

since it first appeared in 1932. He holds out as a praiseworthy example the situation as he found it in North and South America and in Japan, where self-hypnosis and autogenous training are taught regularly to medical students and doctors, although these countries often have to use as their standard text translations of the original. Had he visited Britain, he would have found here little to praise. Although there is a flutter of interest in hypnosis here and there, it is not taught intensively to medical students, and as for I. H. Schultz's work this will be hardly known to most of the newly created band of British university professors, let alone those they teach. I doubt if many of them have even heard the name of the method or of its author. The main centre of interest in North America is, it appears, in Montreal where Dr. Luthe is at present preparing the 2nd edition of the English standard book, *The Autogenous Training*, and there is of course Dr. Jacobson's book which appeared in 1938 and represents another attempt to introduce the subject to the English speaking public.

The present text does not try to advance the theories of Schultz's therapeutic methods, but merely reports the author's experiences gathered over the years while running courses for autogenous training. Like many other schools of psychotherapy, the teachers of this method address themselves not only to the medical therapists but also to the general public, and thus to the patients; and from this book I have the impression that the students in the training courses are doctors as well as patients.

The book describes how Dr. Thomas organized his courses, which have been running for about 20 years and which were usually attended by about 50 to 80 persons. He also discusses a number of points which have arisen in these courses and which judging from discussions there appear controversial, and he offers his opinion and advice on them.

It is not possible here to discuss the history and methods of autogenous training. For that the reader is referred to the English texts mentioned earlier. (They also exist in French, Spanish, Japanese, Italian and Portuguese.) It is essentially a method of psychotherapy which by a form of self-hypnosis brings about changes in the functioning of the autonomic nervous system and claims to achieve through this psychic changes in the patient.

As with most schools of psychotherapy there is an abundance of theory and much attention to method of treatment, but a scarcity of factual information about results. There is some work on the actual physiological changes brought about by autogenous training, and this is interesting; but controlled follow-up studies of therapeutic results do not exist as far as I know.

The treatment is mainly applicable in the non-psychotic conditions, and since this field is such a wilderness we can hardly afford to ignore any approach which offers itself. It is to be hoped that treatment by autogenous training will receive the critical attention it deserves.

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REFERENCE

JACOBSON, E. (1938). *Progressive Relaxation*. Chicago: Chicago University Press.

A Handbook of Medical Hypnosis. By GORDON AMBROSE and GEORGE NEWBOLD. 2nd Ed. London: Baillière, Tindall and Cassell. Price 45s.

In any historical library relics are to be found in quantity of the outpouring of writing on hypnosis which went on during the last century. There they all are on the shelves, dim Victoriana—books by clergymen, by doctors, by authors of no certain profession, and all with one voice proclaiming wondrous cures. The common elements in most of those books were an almost complete abandonment of critical appraisal—of commonsense even—and an unbounded enthusiasm. In Volume VI of the *Zoist*—a journal edited by Dr. Elliotson—the magnetic cure of cancer of the breast was reported, while in Volume IX there was a description of the mesmeric treatment of two horses suffering from lockjaw.

Sadly, there can be little doubt that *A Handbook of Medical Hypnosis* takes its place at the end of the row on that same dusty shelf, for it is in essence written in the same Victorian style. The foreword by Dr. William Kroger congratulates the authors on "a critical review of the relevant literature on hypnotherapy". A critical review is one thing that this book most certainly is not.

The book starts with a routine chapter on the history of medical hypnotism which deals briefly with such familiar figures as Mesmer, Elliotson, Esdaile, Braid, Liébeault, Bernheim and Charcot and Freud, but the problem is not seen against the larger backdrop of what was happening to science and psychiatry during those times. The legal position of the medical hypnotist is discussed, and there then follows a chapter on "The Hypnotic State and its Phenomena" which purports to include a review of theories concerning the nature of hypnosis, but makes no mention of Hull, of role-playing theory, of Barber's provocative work. A section on "emotional stimulation" takes no note of recent important experiments on the hypnotic induction of anxiety by Levitt and his collaborators.

To go on listing out and detailing the inadequacies of this book is hardly necessary—it is enough to say that as a critical review it is a non-starter. What can

be said in its favour? Dr. Ambrose and Dr. Newbold are practitioners of the art of hypnosis with years of experience, and as a source book for good ideas and acute and nice observations this book has its value—as indeed had so much of the old-time Victoriana. A section on the use of hypnosis in general medicine is well written, and sections on anaesthesia, dermatology and obstetrics report interesting experience. The parts of the book which deal with psychiatric application of hypnosis are naive. Those few instances in which hypnotic treatment has been made the subject of controlled investigation are not reported.

To regard hypnosis as all quackery, as a subject unworthy of serious attention, would today be absurd. Whether hypnotic phenomena are viewed as potentially explicable within a framework of neurophysiological postulates, of learning theories, or of dynamic psychology, hypnosis obviously remains as something which has to be explained. To dismiss its therapeutic potential would be ill-judged. The value of the present book is not that it carries understanding one whit further, but that it gives raw material for thought.

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4. FORENSIC PSYCHIATRY

Unzucht mit Kindern. (Sexual Offences against Children.) By R. WYSS. Monographien aus dem Gesamtgebiete der Neurologie und Psychiatrie. No. 121. Berlin, Heidelberg, New York: Springer. 1967. Pp. 72. Price \$7.40.

Since the Second World War there has been a sharp increase in sexual offences coming before the courts. In Switzerland, for instance, the figures per 100,000 population were 66.2 in 1942, 111.9 in 1952, and 137.1 in 1961. The author states that the majority of these are sexual offences against children under 16 years of age. Yet very few systematic studies on paedophilia have been reported. The present study presents the findings on 160 male cases convicted of paedophilia, and pays attention to clinical as well as to social factors possibly involved. The sample, although consisting of a series of "unselected" consecutive cases (all of them citizens of the Canton Berne) who had been referred to a psychiatrist by a court, is nevertheless rather biased. It appears the courts usually deal directly with cases which seem to them straightforward, and refer to psychiatrists only those offenders who are suspected of being in need of psychiatric attention.

The description of that group is very informative. All age groups are represented from 20 to over 60. In 52.5 per cent. the offences were against girls, in 21.8 per cent. against boys, in 5 per cent. against

both, and in 20.6 per cent. the offence was incestuous, i.e. it involved the offenders' own children, grandchildren, siblings or half-siblings. After an extensive analysis of his findings the author comes to the conclusion that paedophile sex offenders always show other psychiatric abnormalities and the "normal" paedophile offender does not exist. In view of the mode of selection of his sample this is hardly surprising. Although a specific personality type as such, associated with this offence, could not be identified, the different groups of offenders show distinctive characteristics. The homosexual paedophiles often show an infantile character or are sexual neurotics, with homosexuality established very early; the heterosexuals are on the whole less disturbed but have a weak sex drive. The bisexual offenders are all very abnormal, and show a strong sexual drive which tends to seek relief rather suddenly and indiscriminately. The incestuous group tend to come from disturbed families, are often weak-willed and alcoholics. The offenders, it appears, also show different characteristics if classified according to the age of the child they have assaulted.

In discussing the question whether paedophilia is a perversion in the true sense, the author reports that with the exception of the homosexuals all offenders seem, in their phantasy, to wish for a grown up woman as sexual partner, and that their contact with a child constitutes as it were a failure to achieve this rather than the fulfilment of a constant specific desire. In that sense, he suggests, one should not speak of a "true" perversion but should use the term "pseudoperversion". The homosexual offenders, on the other hand, seem to be specifically attracted to young boys in their sexual day-dreams; they therefore show a "true" perversion. It is not surprising that his group also shows a marked recidivism in contrast to the heterosexual offenders.

The book offers interesting and valuable information, but the mode of selection of the sample limits the extent to which one can generalize from this group. This has not been stressed by the author when discussing his findings. The study also shows tantalizing gaps, such as that the children were not studied in detail, and in particular that they were not followed up, but perhaps that material will appear in a later publication.

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5. COMMUNIST PSYCHIATRY

Psychiatry in the Communist World. Edited by ARI KIEV. New York: Science House. 1968. Pp. 276. Price not given.

A number of books have recently appeared which make a distinction between psychiatry as it is prac-