

June 2, 1969

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Dear Alex,

It was a pleasure to participate in the CINP program committee with you and I believe the final program to be a well balanced one.

As we discussed, I am enclosing some reprints of our ECT studies. The hypothesis proposed in 1957 - the neurophysiologic-adaptive - tried to encompass the available biochemical-psychologic data as well as the interest in psychologic neurohumors. The recent observations that drugs altering brain function can directly alter psychologic mechanisms lend more weight to the first part of the theory and less to the second.

In 1959-60 I was impressed with the data of the cholinergic mechanisms and especially by the results of my studies with anti-cholinergic drugs. Perhaps the same results could have been achieved with sympathomimetics (indeed, LSD did antagonize ECT produced EEG slowing) but I did not study them carefully.

When no new data appeared by 1965 I submitted the draft for publication, and a copy is enclosed. Perhaps it is time to reassess the ECT process with as much enthusiasm as sleep, lithium therapy and monoamines have received.

My best regards.

Sincerely yours,

Max Fink, M.D.
Professor of Psychiatry

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