after the beginning of the project. In brief, the investigators concluded that the drugs made a great difference, bringing about definite improvement in a fourth of the chronic patients, whereas an active milieu, with an atmosphere of encouragement, hope and social interaction, but without drugs, failed to produce improvement within six months. These findings are surprisingly at variance with results obtained in Britain (especially those of Wing and his colleagues, to whose publications the present authors do not refer). It may be surmised that, as Professor Greenblatt suggests, the abrupt intervention which plucked patients from the familiar surroundings in which they had lived for years and transferred them to another, alarmingly bustling hospital, may in many cases have had a traumatic rather than a stimulating and encouraging effect.


Dr. Astrup quit the beaten track in his monograph on schizophrenia, which contained the findings of his conditional reflex experiments. He has also carried out valuable diagnostic studies, but it is in his mastery of the theory and application of Pavlovian principles that he is equipped to enliven and enrich psychiatric research. The present book is a constructive effort at synthesis and exposition. After an initial chapter on basic concepts, the experimental animal neuroses are described, and then cortico-visceral mechanisms. In the ensuing chapter, on 'Higher nervous activity in man', there is less reference to Luria than one would have expected, and a rather bold assertion that the chief importance of studies of higher nervous activity in man lies in their bridging the gap between psyche and soma. Applications of the theory and method in psychiatry, and the effect of drugs take up the next two chapters, and there is a final chapter on experiments in psychotherapy: here Wolpe is given serious attention, but those who state that 'brain washing', suggestion, and psychotherapy can be accounted for by assuming an ultra-paradoxical phase in cortical trans-marginal inhibition are sharply rebuked.

This is a masterly compendium, which opens the door to much inviting research. The author's personal contributions in this field, his familiarity with the Russian literature (attested by the 1,100 references in his previous book and the 440 in this book) and his broad-based clinical training give this book authority.

**BOOKS RECEIVED**

(Review in a later issue is not precluded by notice here of books recently received.)


