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July 15, 1964

Professor Necmettin Polvan
Department of Neuropsychiatry
University of Istanbul
Istanbul, Turkey

Dear Professor Polvan:

I was very pleased to receive your kind invitation to visit during my forthcoming trip to Europe. Dr. Itil has spoken most highly of your programs, and has described the beauties and pleasures of Istanbul so well, that I am delighted to accept your invitation.

I have had some difficulty in making arrangements, but it is now established that I will be arriving in Istanbul on Thursday, August 13. I am scheduled to leave Istanbul at noon on Sunday, August 16. I will be pleased to visit with you on Friday.

There are two subjects of great interest to me, and I would be pleased to discuss either one with you. For many years, I have been interested in the mode of action of convulsive therapy in the treatment of the mentally ill. In this, I have come to the view that convulsive therapy is a form of controlled trauma to the nervous system, and that the beneficial effects are the result of the brain changes induced. These changes are best reflected by chemical changes in spinal fluid, electrographic, linguistic and psychological tests, and behavioral patterns.

My other principal interest is in the extension of this theory to the mode of action of psychotropic drugs. For the past few years I have devoted most of my research energies to the analysis and evaluation of the patterns of brain wave changes with psychotropic drugs. I would be pleased to describe the various patterns found as well as the many new methods, including computer analysis for EEG analysis. It was through these studies that I came to know Dr. Itil, and I am most grateful for his excellent collaboration.

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My wife and son will be with me on this trip, and for this reason I have requested accommodations at the Istanbul-Hilton.

I look forward to seeing you next month.

Sincerely yours,

Max Fink, M. D.
Director

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