their short-comings as therapists: the author has collected his and attempted to learn from them.

A hundred of the least successful cases were selected from those attending the out-patient clinic of the Women's Medical College of Pennsylvania, and simple statistics are provided about them. The greater part of the book is, however, taken up with detailed case histories of 10 patients. The patients attended over a period of 16 years: in the first eight, treatment was mainly by one or other form of brief psychotherapy; in the last years mainly by drugs. The case histories support the author's contention that they were a most intractable group.

The main conclusion is that there are many patients whose symptoms run a chronic course, unmodified by any treatment, who nevertheless maintain a reasonable social adjustment provided that they are offered more or less continuous support. Psychoanalysis cannot change their personality: palliative treatment can help them to live useful lives. The author further maintains that these patients cannot make this adjustment without long-term psychiatric treatment. This follows less clearly from his results, because there were no control patients and the group contains both schizophrenics and neurotics, whose treatment needs differ. He maintains that the skills needed to treat these patients supportively are possessed by physicians and general practitioners as well as by psychiatrists, and points out that in any case the large number of neurotic patients in the community cannot be treated with time-consuming methods of intensive psychotherapy.

Experienced psychiatrists and general practitioners will find little new in this book, but some of the individual case histories might help newcomers to see the treatment of chronic mental illness in the perspective of time, and to understand how palliative treatment can help patients to adjust to their social circumstances even though they retain their symptoms and their personality disorder.

M. G. GELDER


This monograph is a continuation of the study of anxiety and its bodily manifestations carried out by Dr. Persky (who is a biochemist) and his colleagues in Chicago 10 years ago. He has been assisted in the present investigation by a psychiatrist and a psychologist. The subjects were student nurses aged 19; they volunteered for the experiments, and were, as far as psychological tests indicated, mentally healthy. Since in each of the five experimental projects hypnosis was used to induce a state of anxiety, they had to be hypnotizable. The degree of anxiety induced in them by verbal suggestion was assessed clinically and by inventories and projective tests; concurrent endocrine changes were looked for in the level of plasma hydrocortisone and in the blood A.C.T.H. determined by bio-assay.

The findings were not clear-cut; they suggested that under conditions in which there is little initial anxiety, the production of anxiety under hypnosis is accompanied by an appreciable rise in plasma hydrocortisone level. In reviewing their experiments the authors show laudable caution and sophistication; subsequent investigations will be able to profit from the technical and methodological points which they have clarified.


Until the latter part of the nineteenth century, hypnotic treatment simply meant suggesting to the patient, directly or indirectly, that his symptoms would improve. With Mesmer such suggestion was indirect, being implied in the whole frenetic setting of the encounter between patient and magnetist, but by the time Liébeault and Bernheim were publishing their reports from Nancy, direct suggestion was the very essence of hypnotherapy. In the west the Nancy teaching had only brief ascendency; as the influence of psycho-analysis increased, the removal of symptoms was considered to be ill-judged and hypnosis was regarded as dangerously loaded with erotic arousal.

In America attempts have recently been made to rehabilitate it, and in this movement Dr. Schneck has played a distinguished part. His intention has been to show that modern hypnotic treatment, far from being the crude didactic business known to Bernheim, employs the sophistications of psycho-analysis: proper understanding of transference and counter-transference and skill in interpretation are, he insists in this monograph, essential to the practical of 'hypnoanalysis'.

Glancing back at history, however, one wonders what part suggestion plays in this latter-day hypnotherapy, a question which Schneck, despite a scholarly historical introduction, does not sufficiently explore. He tells us, for instance, that treatment of a cat phobia involved the patient in the discovery that the animal was 'the concept of the phallic mother'. Such an interpretation purports to uncover specific psycho-dynamics, but is it covert suggestion? Bernheim is banished, but Mesmer still lurks in the shadows.

GRIFFITH EDWARDS

LA RELATION MÉDIQUE-MALADE AU COURS DES CHIMIO-

Psychopharmacological conferences, generously supported by drug firms through the agency, or at the request, of university departments, are a common feature of the psychiatric scene. At most of them nothing new or arresting is said, though the proceedings are subsequently published in full in a well-edited volume. The Franco-Swiss conference here reported, which was held last year in Lyons, is much less pharmacological and more psychologically than is usual; this might be expected since the main theme was the doctor-patient relationship in chemotherapy, a topic which invites psychodynamic reflections rather than chemical or physiological exposition. The conclusion drawn from the papers and round-
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