

in the same field, which even if they are more empirical in outlook are more clinically orientated.

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Lysergic Acid (LSD 25) and Ritalin in the Treatment of Neurosis. By THOMAS M. LING and JOHN BUCKMAN. London: Lambarde Press. 1963. Pp. 172. Price 21s. net.

This book presents some of the results of treating neurotic patients with a combination of lysergic acid diethylamide (LSD) and methylphenidate (Ritalin) over a period of about five years. The authors claim that such treatment "may be a significant advance in the treatment of many of the neurotic and psychosomatic conditions that characterize Western society . . ." (p. 5), and one naturally looks at this book for evidence that such an advance in treatment has been described. But the number of cases reported on is too small to allow any conclusion to be drawn on this point, particularly as those described have been selected from a larger series.

The case reports form the bulk of the book, but preceding them are chapters on the general problem of anxiety, on methodology, and on the use of the Rorschach test as an aid to selection. Regarding the latter, one would feel happier if the Rorschach predictions had been followed by the actual results of the LSD treatment in these cases, so that readers could judge for themselves whether or not the predictions were confirmed.

In the chapter on Practical Methods of Treatment, rigid conditions are laid down for the selection of cases. The conclusions seem sound, although the insistence both here and throughout the book that "LSD is essentially a treatment for the mentally and educationally privileged" is disturbing, and probably not true in practice.

The authors emphasize the need for the careful selection of cases and insist on the closest medical supervision whilst the patients are under treatment. They rightly place great importance on the need for LSD treatment to take place in a unit adapted for the purpose and staffed by carefully trained medical and nursing staff, who have themselves had personal acquaintance with LSD.

The case histories are nearly all transcripts of tape-recorded interviews held some months after cessation of treatment. They are therefore commentaries by the patients on their treatment rather than complete case histories, and it seems to have been the intention of the authors to let the patients speak for themselves. These form the most interesting sections of the book and reveal the kind of insights which are made possible during psychotherapeutically orientated

LSD treatment. One wishes, however, that the psychodynamics of the material had been commented on in more detail.

The authors do not appear to have set out to present definite theories or conclusions regarding the effects of LSD on neurosis. The patients in their own reports regard their capacity for forming human relationships and for dealing with life's emotional problems to be improved, and this is perhaps the most significant conclusion to be drawn from the pages of this book. The authors themselves leave many questions unanswered, and for this reason the book should be read by all interested in LSD therapy, if only to appreciate how little we know about the actions of the hallucinogenic drugs. Indeed some of the dogmatic statements made on p. 18 may be questioned, such as "alteration of the body image is produced by alteration of proprioceptive impulses", but without doubt these matters need further enquiry.

One's duty as a reviewer must perforce include some reference to the standard of production. It seems most unfortunate that the first scientific book on LSD in the English language apart from Conference reports should have been printed and published to such a low standard, particularly when supported by the Elmgrant Trust. There are many printer's errors and missing words, and missing or transposed sentences make difficult reading in places. A subject index would have been a useful addition.

R. A. SANDISON.

4. PSYCHOLOGY AND PSYCHOTHERAPY

Group Psychotherapy and Group Function. Edited by MAX ROSENBAUM and MILTON BERGER. New York: Basic Books Inc. 1963. Pp. 690. Price \$12.50.

The authors of this large compendium are psychotherapists who have two main aims—"to give some idea of the vastness and historical roots of group psychotherapy" and "to encourage all who work with groups to begin to share with one another their experiences". They have collected together 52 previously published papers by a miscellany of authors, of which the first six are meant to show how the results of scientific study of groups can be related to group psychotherapy. Summary papers by Muzafer Sherif and Solomon Asch (from *Scientific American*) are included, together with a detailed report of an experiment on "Status and Conformity" and another on "Quiet and Vocal Groups". There