

**FROM SHAKESPEARE TO GRODDECK:
300 YEARS OF PSYCHO-SOMATICS.**



“And when the mind is quickened, out of doubt
The organs, though defunct and dead before,
Break up their drowsy grave and newly move.”
Henry V.

Physical, mental. What power lies in a word! People used to think -perhaps some do so still- that the human body is like a house for the soul to dwell in, but even if one accepts that belief it does not follow that it is the body which becomes ill, for if so a corpse could produce a disease, whereas at most it can be damaged. To me the terms body and mind are purely relative, certainly not antithetical. The It is all that counts, and when I speak of body and mind I think of them only as phenomena -or if you like, functions- of the It; for most purposes however, I find it enough to use a word which includes them both, the word “life”.

Although medical science still holds to the distinction between physical and mental therapy, I would assume no greater difference between them than between a Rhine wine and a Moselle.

GEORG GRODDECK, M.D., The World of Man.

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