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March 5, 1952.

Dear Dr. Fogel:

Thank you very much for the prescription for the Strophantus. I shall collect as much as possible.

Regarding the re-examination and follow-up therapy; why continue making a patient out of me when you have done such a good job of curing me? Now that the physical has been disposed of, I must go on from there. Truthfully though, a physical examination for me, is a much worse ordeal than the dentist chair, and always completely spoils the whole day for me. Silly I know, but nevertheless the fact remains.

During the past year, you have been thrust into the position of "father-confessor" as well as that of physician; and for a person who is naturally as reticent as I, perhaps I have said more to you about my thoughts and plans, etc. than is usual for me. Now I am going to ask you to bear with me just this once more while I "think aloud" on paper.

If a psychiatrist, who did not have your knowledge and understanding, could read this, I am sure he would classify it as material for a case paper, and the writer as a possible guinea pig for future study. But my confidence in your understanding permits me to risk writing my thoughts to you.

I have recently been reminded several times of the admonition I received while in the hospital last May - - - "This regeneration which is taking place is for one purpose only, service". While I have floundered around a great deal, striving to understand the meaning of some of the severe tests and trials which I have been going through, I have come up with the following explanations: The very things which all my life I have run away from, or avoided, are the very problems which now I am compelled to face and resolve. Also, the physical disturbance of the thyroid gland and its regeneration, necessarily has had its affect and involves for the time being, all of the glands of the body. My supreme task now, is to make certain this abundance of energy is neither misdirected nor misused, and to see that the proper balance is maintained. That is a real task! Lack of experience in these things forces me to rely on higher guidance for strength and direction, and fortunately this is always available when asked for.

You have helped me so very much in my physical problems, but the rest, I must do myself. My work for the coming year has been mapped out for me, and I am so in earnest about the fulfillment of this task, that I would not hesitate to risk my very life to carry it out. Please wish me God-speed and call it a day. The rest is my job, and must come from within.

Knowing you, has been one of the fine experiences of my life, and I shall always think of you with a feeling of warmest friendship.

Most sincerely yours,

*Louise Spatz*