

plines. They came from eleven countries, representing the non-communist world. The Group, of widespread experience and age-range, considered developments in the field of mental health and disorder since the International Congress on Mental Health held in London in 1948.

The first part of the book describes the background and atmosphere of the meeting with an account of the work of the Group and a summary of its recommendations. Preparation, including the circulation of working papers, had clearly been thorough. The aim was to review relevant activities, assess significant factors and make suggestions for future progress. Discussion was extempore. The danger of this in such a setting is clearly recognized by Professor Rümke when he writes in the preface: "It has been said with some truth that from multi-disciplined to undisciplined thinking is only one step." The remainder of the text shows how well such a hazard was avoided. Good practical advice is given for arranging such meetings. This one met under the pressure of having to publish an agreed report of over 20,000 words on "Mental Health in International Perspective" for the International Congress on Mental Health held in Paris two months later.

The need for collaboration in transnational activities, including research projects, is stressed. This would involve the setting up of International Research Institutes. However, less than half the countries in the world have as yet any national mental health organizations. Suggested fields for further study before findings can be applied in practice are: theoretical concepts of change, both individual and social; the relative importance of innate aggression and conflict situations in inter-group relations; comparative studies of adolescents in different societies; and, in prevention, enquiry directed particularly to identifying optimum conditions for mental health.

Part 2 reviews "Mental Health Trends in a Changing World". Discussing "World Citizenship and a New Concept of Nationhood" the "Main aim of the 1961 Study Group" is defined as "a vision rather than a rigid scientific demonstration". Their success is shown by how much of what is put forward has already won general acceptance. The only point the reviewer would question is "an impression of members of the Study Group that discriminatory attitudes are becoming more widespread". The section on "Popular Attitudes to Psychiatric Difficulties and Their Treatment" is of particular interest. It is more optimistic regarding the impact of publicity than one recent enquiry in England suggests. Note is made of the increasing emphasis on mental health rather than illness. Whether the creation of a favourable climate for such necessarily involves slow

evolution rather than rapid change is questioned. In the chapter on "Transnational Mental Health Problems", the difficulties caused by popular stereotypes of psychiatrists and their powers, and the need for perspective, are well stated. "The Legitimate Role of the Mental Health Workers" is stressed as being much broader than the sphere of the treatment of mental disorder, in which alone medicine has the central place. The last chapter is devoted to "Mental Health Action", the ultimate goal of which is defined as "to help men to live with their anxieties in a changing world". The difficulty, if not impossibility, of "scientific proof" before action can be justified is well set out. Attention is given to the religious and social aspects. In a discussion on "Attitudes Towards Reality" and its "adequate perception", emphasis is placed on applying to situations of human conflict "the notion that a greater degree of mutual security can be achieved only by making the other person more, and not less, secure".

Part 3, in some ways the most useful, is a comprehensive classified bibliography of books and papers published since 1948. Covering sixty-seven pages and over seven hundred items, arranged under six main and sixty subsidiary headings, this is of quite exceptional interest.

The editors must be congratulated on the outcome of their massive task. Despite the inherent difficulties they have succeeded in presenting not only a broad and balanced but an absorbing document. One looks forward to the two forthcoming volumes of the trilogy, "Mental Health and Contemporary Thought" and "Mental Health in the Service of the Community". These three volumes ought to be available for instant reference. Their probable total price of £5 5s. *od.* is likely to confine them mainly to the medical library, of which even the smallest should have its copy. Would paperback presentation have lowered the price, or have speeded publication, so important is this kind of Report? Reviewing in March 1966, after publication in 1965, one notes that the Editors' Introduction is dated January 1964.

J. E. GLANCY.

Understanding Mental Health. Edited by ROBERT L. SUTHERLAND and BERT KRUGER SMITH. New Jersey. D. Van Nostrand Company, Inc. 1965. Pp. 233. Price \$1.95.

This paperback consists of a well-selected series of articles by several authors, intended for lay people. These articles, most of which have been published in magazines, or in pamphlets, provide a very readable account of what is being done usefully in the field of mental health, particularly in the United States.

The approach is positive and enthusiastic, and although some simplification and wide generalization is inevitable, real problems are tackled, and case histories are used occasionally to indicate the type of difficulty to which certain methods apply.

The first section concerns the impact on the individual of world problems in this "Era of Great Doubt", the difficulties arising from the growth of science, and the stresses arising from international conflict. The possibility of altering personality is considered, and a few characteristics indicating a need for changes are briefly described. Common psychological needs are explained, and a short chapter gives perspective to the meaning of "normal" in mental health.

The second section, on the problems of children and adolescents, deals with delinquency, emotional disturbances and mental subnormality. Here, the breadth of possible achievements should hearten parents. Later sections concern the activities of volunteers, and their involvement in near-professional capacities. 'New Methods of Cure' includes a discussion on the treatment of psychiatric patients in general hospitals and gives details of projects with enviable records of success. The final essay is on self-acceptance.

Although not suitable for formal teaching purposes, this book is impressive as a measure to alert the lay public to the wide range of people and problems involved, and as a sincere attempt to raise morale and enthusiasm for the expansion of much needed services.

JOHN POLLITT.

3. PSYCHOPATHOLOGY AND PSYCHOTHERAPY

The Nature of Hypnosis—Selected Basic Readings. Edited by RONALD E. SHOR and MARTIN T. ORNE. New York: Holt, Rhinehart and Winstone, Inc., 1965. Pp. 504.

The "Historic" Section of this book makes fascinating reading. Franklin's Commission came to the conclusion, *inter alia*, that animal magnetism "may have an injurious effect on morality". Mesmer's letter to the Royal College of Physicians follows, with his futile attempt to sell himself to that august body. After this appetizer, a number of communications are presented and the pros and cons of hypnotherapy are given fairly full coverage. In this country one might have welcomed some material on the controversy between Baird and the British Medical Association, but, in general, the selection is excellent and this first section of the book alone justifies publication.

The chapter on "Methodology" confronts the

reader with some conflicting evidence as to the validity of controlled hypnotherapeutic experiments. It becomes obvious, and is freely admitted, that the results are still open to various interpretations. At the same time, the fact of controlled experiments helps to make medical hypnosis much more respectable in the eyes of the sceptic.

Hypnotic regression offers itself to experimentation; in one study it was found that diffuse EEG abnormalities disappear in deep regressive trance.

We then find ourselves in the usual maze of attempts at definition of hypnotic trance. Ferenczi, of course, finds it easy—the remains of the infantile-erotic loving and fearing of the parents are unconsciously transferred to the hypnotist. The other contributors to the chapter on "Theory" find the going much harder. Personality factors, depth of trance and many other points are taken into account. There seems to be a consensus of opinion that hypnotizability and the patient's need for meaningful trance are positively correlated. This would then explain some of the anomalous low suggestibility in hysterics. Very few of the contributors are didactic and even fewer arbitrary in their postulates.

Erickson, in the next chapter, tries to prove, in experiment, a close relationship between trance behaviour and childhood experiences. Why the separate main chapter?

The rest of the book deals with various interesting topics such as Highway Hypnosis and Spirit Possession. The bibliography throughout is very adequate, and the book is both encyclopaedic and stimulating.

G. C. HELLER

Applied Hypnosis and Positive Suggestion in Medicine, Dentistry and Patient Care. By GEORGE A. ULETT and DONALD B. PETERSON. The C. V. Mosby Company. St. Louis. 1965. Pp. 134.

In reviewing a book of this nature one is surely tempted to find fault by projection of one's own ideas and experiences. This pitfall can be avoided if one visualizes the potential reader.

This book could be of benefit to the psychiatrist who is not familiar with hypnotherapy and to the medical layman in this field; the hypnotherapist will find little new material.

The author's style is simple and straightforward. Unnecessary verbosity, jargon and scientism are calmly absent; indeed, reading the book might—in parts—produce hypnotic induction!

The aim of the book and of its message is strictly limited, and the authors make no attempt to stake impossible claims.