

children go through anal and Oedipal stages in the course of their development, and is castration anxiety a universal experience? Is Freud's analysis of little Hans the paradigm for the study of the psychopathology of phobic anxiety states? Is it proven, as the author implies, that all but a small minority of patients profit from psychotherapy and psychoanalysis? The view that it is difficult if not impossible to understand psychoanalysis without being psychoanalysed oneself, expressed again in this book, does not deal with the need for further evidence. An impossible degree of rigour was in the past sometimes demanded in psychopathological studies, and this may have been partly responsible for the fact that such evidence has not been forthcoming. Scientific snobbery of this kind is less prevalent. It is more widely recognized than heretofore that there is no one "scientific method". Yet it can hardly be claimed that psychodynamic assertions have in general been exposed to the most satisfactory means of verification that the situation permits.

One of the obstacles in the way of bridge-building between the psychodynamic approach on the one hand and the clinical-classificatory and organic approach on the other that is so necessary at the present time, is that American authors, who are the main contributors to the literature of the former, are particularly prone to ignore the literature of European psychiatry. In this book of 793 pages, there is, apart from cursory mention of Kraepelin and Eugen Bleuler, hardly a reference to European authors. On the other hand, the sensory isolation experiments are discussed, "over and over" and are clearly regarded as studies of the first importance. Yet very few of the startling observations in the early sensory isolation experiments have been confirmed in later studies.

With all this Professor Cameron has written a cogent, sincere book. It is free from the gargantuan thunder of much psychodynamic writing and will be widely read and enjoyed.

MARTIN ROTH.

Hallucinogenic Drugs and Their Psychotherapeutic Use. Edited by R. CROCKETT, R. A. SANDERSON and A. WALK. London: H. K. Lewis. 1963. Pp. 191. Price £1 15s.

This volume consists of the proceedings of a conference organized by the Royal Medico-Psychological Association in London, February, 1961.

The coverage is comprehensive and deals with research and experimental aspects of the pharma-

cological properties of hallucinogenic drugs and their general applications in the treatment of psychiatric disorders, techniques and methodology, the use of hallucinogens in different clinical entities, phenomenological interpretation and clinical observations of patients treated with the aid of hallucinogenic drugs, and finally an interesting discussion by a number of lay contributors dealing with the moral, religious and social significance of experience under hallucinogenic drugs.

Cerletti contributes a very interesting account of the discovery of hallucinogenic drugs, including some recently isolated. He points out chemical similarities of this group of drugs to the synthetic agent, lysergic acid. Bradley and Keen present interesting experimental evidence which suggests that the site of action of lysergic acid is closely related to the neurophysiological mechanisms concerned with the filtering and integration of sensory information. Mescaline is discussed from the point of view of its action generally and mode of thinking under its effects. The use of the new drugs psilocybin and phencyclidine are also described. Each section is followed by lively and valuable contributions made by contributors to the discussion. The contributors of the book, which include speakers and discussants include pharmacologists, research workers and psychiatrists of widely different viewpoints.

The volume is well produced, makes very interesting reading and can be strongly recommended to all who are interested in the use of drugs as adjuncts to the various forms of psychotherapy.

W. LINFORD REES.

Drugs in Psychoanalysis and Psychotherapy. By MORTIMER OSTOW. New York: Basic Books. Pp. 62. 324. Price 50s.

In the dedication at the beginning of this book Dr. Ostow addresses it to "the psychiatrists of the newer generations who will understand that a sound psychiatry must be securely based upon a sound psychology which is the physiology of the mind, but who will not on that account neglect the study of the physiology of the brain . . . The only psychology that complies with these requirements is the psychoanalytic metapsychology of Freud."

From this uncompromising declaration the author sets out to study the usefulness of drugs in psychoanalytic practice. He bases his observations on the use of drugs on his own experience, drawn first from daily observation of thirteen patients who were in

psychoanalysis, five patients who had psychotherapy thrice weekly and thirty-three patients "relying primarily on drugs for clinical improvement".

On this alone the work must be subject to serious criticism. There can surely be no further place for anecdotal reporting of supposed drug effects interspersed with speculation.

The area of study of the book is described thus:

1. The influence of the ego's content of libido upon the ego's mode of function.
2. The estimation of the ego's libido content from observable aspects of ego function.
3. The usefulness of libido estimation in following a patient's therapeutic course.
4. The interplay between dynamics and energetics.
5. The role of libido fluctuation in the pathogenesis of mental illness.
6. The usefulness of libido estimation in determining when drug therapy is indicated and how it is to be pursued.
7. How drug therapy and psychotherapy can be effectively combined.
8. The application of the libido concept to problems of social living.

In the first chapter the author attempts to answer the question "Should drugs be used in psychoanalysis and psychotherapy?" His answer is a qualified yes. Next he deals with the concepts of psychic energy, psychic function and the possible effects of drugs thereon, and attempts to introduce a measurable variable into the study by the use of the blink rate as an indicator of ego libido level. The blink rate is estimated by timing the period during which a patient blinks twenty times. The author is satisfied that a single count gives an accurate representation of the blink rate in a 50-minute session. This reviewer found it difficult to form any idea of the usefulness of this concept and found the charts depicting its use mystifying.

The reviewer would be less than honest if he did not say the book seems to contribute little if anything to our understanding of the usefulness or mode of action of psychotropic drugs. It is well written, readable and full of clinical observation, qualities which no longer suffice in a work concerning a subject in which so much precise experimental work is needed.

JAMES WILLIS.

Psychology's Impact on the Christian Faith.

By C. EDWARD BARKER. London: George Allen and Unwin Ltd. 1964. Pp. 220. Price 28s.

This book is clearly written and is well-planned. The first half deals with three traits which the author

NEW BLACKWELL BOOKS

Psychotherapy—A Dynamic Approach

PAUL A. DEWALD, M.D. 1964. 324 pages. 42s.

This book is an attempt to apply the unifying concepts of psychoanalysis to the broad spectrum of interactions of the psychotherapy process. The main focus is on individual psychotherapy, although some of the concepts elaborated are applicable to other variations of treatment such as group therapy, or the milieu therapy of a hospital setting. The first section presents the general problem of psychodynamics, while Section II is a condensation of the psychoanalytic theory of psychopathology, as formulated within the more general theory of human behaviour. In Section III on psychotherapy Dr. Dewald provides the relatively inexperienced therapist with a framework of orientation in which the similarities and differences between supportive and insight-directed therapy can become more readily apparent.

Lecture Notes on Psychiatry

JAMES WILLIS, M.B., M.R.C.P.E., D.P.M. November, 1964. 96 pages. 7s. 6d.

Lecture Notes on Psychiatry is written specifically for the undergraduate medical student, though other students, interested laymen and mental health workers should also find it useful. It is intended as a primer of clinical psychiatry. While teaching medical students Dr. Willis found that their curiosity about psychiatric concepts was often blunted by the lack of plain answers to their questions, such is the tendency of some psychiatrists to qualify their written and verbal statements. The book is brief and clinically orientated: it deals lucidly and concisely with history taking and examination, clinical syndromes and the general principles of treatment. It should prove invaluable to those who have sought in vain among the welter of modern textbooks for a really straightforward guide to psychiatry.

A Guide to Psychiatry for Students of Medicine

JOHN GIBSON, M.D., D.P.M. 1963. 256 pages 27s. 6d.

'Its chapters are written in a style which is very readable and there is a marked freedom from those long difficult phrases and words which seem to characterise some of the larger texts on psychiatry. . . . I can thoroughly recommend this book to all students as by far the best introduction to psychiatry which is available at the present time and adequately covers all the many aspects of a wide subject. It is more than adequate for the final examination.'—*British Medical Students' Journal*.

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