

Rosemary Douse, our former Bookshop manager, sent this writing sample with the comment:

"I thought you might like to see this interesting piece of writing I came across today. It's an original letter that was tucked into a book written by the writer in 1937." From the address at the top, it is assumed he was a doctor

In the book he says: "Even handwriting tells the story of the mind behind the pen, and there is both art and science in calligraphy, if it has not been made more dead by those fixed forms of stylized script which are still taught in schools."

Tracey Yuille, who earned her M.B.I.G. (Dip) in 2008, has done some research on the writer and sets the scene before providing her analysis.

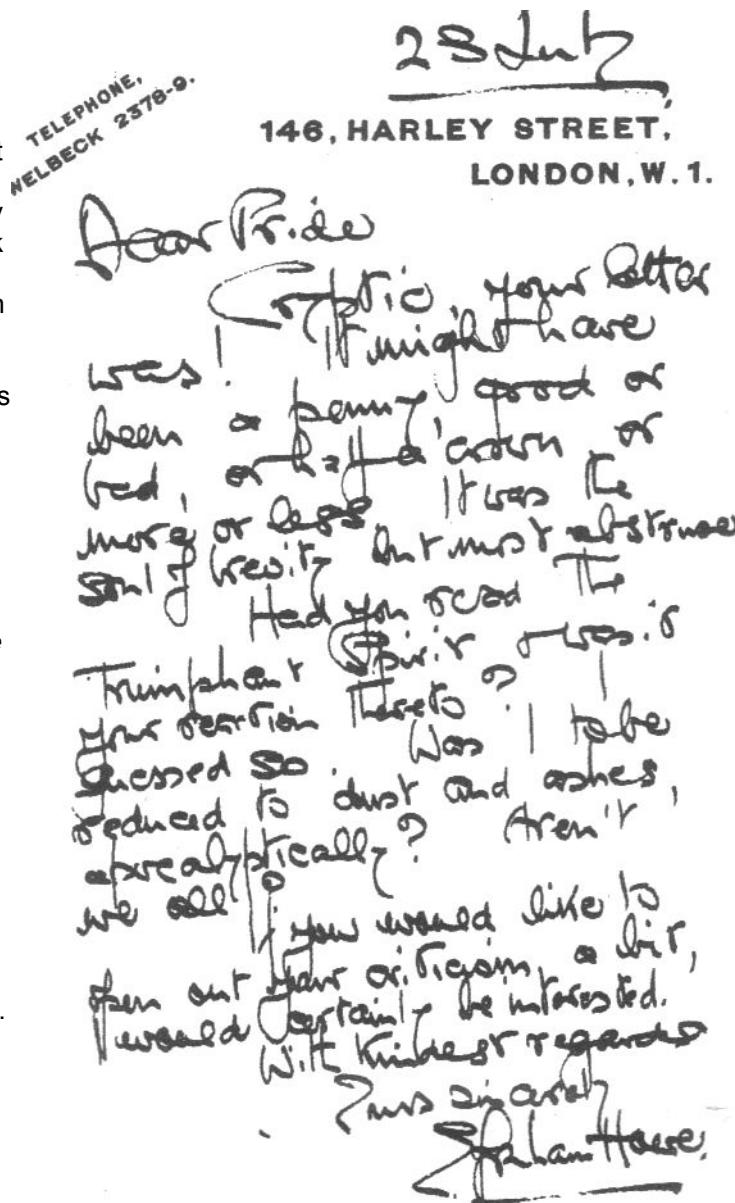
Dr. Eric Graham Howe, an eminent Harley Street psychologist, was born in England in 1896. In early 20th-century Britain, interest in psychoanalysis was high, leading to the formation of the famous Tavistock Clinic in 1920. E. Graham Howe was one of the clinic's founders and the first to publish articles on psychotherapy. At the same time, he was attacked by the "scientific" psychiatry and psychoanalysis communities because he took concepts derived from spiritual practice and existential phenomenology and applied them to an understanding of psychotherapy.

Howe's writings included more than a dozen books and countless articles on a broad range of subjects from schizophrenia to Asian spiritual practices. Through these works he exerted a profound influence on intellectuals such as R.D. Laing, Alan Watts, and Henry Miller, to name a few. Howe also wrote in a simple and clear style, making his work accessible to the general public. His books include *Motives and Mechanisms of the Mind*, *Morality and Reality*, *The Open Way*, *War dance; a study of the psychology of war* and *The Triumphant Spirit* (referred to in Rosemary's original letter). *The Druid of Harley Street* samples the best of his essays, offering timely insights for followers of Jung, Roberto Assagioli, and Mark Epstein; students of somatic therapies; and spiritual and meditation practitioners. The book also offers a fascinating glimpse of a great mind, the notable people in his life, and the heady times in which he lived. A commissioned BBC radio lecturer during World War II, he died in 1975.

An extract that he wrote in his book, the *Invisible Anatomy*:

'In the course of their work many psychologists have found, as the pioneer work of C.G. Jung has shown, that we are near to [the] Buddha. To read a little Buddhism is to realize that the Buddhists knew two thousand five hundred years ago far more about our modern problems of psychology than they have yet been given credit for. They studied these problems long ago, and found the answers too. We are now rediscovering the Ancient Wisdom of the East.'

In *The Collected Works of C.G. Jung*, and with reference to *The Tavistock Lectures*: Professor Jung says "I could wish Dr. Graham Howe were not so indiscreet. You are right, but you should not say such things. As I explained, I tried to begin with the mildest propositions. You put your foot right into it and speak of four dimensions and of the word 'mystic' and you tell me that all of us would have a long reaction time to such stimulus words. You are quite right; everybody would be stung because we are just beginners in our field...." Dr Howe responds: "This audience would like you to be provocative. I am going to say a rash thing..."



Rosemary's original letter dating back to 1937 gives us an invaluable glimpse into the individual. This is my interpretation of his personality, and having sourced the writer on the internet, I found it particularly interesting to see how many of his handwriting movements corroborate the extracts above -

A VERY warm man with a rich inner sensory world (*large, pasty, broad, primary thread*) - someone with an indomitable spirit (*rising baselines*) who knew how to enjoy his life. He enjoyed a high profile position and being able to publicly show off his keen mind (*large size, small arrogance arcades, some UZ fullness, originality*) He would have been intensely absorbed in his work and relationships (*pasty, connected, connectedness between words, tangling*), needing self expression through lively discussion and debate, and through his writing (*closed ovals*). He was restless (*irregular spacing, dominant and fluctuating LZ with inter-linear entanglement – Freud's over-powerful Id*). He was proud, strong and assertive (*large capital letters, broad, large size*) and blunt at one end of the spectrum and downright contentious and argumentative, (*large potlids*) prone to explosive outbursts (*flooded ovals*) at the other. He did like to have the last word (*full stop at the end of his signature*) and sometimes found it difficult to know when to throw in the towel (*occ over-connected with connected words, dom LZ, rising baselines, left slant varying, defiant K, potlids*). The *upright/ left slanting MZ* would have ensured his composure for the benefit of getting to the crux of the matter, although equally highlighting his desire to be true to himself and remain independent – his own man. Facts were very important to him, and particularly with regard to how the facts directly affected people – specifically his patients (*extravert sensing/ feeling type, short 'd's, upward end strokes*). His rich imagination was enhanced by his capability of carrying ideas and beliefs through to a practical conclusion (*full UZ combined with completed LZ loops, short'd' stems*). There is evidence that the writer felt isolated and sensitive to criticism at times (*PPI's in splendid isolation, vanity loops*), but he was never going to defer to anyone and maintained upbeat (defiant) optimism (*rising baselines, defiant K, convex t bars, left slant varying*) irrespective of how he may have felt inside.