

psychoanalysis, five patients who had psychotherapy thrice weekly and thirty-three patients "relying primarily on drugs for clinical improvement".

On this alone the work must be subject to serious criticism. There can surely be no further place for anecdotal reporting of supposed drug effects interspersed with speculation.

The area of study of the book is described thus:

1. The influence of the ego's content of libido upon the ego's mode of function.
2. The estimation of the ego's libido content from observable aspects of ego function.
3. The usefulness of libido estimation in following a patient's therapeutic course.
4. The interplay between dynamics and energetics.
5. The role of libido fluctuation in the pathogenesis of mental illness.
6. The usefulness of libido estimation in determining when drug therapy is indicated and how it is to be pursued.
7. How drug therapy and psychotherapy can be effectively combined.
8. The application of the libido concept to problems of social living.

In the first chapter the author attempts to answer the question "Should drugs be used in psychoanalysis and psychotherapy?" His answer is a qualified yes. Next he deals with the concepts of psychic energy, psychic function and the possible effects of drugs thereon, and attempts to introduce a measurable variable into the study by the use of the blink rate as an indicator of ego libido level. The blink rate is estimated by timing the period during which a patient blinks twenty times. The author is satisfied that a single count gives an accurate representation of the blink rate in a 50-minute session. This reviewer found it difficult to form any idea of the usefulness of this concept and found the charts depicting its use mystifying.

The reviewer would be less than honest if he did not say the book seems to contribute little if anything to our understanding of the usefulness or mode of action of psychotropic drugs. It is well written, readable and full of clinical observation, qualities which no longer suffice in a work concerning a subject in which so much precise experimental work is needed.

JAMES WILLIS.

#### **Psychology's Impact on the Christian Faith.**

By C. EDWARD BARKER. London: George Allen and Unwin Ltd. 1964. Pp. 220. Price 28s.

This book is clearly written and is well-planned. The first half deals with three traits which the author

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## **NEW BLACKWELL BOOKS**

### **Psychotherapy—A Dynamic Approach**

PAUL A. DEWALD, M.D. 1964. 324 pages. 42s.

This book is an attempt to apply the unifying concepts of psychoanalysis to the broad spectrum of interactions of the psychotherapy process. The main focus is on individual psychotherapy, although some of the concepts elaborated are applicable to other variations of treatment such as group therapy, or the milieu therapy of a hospital setting. The first section presents the general problem of psychodynamics, while Section II is a condensation of the psychoanalytic theory of psychopathology, as formulated within the more general theory of human behaviour. In Section III on psychotherapy Dr. Dewald provides the relatively inexperienced therapist with a framework of orientation in which the similarities and differences between supportive and insight-directed therapy can become more readily apparent.

### **Lecture Notes on Psychiatry**

JAMES WILLIS, M.B., M.R.C.P.E., D.P.M. November, 1964. 96 pages. 7s. 6d.

*Lecture Notes on Psychiatry* is written specifically for the undergraduate medical student, though other students, interested laymen and mental health workers should also find it useful. It is intended as a primer of clinical psychiatry. While teaching medical students Dr. Willis found that their curiosity about psychiatric concepts was often blunted by the lack of plain answers to their questions, such is the tendency of some psychiatrists to qualify their written and verbal statements. The book is brief and clinically orientated: it deals lucidly and concisely with history taking and examination, clinical syndromes and the general principles of treatment. It should prove invaluable to those who have sought in vain among the welter of modern textbooks for a really straightforward guide to psychiatry.

### **A Guide to Psychiatry for Students of Medicine**

JOHN GIBSON, M.D., D.P.M. 1963. 256 pages 27s. 6d.

'Its chapters are written in a style which is very readable and there is a marked freedom from those long difficult phrases and words which seem to characterise some of the larger texts on psychiatry. . . . I can thoroughly recommend this book to all students as by far the best introduction to psychiatry which is available at the present time and adequately covers all the many aspects of a wide subject. It is more than adequate for the final examination.'—*British Medical Students' Journal*.

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says figure prominently in mental disorders: "obsessional and sado-masochistic trends and sexual quandaries" (p. 18).

Mr. Barker's main concern is the guilt-ridden, self-rejecting person who constantly ruminates on his own unworthiness. This condition he calls "obsession". After briefly discussing Fairbairn's ideas the author concludes that the origin of obsessional feelings of unworthiness lies in maternal inability to respond to the libidinal needs of the infant. By introjecting the unloving parent the child comes to look upon himself as wicked. This sense of wickedness is perpetuated in later life by Christian emphasis upon man's depravity (e.g. original sin).

After a brief three-page consideration of the infantile origins of masochism the author goes on to describe numerous examples of an unhealthy stress upon suffering in Christianity, and he states, "masochism still has a throttle-hold on our present-day theology and our religious practice" (p. 57). When Barker considers sexual maladjustment he claims, "sensual inhibition on the part of the mother is one of the most significant factors in the development of sexual deviations, including homosexuality" (p. 78).

Thus, in all three traits Barker's aetiology is clear and unequivocal, for example: "Obsession has its source in lack of the right kind of love in babyhood" (p. 48). Most doctors would disagree with this, pointing to other causes of obsessional feelings of unworthiness (e.g. depressive states and post-infantile traumata). Professor Lewis's recent remarks seem appropriate here: "Psychiatrists, like other people, used to look for single diseases: ideas about aetiology were therefore simple, one-eyed, and usually wrong. Now, seeing causation as a mesh of interacting forces we are less ingenuous and less comfortable."\*

In the second half of his book Mr. Barker, himself a former Methodist minister and now a full-time psychotherapist, discusses the teaching of Jesus, which he says, is "remarkably free" from the three above-mentioned traits.

This book will stimulate ministers who are interested in counselling and it may also help certain patients who suffer from the obsessive self-denigration Barker describes.

DAVID COMMON.

\* Harveian Oration, *Brit. med. J.*, 1963, II, p. 1549.

**Psychological Reprints.** By J. P. CRAWFORD. Ash & Co. Ltd. 1959. Pp. 53. Price 5s.

Collections of reprints are sometimes the tribute paid by posterity to an outstanding professional

author; more rarely they are the affectionately inspired gesture of a group of contemporaries to a living author, on or after his retirement. Friends of Dr. J. P. Crawford will be glad to welcome his characteristic originality and disregard of established but not necessarily otherwise meritorious convention, in anticipating publication of his own collected works by production of this slender but interesting volume of psychological reprints.

Herein are contained his reflections on psychotherapy, some items from his correspondence in professional journals, and some thoughtful and scholarly essays on psychosomatic phenomena, psychopathology, social psychiatry, and comparisons of psychiatric illness and health. The author's kindness, patience, and capacity for discursive reflection as well as apt analogy, are well exemplified in this personal selection of his writings.

DAVID STAFFORD-CLARK.

## 2. SUBNORMALITY AND CHILD PSYCHIATRY

**Challenges in Mental Retardation.** By G. DYBWAD. London and New York: Columbia University Press. 1964. Pp. 287. \$6.00.

This is a well-written book which deserves to be well read. The author has a legal and sociological training. He gives an excellent picture of the social services available in the United States and outlines the current trends in the field. He is well informed and has a constructive and enlightened outlook. For seven years he was executive director of the National Association for Retarded Children, which would account for the emphasis he places on the problems of the parent and the need to help the parent in providing community care.

It is noteworthy that the problems of mental retardation encountered in North America are very similar to those with which we are familiar here. Our efforts to abolish restrictive legislation for the mentally handicapped are echoed in the comment that legislation in some American States prohibits parents from taking the child over the State boundary if they have him home from an institution for a week's holiday. America is also striving for smaller institutions (though still building big ones!); but one notion of a small institution is something less than 1,500 beds.

Dybwad repeatedly stresses that mental retardation should not be a psychiatric monopoly, but