

about the opportunities and methods available for genetical research in Japan, and to have had some discussion of the possible relevance of social factors. For example, could these have tended to make an illness chronic (and therefore 'typical'), and by prolonging hospitalization of the psychotic members of socially disorganized families conceivably have created a spurious 'genotype'? Of course the very familiarity of the basic disease concepts and the uncertain areas, in such an alien culture, might be taken as a demonstration of the essentially biological nature of much psychiatric illness. Yet the ideas that form the starting point of these researches were not arrived at independently but originated in the pre-war psychiatry of the Continental schools, and much of the discussions in the earlier papers goes over the controversies of that period. It is difficult to put a finger on anything uniquely Japanese, unless it is the thoroughness with which solutions have been sought.

There is a wealth of information here on clinico-genetic aspects of the psychoses that deserves most careful appraisal. As a whole this handsome volume constitutes a valuable addition to the literature in a language which, if not always perfect English, is still a notable achievement in translation.

D. W. K. KAY.

MENTAL RETARDATION

Prevention and Treatment of Mental Retardation. Edited by IRVING PHILIPS. New York, London: Basic Books, Inc. 1966. Pp. 463. Price 4 gns.

Orientation towards a newer concept of investigation and treatment of mental handicap is gradually taking effect. It is becoming increasingly important to realize the multi-faceted approach which is slowly emerging, and one is not surprised to find a large group of specialists from differing disciplines contributing towards a combined study of the subject.

This book is a collection of papers originally presented at a symposium held at the University of California School of Medicine. A considerable amount of ground is covered, ranging through the psychiatric and paediatric aspects to the problem as seen by psychologists, sociologists and those concerned with educational difficulties. Bearing this in mind, it is disappointing to find that to a large degree the subject matter tends to be scientifically superficial, giving broad outlines only. A variation in depth tends to make some parts of little academic value, whereas other areas would not be readily under-

stood except by a person actually involved in clinical work of this nature. Perhaps such a book will stimulate interest towards further study—there is much reference material at the end of each chapter—but its price, size and, indeed, its areas of controversialism, augur against its use as a general introduction.

Although some chapters are wordy and hyper-philosophical in content, much of the work is interesting and well-written. One must, however, remember that the approach is American, with the obvious difficulties of interpretation in the light of our own clinical, cultural and economic pattern. Although basic methods of investigation, treatment and rehabilitation will have much in common, the structure of the services, with the concomitant functional aspects, will create some difficulties for those who are not conversant with our own pattern of development.

As one would expect from such a varied authorship, certain contradictions occur, and there are the inevitable howlers—'. . . such as Klinefelter's syndrome (XXY or XXX)'. There is a common fault in a tendency to over-generalize. Out-dated institutional systems, which we have attempted to eradicate in this country, obviously still obtain in the U.S.A., and it is encouraging to see that many of the suggestions for means by which to ameliorate the problem of mental retardation are already being exploited in our own progressive approach.

As the result of a Symposium, this book is well-presented, but the problem related both to conferences and to the reading of the proceedings of such, is one of selection. One might say in each case that it is a question of sorting the wheat from the chaff.

G. W. FISHER.

GROUP THERAPY

Basic Approaches to Group Psychotherapy and Group Counselling. Edited by GEORGE M. GAZDA. Springfield, Illinois, U.S.A.: Charles C. Thomas. 1968. Pp. 323. Price \$12.00.

The doctor-patient relationship is characteristically one-to-one. The teacher-pupil relationship varies from one-to-one to one-to-one-hundred. Up till the 1930s the psychotherapeutic situation was seen usually as one-to-one, though in a few instances group treatment had been attempted. To begin with, groups were often seen as a labour-saving device, more patients with less expense of medical time; but soon the 'group situation' was seen to have potentials

of its own and there developed a phase of experimentation. Psychiatrists worked in leaderless groups, with psychodrama, organized groups of patients with similar problems, and groups with diverse difficulties, to mention only a few of the varying possibilities.

Our American colleagues do things with a verve and spontaneity that seems at times to be lacking in the 'old country'. They also coin terms and write up their practices in an invigorating fashion—Encounter and Tele, Ontic Integration, Assertive Training Groups—are three of the headings in this book, which the publishers claim as a 'first of its kind'—where four acknowledged leaders in group work each contribute a chapter explaining their approach. Morena writes on 'Psychodrama and Community-Centred Counselling': Wolf covers 'Psychoanalysis in Groups': Hora deals with 'Existential Psychiatry' and Lazarus with 'Behaviour Therapy'. There is a chapter by Ginott on 'Group Therapy with Children'. The second half of the book deals with Group Counselling—two contributors. Dreikurs and Lifton. The editor, George M. Gazda, Professor of Education, University of Georgia, provides an introductory chapter on 'Definitions and Heritage' and a final chapter 'A Functional Approach to Group Counselling'.

A very wide range of philosophy and of psychiatric experiences is covered in this book. Moreno (page 42) writes 'Dramatists have repeatedly described in literary terms what today is defined in technical terms'. Lifton (page 260) 'It would appear obvious that despite the status needs of "the establishment" there may be many people who can function effectively who have not come up the traditional graduate study route'. The editor (page 270) 'Group counselling or any type of counselling, including psychotherapy for that matter, must be explained by the use of learning therapy' and then offers for our acceptance Shafter's and Shoben's model of learning by conditioning.

Each of the writers, guided by Gazda, has provided a description of how his approach may alter attitudes: details are given of the composition of the ideal group: limitations of treatment by each method are considered. Each chapter has adequate references, and the whole provides a very reasonable summary of the four chosen approaches to group therapy.

This book can be commended to the Senior Registrar, the University lecturer in sociology or the tutor in social case work, who wishes to step back from the daily group situations in which he is involved and ponder awhile as to what may happen when two or three people get together.

R. F. BARBOUR.

HYPNOSIS

Abnormal Hypnotic Phenomena: A Survey of Nineteenth-Century Cases. Vol. III. Edited by ERIC J. DINGWALL. Russia and Poland—LUDMILA ZIELINSKI; Italy—LUCIANO LEPPA; Spain, Portugal and Latin America—ERIC J. DINGWALL. London: J. & A. Churchill Ltd. Pp. 216. Price 50s.

How I was looking forward to this book after having read and enjoyed the first two volumes in this series!

Dr. Zielinski, in the chapter on hypnotism in Russia, chooses to preface it with one of Voltaire's clichés. However much one may admire Monsieur Arouet, his assertion that 'le monde est couvert de gens qui me méritent pas que l'on leur parle' is hardly conducive to an approach to a subject which is so very interpersonal as hypnotism. The author makes a great deal of the lack of available material, but an apologia is totally unnecessary provided one presents the bare facts. Modern Soviet authors do not accept hypnotism as such and they see trance purely as a phenomenon of hysterical suggestibility. This is not surprising if one considers that Pavlov did for Russia what Freud did for America. There were people in nineteenth-century Russia who concerned themselves with animal magnetism, in particular Lichenstaedt and Velianski. The author gives a very good description of these two men and of others, and we are quite enthralled by the cases cited. Russia has always been a fertile soil for paranormal phenomena. The character and the mentality of the people before 1916 was full of superstition and magic; it produced Rasputins all over the place.

The chapter on thought transference and on somnambulism makes interesting reading and is perhaps indicative of the unscientific approach, that is the attitude towards hypnotism as something supernatural and mystical rather than paranormal and scientific. Drs. Khoverin and Shchelochilin tried to describe scientific experiments but this was already at the turn of the century, and is perhaps presented in too much detail. It is interesting that a biologist like Professor Wagner became eventually the chief protagonist of hypnotism, and it is also interesting to see how he gropes for a scientific explanation. Other strict scientists, like Tarkhanov and Butlerov, are recognized even today as serious scientists, and Tarkhanov was one of the few people throughout the history of medical hypnosis who tried to make people aware of the dangers of hypnosis.

The rest of Dr. Zielinski's work is concerned with historical phenomena and for the first time in this