

selves, the 'feeling' of their lives, their characters, their illnesses, their responses – the essential qualities of their strange situation.

The general style of this book – with its alternation of narrative and reflection, its proliferation of images and metaphors, its remarks, repetitions, asides, and footnotes – is one which I have been impelled towards by the very nature of the subject-matter. My aim is not to make a system, or to see patients as systems, but to picture a world, a variety of worlds – the landscapes of being in which these patients reside. And the picturing of worlds requires not a static and systematic formulation, but an active exploration of images and views, a continual jumping-about and imaginative movement. The stylistic (and epistemological) problems encountered have been precisely those described by Wittgenstein in the *Preface to Philosophical Investigations* when he spoke of the necessity of depicting landscapes (thoughtscapes) by images and 'remarks':

. . . This was, of course, connected with the very nature of the investigation. For this compels us to travel over a wide field of thought criss-cross in every direction. The . . . remarks in this book are, as it were, a number of sketches of landscapes which were made in the course of these long and involved journeyings. The same or almost the same points were always being approached from different directions, and new sketches made . . . Thus this book is really only an album.

Running throughout the book is a metaphysical theme – the notion that it is insufficient to consider disease in purely mechanical or chemical terms; that it must be considered equally in biological or metaphysical terms, i.e. in terms of organization and design. In my first book, *Migraine*, I suggested the necessity of such a double approach, and in the present work I develop this theme in much greater detail. Such a notion is far from new – it was understood very clearly in classical medicine. In present-day medicine, by contrast, there is an almost exclusively technical or mechanical emphasis, which has led to immense advances, but also to intellectual regression, and a lack of proper attention to the full needs and feelings of patients. This book represents an

attempt to regain and restore this metaphysical attention.

I have found the writing unexpectedly difficult, although its ideas and intentions are simple and straightforward. But one cannot go straight forward unless the way is clear, and the way is *allowed*. One struggles to gain the right perspective, focus, and tone – and then, one loses it, all unawares. One must continually fight to regain it, to hold accurate awareness. I cannot better express the problems which have challenged me, and which my readers must challenge, than in the splendid words of Maynard Keynes in the *Preface to his General Theory*:

The composition of this book has been for the author a long struggle of escape, and so must the reading of it be for most readers if the author's assault upon them is to be successful – a struggle of escape from habitual modes of thought and expression. The ideas which are here expressed so laboriously are extremely simple and should be obvious. The difficulty lies, not in the new ideas, but in escaping from the old ones, which ramify, for those brought up as most of us have been, into every corner of our minds.

Force of habit, and resistance to change – so great in all realms of thought – reaches its maximum in medicine, in the study of our most complex sufferings and disorders of being; for we are here compelled to scrutinize the deepest, darkest, and most fearful parts of ourselves, the parts we all strive to deny or not-see. The thoughts which are most difficult to grasp or express are those which touch on this forbidden region and re-awaken in us our strongest denials and our most profound intuitions.

O.W.S.

New York  
February 1973

3. Instructions how to pour the PDF and commonly found object

- rub gluestick on rock
- press PDF page to glue
- paper will wrinkle and fold to fit contour of rock

Rock  
Paper  
Gluestick

