

—will quickly recognize the relevance of the observations reported here. Once through the barrier of jargon, which here is relatively thin, others may begin to recognize the new dimension which this kind of thinking brings to the actual processes of treatment.

Not least in importance is the inference that psychodynamic interpretative formulations can be integrated with the day-to-day use of physical methods of treatment to enhance the latter and provide a social framework which, in itself, has significance of a scientific kind. But the Cummings themselves would probably look on this as a corollary to their main hypothesis—namely, that scientific manipulation of the environment can now be used alone to produce changes in the personality of the patients. When drugs and other methods of treatment are included they are part of a larger whole.

There is room for disagreement over specific points made, especially in the chapters which go into details of hospital life. Many generalizations are justified only in terms of the authors' personal experience; and some of the dogma in the second half of the book will certainly have to be modified. It is a sign of grace, however, that the authors can acknowledge such errors, as when they draw attention in one of their far too numerous footnotes to Sainsbury's observation in England that the suicide rate dropped with the post-war introduction of patient freedom, contradicting their assumption of the opposite. This illustrates, incidentally, the obligation that all therapists are under, painstakingly to check every belief, no matter how obvious it may appear in a particular operational setting. But, whatever the controversies of practice aroused over the application of the notions discussed, the overall thesis here is closely relevant to the modern psychiatric scene. This well-produced book by a new publisher is, in fact, something of a landmark, and should undoubtedly be read very widely.

RICHARD CROCKET.

Experiments in Mental Suggestion. By L. L. VASILIEV. Church Crookham, England: Institute for the Study of Mental Images. 1963. Pp. 178. Price 30s.

In 1921 the Russian physiologist V. M. Bechterev initiated a programme of research at Leningrad into "mental suggestion". This work continued under the direction of the author, Professor Vasiliev. The studies were of what might be called "telepathic influence" and were directed at answering the questions, "Does it exist?" and "If so, how is it

affected by distance and by metallic screening such as is used to block electro-magnetic radiation?"

The research became more and more elaborate and sophisticated in design. Finally the possible influence of one person in Sebastopol upon the behaviour of another in Leningrad (1,700 Km. distance) was studied. The great distance and elaborate precautions did not prevent phenomena which could not be attributed to chance. In 1938 the work was stopped and the findings apparently suppressed until 1959. Now they are made available in English with a critical discussion of the present state of such research throughout the world. The phenomena are not regarded as manifestations of the supernatural, but of the natural world. It is considered that they should not merit the emotionally-inspired refusal even to examine the evidence, which is so widely met with among respectable senior Western biologists (particularly those who control the giving of research grants).

Whatever may be the ultimate verdict on research into these phenomena the present book does credit to the new liberalism in Russia and may give encouragement to those who would pursue research not only to please their departmental heads but to seek the truth.

IAN OSWALD.

Clinical Psychology. By N. D. SUNDBERG and L. E. TYLER. Methuen & Co. 1963. Pp. 564. Price 50s.

This book is obviously written for the American reader. The chief interest lies in the description it gives of the development of clinical psychology as an independent profession in America. The chapters and headings give clear indications of the subject matter, and at the end of each chapter there is a brief list of recommended readings. Each of the books suggested is summarized in a way which should prove useful to students.

There are over 500 pages, and after reading them one feels that the same information could have been imparted in one-fifth of the space. Unfortunately, this wordiness does not make the subject matter any clearer. For example: "Psychotherapy constitutes an attempt to change the pattern enough so that subsequent development will turn in the direction of its strong healthy features rather than its conflicted, self-defeating, non-productive idiosyncrasies that are unadaptive and perhaps pathological." There are many comments which are pointless: "Even though we cannot predict with certainty just what clinical psychologists will be doing in 1975 or 1980, we can be certain that large numbers of them will be doing

something." It may be that American students have ample time and will prefer this style to a more pithy exposition. Other students, however, are likely to find the book disappointing, particularly as the references and reports are almost all concerned with work in America.

The judgments expressed are sometimes quite faulty and naive. For example, it is suggested that Maxwell Jones believed that the unit at Belmont provided a normal, healthy community which influenced the patients there. They frequently quote the comments of other writers on other books and this leads to a third-hand impression, the value of which is difficult to assess and at times quite confusing. For example: "Whatever plausibility the resulting conceptualization has is achieved by ignoring the really interesting cases of personological inference."

The chief interest for English readers would lie in the description given of the developing profession of clinical psychology in America. The book shows that there is still considerable uncertainty in the relationship to psychiatry and treatment. At times, they seem to deny any desire to take over a treatment role from medicine, but on other occasions they seem to suggest that this is indeed their intention. Even when describing the therapeutic role, however, they are usually hesitant and at times suggest that this is only necessary because of the shortage of workers in the medical field. There is probably a lesson here for our own Health Service which is seriously short of psychiatrists.

A. A. BAKER.

La Conscience (Consciousness). By HENRI EY. Paris: Presses Universitaires de France. 1963. Pp. 439. Price Fr. 20.

This book contains a great deal of interesting and valuable material. At the outset there is a lucid survey of existentialist philosophy bearing upon the topic of consciousness. This is followed by a masterly clinical analysis of the phenomenology of disturbances of consciousness. There is next a good account of the neurophysiology of arousal, awareness and sleep and also a very competent survey of all the important theories of personality.

Out of the above material Professor Ey develops his arguments. He contends that the field of consciousness can be defined and shown to have a structure in time and space and to obey laws. It further includes or "contains" the unconscious with which it is in a dynamic relationship. Both consciousness and the unconscious are in further relationship with the *Moi* (Ego or self). The *Moi* is held to develop from the history and sequence of experiences of the individual

and to have a special power of "autoconstruction" which is manifest firstly in its independent emergence from the field of consciousness and from the unconscious, and secondly in its ultimate power of determining the direction of its own effects; it is thus claimed to have "transcendent" qualities.

The author shows he is aware that others might criticize arguments of this type about the *Moi* on the grounds of reification. Inevitably too they cannot be accepted by those who, like the reviewer, find the concept of transcendence to be unhelpful. Nevertheless the author commands respect for his objective approach, great learning and excellent analysis of the phenomena of conscious states.

H. MERSKEY.

Pickford Projective Pictures. By R. W. PICKFORD. London: Tavistock Publications. 1963. Pp. 122. Price: Text 30s.; Picture Material 25s.; Set 50s.

The pictures consist of 120 cards 5 inches \times 3½ inches. On each there is a simple line drawing depicting a fairly easily identifiable situation, a railway station, two people in a bath, a schoolmaster (mortar-board) playing with a kite. As well as the background situation there are one or two more people of varying age, the sex and age of the people is usually indicated by their clothes; details of the faces, eyes, mouth, are seldom filled in, and on many of the cards it is a blank profile or full face, though a jutting chin or the angle of the limbs may be suggestive. None of the figures are stippled or closely shaded and colour is not used. As pictures, they are closer to the Phillipson Object Relations test than to the Thematic Apperception tests.

The technique is to show a card to the child and ask him to make up a story about it. Occasionally several cards may be presented at one time and the child is asked to integrate the scenes. The author in the accompanying book has classified the 120 cards into sets of 6, each set dealing with a special topic, for instance, relationships with father figures, aggression against parents, rivalry with siblings. What is new in these pictures and technique is that Pickford is trying to provide psychologist, psychotherapist and school teacher with a therapeutic technique as well as a diagnostic tool. Many therapists are accustomed to providing play material or enquiring about dreams. This series will allow a new series of 6 pictures to be shown to a child each week for 20 weeks. If these are selected from the sets of cards indicating a special topic, for instance, "child alone or rejected", the child's stories may be expected to show changes as therapy proceeds.