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.

**THE PRINCIPLES AND PRACTICE OF HYPNOANALYSIS**


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 Liébeaut 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**

**HYPNOTIC INDUCTION OF ANXIETY**


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,
table discussion was that the organic and the psychodynamic approaches need to be integrated. It might also be concluded that a mountain of words on a psychiatric topic sometimes gives birth to a mouse.

The psychiatric classic records one of the most dramatic examples of an erroneous theory leading to a valuable experiment and deduction. The feral boy whom Itard hoped to re-train in human ways turned out to be a defective whom he could educate: what had been intended as a test of Candillac’s philosophic theory became an anticipation of Séguin’s practical measures. The unaffected enthusiasm and benevolence of Itard is well conveyed by his frank narrative, here admirably translated.

Disorders of thinking in schizophrenics have been much studied in Anglo-American psychiatry, disorders of speech much less so, though it is through his speech that the patient’s abnormal mode of thinking is revealed. German and French psychiatrists have given much attention to the linguistic anomalies in schizophrenia, and the term ‘schizophrenia’ was adopted by Kraepelin under the influence of Kleist and Bleuler, to describe an atypical late stage of schizophrenia in which speech is impenetrably confused, yet the patient’s manner, gestures, and intonation seem normal. Dr. Flegel bases his study on three such patients. He uses the concepts and methods of linguistic analysis with much attention to grammatical structure, meaning, and expression. His monograph is hard going: but as he points out in his Preface the material he has to work on is stubborn.

This monograph from the Oklahoma Institute of Group Relations is a learned and solid contribution to a vague subject. The authors do their utmost to penetrate and dispel the vagueness. They define their concepts, adduce their own extensive research observations and studies, and apply quantitative methods of analysis. The findings have an obvious relevance to many problems that are of contemporary interest, from market research to health education. But the merits of the book are also, for medical and other non-psychologist readers, its demerits. It is severely technical in its terminology, and consequently it is hard going. The struggle to become familiar with its language and methods is, however, rewarding, especially for those engaged in studying the social problems of disease and rehabilitation in the community.

AUBREY LEWIS

Dr. Moreno has been a prolific writer on group treatment, psychodrama, and sociometry. The contents of this book (translated from German) are already well known from his writings in English. The mixture of seminal ideas, techniques, clinical records, and religio-philosophical theory make a characteristic, curiously personal document, which scarcely fits into any of the familiar categories of medical or psychological literature.

AUBREY LEWIS

Dr. Vail, who is Director of Medical Services in Minnesota, is a shrewd and fair-minded inquirer. He has done his best, by personal contacts and study of suitable reports, to find out how our psychiatric services work, and his account deserves the praise Dr. Maxwell Jones gives it in his tacitful foreword. It is clear that Dr. Vail was puzzled and intrigued by the urbanity which, on the surface at any rate, characterized personal relations in hospitals and seemed to ensure the avoidance of open clashes, public rows, and blunt action in ‘hiring and firing’. Inevitably there are in the book some errors (Dr. Maxwell Jones refers to these and gently corrects them) and some minor misunderstandings: we are told, for example, that the 23 members of the Oxford Regional Hospital Board total 106 letters after their names, ‘better than an average of four per person’ and that this is a ‘way of measuring social standing in Britain’. But even British readers will find the description of our system informative seen through an intelligent visitor’s eyes.

The appearance of a second edition of this Australian textbook so soon after the first is testimony to its deserved success. Within a compact volume the authors have managed to weave together an adequate outline of the clinical phenomena of the different forms of mental illness, a simple and convincing account of the successive stages of normal emotional development, an unbiased description of the many different therapeutic philosophies and techniques in current use, and much sound advice on the management of the mentally ill. The authors’ conception of psychiatry is broad and eclectic and there is a refreshing emphasis on the patient as a person with emotional and social problems rather than as a case or an inmate. The text is clear and the cartoons a useful incentive to continue reading. The authors’ warning against the use of E.C.T. as a punishment, and their comment that handcuffs and such like are rapidly passing out of favour have rather alarming implications. Presumably they know their public. Let it be hoped that by the time their third edition appears such warnings will no longer be necessary.
Book reviews

Aubrey Lewis

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