

phraseology we may say that the effect of the original complex is inhibited, and so becomes transposed on to an indifferent mental process. This indifferent mental process has now become invested with the strength of feeling that properly belongs to the original complex, and so may be said to replace the complex. Thus arises what Professor Adolf Meyer calls a substitution neurosis, in which an abnormal outlet has been found for a pent-up affective process. The outlet may be in a purely mental direction, in which case we have such a symptom as a phobia, or towards various bodily processes, a condition that Freud calls conversion-hysteria, in which case we have such symptoms as a tremor or a paralysis. In the symptom the patient obtains a certain unconscious gratification of the suppressed wish, and this means of obtaining the gratification, however perverse and abnormal it may be, is still the only means possible to the patient under the circumstances. This fact explains the obstinacy with which such a patient may instinctively cling to his symptoms, and is one of the causes of the resistance that the physician encounters when trying to remove these. I need hardly remind you that the obstinacy is often erroneously interpreted even by physicians as indicating mere wilful perversity, a mistake that does not conduce to success in treatment. Not only does the observer commonly fail to understand the significance of the symptom, but the patient himself has no knowledge of its meaning or origin. In fact, *enabling the patient to discover and appreciate the significance of the mental process that manifests itself as a symptom is the central aim of the psycho-analytic method.*

In carrying out this method several procedures may be adopted according to circumstances. The hypnotic state, for instance, may be utilised in the search for forgotten memories. Only a very few of those acquainted with the psycho-analytic method employ this procedure at all extensively, for it has grave disadvantages which I need not here discuss. Personally I employ it only as a rare exception and for special reasons; under certain cir-