertaking research which is helping to substantiate psychotherapy and, at the same time, psychoprophylaxis (A. Ivanov-Smolensky, N. Krasnogorsky, S. Davidenkov, F. Maiorov, B. Birman, L. Gakkel, V. Myasishchev, Y. Povorinsky, et al.).

It will subsequently be shown that in connection with the study of suggestion as a physiological and therapeutic factor and with the analysis of the mechanisms of functional disorders of the activity of the higher divisions of the central nervous system, the methods of psychotherapy are receiving a sound physiological basis.

We are growing increasingly convinced that suggestion is sometimes an extraordinarily potent therapeutic factor exerting a direct influence on the nature of the dynamics of the cortical processes. This offers an immediate opportunity for reorganizing the physiological processes, including a mobilization of the necessary inner resources in the patient's organism.



The suggestion of the physician, considering the most important peculiarities of the closest and remote anamnesis of the patient, may acquire great therapeutic importance which is not fully understood and appreciated as yet.

Our book aims at bringing the reader closer to the understanding of the mechanisms of physiological and therapeutic influence of suggestion. We have undoubtedly not yet fully mastered the methods of influencing the higher nervous activity of man by suggestion. This is the task of further research.

By summarizing in this work our 45-year experience of successfully using psychotherapy, we have done all we could to stimulate a more extensive and deeper elaboration of the problems of the theory and practice of psychotherapy, particularly the methods of suggestion and hypnosis; we have also done our best to pass it on to others. We have set ourselves the task of showing that the use of psychotherapy along with other scientifically substantiated methods of treating the sick is now absolutely necessary for Soviet medical science. Acquaintance with the methods of psychotherapy is important not only to psychoneurologists, who are especially treating neuroses, but also for physicians in all other branches of medicine because in the light of the theory of the unity of mind and body any somatic disease is indissolubly connected with the state of the patient's higher nervous activity.

We deem it necessary especially to emphasize that, as practice shows, narrow localistic ideas still prevail among physicians, including psychoneurologists. These ideas not infrequently force the physician to search for an organic nature of the disease where it is really functional. We must also make special mention of the fact that physicians still underestimate the role of the psychotraumatic factors in the origin of various disorders of the functions of the internal organs and systems. The physician's suggestion, which is not infrequently the source of iatrogenic diseases, is also underestimated.

All in all, our book presents an attempt to activate therapeutic thinking in this direction. We are aware of all the difficulties. But work in this direction is very thankful, because by helping in the treatment and cure of the sick it may prove highly fruitful and within much wider limits than it may at first appear.