

Modern Discoveries in Medical Psychology. By CLIFFORD ALLEN. Second Edition. London: Pan Books, Ltd. 1965. Pp. 310. Price 6s.

First published in 1937 between hard covers, the paperback re-issue has enabled the author to revise the original and add additional material on the work of Freud and on physical methods of treatment. He adds "The book has otherwise been corrected and, where necessary, brought up to date, but the fundamental structure remains unchanged."

On balance the success implied by re-issue as a paperback can be seen to be deserved. Scholarly in its foundations, wide in its range, human in its illustrations, and with a fair bibliography after each chapter, the book need fear no just indictment of its intrinsic superficiality: the inevitable price of self imposed limitation in scope, within so vast an arena. But there are perhaps two relevant criticisms which demand expression. The first is the tendency for anecdotal illustration to become personally subjective; case histories beginning "I remember very clearly a small boy I saw at a children's outpatients . . ." or ". . . the sceptical may be interested in a young man I am treating at present . . ." The second is the author's unacknowledged but dogmatic unfamiliarity with both theoretical and technical details of modern physiological treatment, the subject of most of his concluding chapter.

True, he has already admitted to bias in this respect ". . . sooner or later these physical methods may be evaluated and discovered to be less valuable than they had been thought. Then the pendulum may swing back again, and perhaps another Mesmer or Freud will appear."

It is doubtful whether Freud would have appreciated this coupling, or its implications. Indeed he constantly hoped that it would eventually be possible to relate psychopathology to neurophysiological knowledge, and once he thought he had succeeded ("Psychology for Neurologists"—unpublished draft *ca.* 1895); but in the end this eluded him, as indeed it eludes us still. Nevertheless it is in this direction that we must seek, if we are not simply to re-encapsulate the venerable dogmas herein once more expounded.

D. STAFFORD-CLARK.

Cure or Heal? A Study of Therapeutic Experience. By E. GRAHAM HOWE. 1st Edition. Foreword by R. D. Laing. London: George Allen & Unwin Ltd., 1965. Pp. 236. Price 28s.

As one reads this book, one realizes that it is a personal statement after thirty-five years of clinical work. It is an attempt to come to terms with some of the dilemmas that face all psychotherapists. These

include objectivity as against subjectivity; the individual as against society; the reconciliation of scientific knowledge with experience of psychotherapeutic practice; and the reconciliation of opposing systems of thought, religious, philosophical, and psychological, derived from cultures of the East as well as the West. The author distinguishes between "experimental man" and "egoic man". In the development of society a change took place, possibly about 300 B.C. Until then "the world was still whole, and was experienced in terms of its relationships of part with part and part with whole. Then man still moved with nature in an experiential process of rhythm and of law." Thinkers and leaders thereafter "were concerned to discover an abstracted reality of things-by-themselves, objective not subjective, static not moving. On these terms science could proceed, and did; but the more general concern was towards what seemed to be good, rather than what could be proven to be true. On these terms, the conceptualized rather than the experiential viewpoint of reality was founded. Our subsequent state of consciousness has dangerously divided self from other, soul from body, good from bad, science from religion, until now we are divided into separate parts and systems, races, religions and persons. In spite of all the progress of egoic man's scientific discovery in the world of atomic physics and modern medicine, something has been lost, which has to do with the experiential value of his personal relationships."

To read the book is an intellectual exercise, because the author seeks to supplement ordinary verbalization both by doubling the significance of key words through the use of capital letters in certain contexts, and by the use of diagrams. There is sometimes a cross-word puzzle effect also from the unconventional jump in thinking which one is required to make when, for example, a word is divided into supposedly significant sections by a hyphen; or when a subsidiary phrase, or an addition in parenthesis, twists it around into a new context. The author obviously enjoys paradox, and makes skilful use of it. The reader finds himself constantly going back to re-think the paragraph or sentence again.

Any psychotherapist is likely to find value in parts of this book, but they will be different for different people. It is a presentation which is individualistic, but thoughtful, provocative, and relevant. There are four short appendices which give an indication of the author's outlook on the current psychiatric scene. He also explains that in his writing he has deliberately avoided referring to others, in order to avoid confusion of his ideas with those of others. Although many of the agreed and well-tried concepts of intensive psychotherapy are incorporated into his thinking,