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 hypnoanalysis. 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 hypnoanalysis, an introduction 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


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 psycho-pathological 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-
table discussion was that the organic and the psycho-
dynamic 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 WILD BOY OF AVEYRON By Jean-Marc Itard. Trans-
lated by G. and M. Humphrey. (Pp. 104.) New

This 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 in-
tended as a test of Candillac's philosophic theory became
an anticipation of Séguin's practical measures. The un-
affected enthusiasm and benevolence of Itard is well
conveyed by his frank narrative, here admirably
translated.

SCHIZOPHASIE IN LINGUISTISCHER DEUTUNG By von Horst
Flagel. Monographien aus dem Gesamtbiete der
DM. 38) Berlin: Springer Verlag. 1965.

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. Flagel bases his study
on these 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.

ATTITUDE AND ATTITUDE CHANGE. THE SOCIAL JUDGMENT—
INVOLVEMENT APPROACH By C. W. Sherif, M. Sherif,
and R. E. Nebergall. (Pp. xxi + 264. 58s.) London:
Saunders. 1965.

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.

PSYCHOTHERAPIE DE GROUPE ET PSYCHODRAME By J. L.
Moreno. Traduit de l'allemand par Jacqueline Rouault-
Dellenbach. Traduit de l'anglais et revu par Anne
Ancelin-Schützenberger. (Pp. xii + 469; 2 figures.

Dr. Moreno has been a prolific writer on group treat-
ment, psychodrama, and sociometry. The contents of
this book (translated from German) are already well
known from his writings in English. The mixture of
several 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

THE BRITISH MENTAL HOSPITAL SYSTEM By David J. Vail.
Thomas. 1965.

Dr. Vail, who is Director of Medical Services in Min-
nesota, 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 tactful 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.

PSYCHIATRIC NURSING By D. Madison, P. Day, and B.
Leabeter. 2nd Edition. (Pp. xi + 511; 38 figures. 40s.)

The appearance of a second edition of this Australian
textbook so soon after the first is testimony to its desired
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' con-
ception 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. Pre-
sumably they know their public. Let it be hoped that by
the time their third edition appears such warnings will no
longer be necessary.

AUBREY LEWIS