

Returning now to the question of treatment, we may first define the relation of suggestion to psycho-analysis. As in this treatment various repressed affects, which have arisen in past experiences of the patient with other people, are one by one transferred to the physician, they are traced to their source, when the patient realises their evidently sexual nature. He thus obtains control over the secret wishes and desires that previously had found unsatisfactory expression in the creation of different symptoms, and they are now free to be applied, by "sublimation," to non-sexual, social aims. The criticism sometimes made, that the brilliant results of psycho-analysis are merely brought about by suggestion, betrays a complete ignorance of what actually happens, and is easily answered by the following objective consideration. Most members of the Freud school had practised with various forms of suggestion and hypnotism before learning the psycho-analytic method, and their experience is unequivocal as to the remarkable difference in the results they can obtain in the two ways. It would be absurd to maintain that suggestion is enormously more potent when unconsciously used by the physician than when he consciously cultivates it with all the means in his power: further than this, the affective *rapport* due to transference, which is the very substance of suggestion, is in psycho-analysis deliberately observed, and its effects neutralised as they arise.

Janet has convincingly shown in the case of hypnotic treatment that the beneficial results obtained essentially depend on the somnambule influence, or preoccupation with the thought of the physician, which is identical with what we have called affective suggestion, *i.e.*, the transference of positive affects. Investigation of patients that have been treated by various methods enables one to formulate the general statement that in all except the psycho-analytic the same rule holds, namely, that affective suggestion is the principal cause of the beneficial results; this applies both to the different psycho-