

this field or to the experienced clinician. It must be repeated that the book expresses the author's personal viewpoint committed to psychodynamic theory, and that many British psychiatrists will take issue with this narrow approach.

JOHN JOHNSON.

WORK IN PROGRESS

Mind and Body. By STEPHEN BLACK. London: Wm. Kimber. Pp. 318. Price 63s.

Dr. Stephen Black is well known as a medical hypnotist and as a research worker on psychosomatic disorders. This book describes, with his usual clarity of style, a number of remarkable instances of the relief of distressing physical complaints by means of hypnotism—including Mason's demonstration, in a severe case of ichthyosis, of the clearing of the skin by suggestion under hypnosis.

Before embarking on this presentation, however, Dr. Black puts his cards on the table, devoting four very thought-producing chapters to the philosophical history of the mind-body problem, followed by 'My Definition of Life', 'My Definition of Mind' and 'What Happened after Aristotle?'. This sets the scene for his formal account of psychosomatic phenomena.

Well aware of the vagueness and ambiguity which accompanies the use of the term 'psychosomatic', the author has been at pains to spell out his criterion for a psychosomatic phenomenon, which is simply stated as: 'evidence of cure or symptomatic relief by psychotherapy.' He also categorizes these phenomena under three heads:

(1) Physical symptoms of unknown physical pathology which can be correlated with known psychopathology.

(2) Physical symptoms of known physical pathology which can be correlated with known psychopathology.

(3) Physical symptoms of unknown physical pathology which can be correlated with psychopathology known to derive from other physical symptoms of known physical pathology.

From his review of the literature, Dr. Black concludes, that the number of psychosomatic conditions is very large, and that they fall mainly into two classes: (1) hysterical conversion symptoms, and (2) manifestations of allergy. He goes on to describe a series of carefully controlled experiments, which show that allergic responses and auto-immune reactions can be influenced by hypnotic suggestion. This leads him to the problem which is the underlying theme of the whole book: the attempt to understand just how mental experiences can influence

physical changes in the body. Here, events in the brain must be of crucial importance. Black describes a series of psychophysiological experiments involving brain function, including his own and Grey Walter's first observations of the 'expectancy wave' in the EEG. The long chapter entitled 'Experiments on the Brain' ends quite abruptly with the paragraph: 'We concluded, therefore, in view of my work with Wigan, that hypnotic blockade of hearing at least, probably takes place at a point below the projection to the "non-specific" cortex on which we had been working, but above the heart regulating centres in the medulla. Which indicated, as I had suspected, that the reticular system was very likely to be involved'.

This, perhaps deliberately, leaves the reader with an impression of work in progress, and with the expectation that further elucidation both of hypnotic suggestion and of psychosomatic interactions in general is likely to come from a better understanding of physiological processes in the brain.

G. M. CARSTAIRS.

48 AUTHORS

Suicidal Behaviours. Edited by H. L. P. RESNIK. J. and A. Churchill, London. Pp. 536. Price £6 5s.

This book, subtitled 'Diagnosis and Management, by 48 Authors' is intended to summarize the most important present knowledge and thought about the clinical aspects of suicide, attempted suicide and the suicidal patient. Forty-five of the contributors are American, two English and one Austrian. This American predominance is reflected in the weighting given to concepts, and techniques deriving from psychoanalysis and the attention given to the supposed suicide prevention role of the lay agency. However, the statistical and phenomenological approaches are not neglected.

The four major subsections are titled—General Considerations, Diagnostic Considerations, Clinical Management and Community Management. Under general considerations are grouped ten essays discussing topics such as the biochemistry of affective disorder, philosophical attitudes to life and death, a summary of psychoanalytic theories of suicide, a statistical treatment of supposed social, psychological, hereditary, meteorological and cosmic correlates of suicide, and an intense classification of states of minds of people considering death (with neologisms).

The second subsection, diagnostic considerations, contains nine contributions reviewing the findings of clinical studies. Subjects considered are the

communication of suicidal ideas, attempted suicides, the possibility of predicting suicide and the relation of age to suicide.

The third part of the book, devoted to clinical management, discusses the use of physical treatments, the various forms of psychotherapy available to the suicidal patient, and some of the responses in the therapist to a patient's suicide or the threat of it.

The final portion has eleven essays concerned with specific suicide prevention agencies, describing among others the Suicide Prevention Centre of Los Angeles, the Samaritans in the United Kingdom, We Care, Inc. of Orlando, Florida, as well as discussing the possible roles of clergy, police, mental health associations and coroners in suicide prevention.

The book is attractively produced technically, has a table of contents which gives a summary of each author's contribution, so making it easy to consult, a good index and a useful bibliography of 546 references.

It is the first book that has attempted to bring together so much diverse information and speculation about the clinical aspects of suicide. Psychiatrists will find it useful as an up-to-date review; other professions concerned with the potential suicide should find it a valuable reference book.

B. M. BARRACLOUGH.

SHOULD THEY BE PUBLISHED?

Proceedings of the VIIth International Congress of Psychotherapy Wiesbaden, 1967. Editors TH. SPOERRI and W. TH. WINKLER. Basel, S. Karger. 1969. Pp. 652. Price 196s.

These Proceedings are published in six volumes, as follows:

- Part I. Psychotherapy: Prevention and Rehabilitation.
- Part II. Community Psychiatry: Therapeutic Community.
- Part III. Myocardial Infarct and other Psychosomatic Diseases.
- Part IV. Family Investigation.
- Part V. Rehabilitation.
- Part VI. The Student and Neurosis.

As can be seen from the titles the range of subject is wide and each part is virtually a monograph. This does not mean that all the material presented is new; far from it, for much of it has already appeared in books and journals, though the authors have done some updating. Of the 72 papers 34 are in German and two are in French, but in most instances there are useful summaries in English.

The list of contributors contains many distinguished names in psychiatry, and it is refreshing to read

again Professors Winnick's and Eitinger's work on concentration camp victims, Dr. Rosenman's classic papers on the psychological aspects of ischaemic heart disease and Professor Bastiaan's psycho-analytic investigations of patients with acute myocardial infarction.

British psychiatry should take pride, not only in its own contributors, among whom are Maxwell Jones, G. M. Carstairs and J. G. Howells, but in the frequent reference by other contributors to the work of Maxwell Jones, Bowlby, Malan, Laing, Fairburn and Wing. A particularly good paper is that of Senay and Redlich on cultural and social factors in neuroses and psychosomatic illnesses. This should provide a useful source article for anybody who wishes to become familiar with modern advances in social psychiatry.

The therapeutic community seems to have taken the Continent by storm and initial successes are enthusiastically reported. A more sober note is struck by Fischmann, of the United States, who has been treating drug addicts on these lines. He has no illusions as to the difficulties and advises against the slavish transfer of what would appear to be a successful experiment in one situation to an entirely different set of circumstances. He cites the extensive modification Maxwell Jones had to make in his own experimental model of Belmont when he transferred it to a correctional institution in California. A sceptical reviewer might ask for the evidence of the success of the Belmont experiment. Fischmann claimed 16 per cent successes after 10-12 months residential treatment.

The future has not been neglected, and Lesse and Wolf postulate the basic determinants and trends of psychotherapy in the 21st century. They have some frightening things to say about the individualist. He will be regarded as a maverick, and any expressions of individualism will be considered as an ailment, while the individual ego will give way to the group ego. This all has a familiar ring and has of course been tried again and again, but man, the individualist, has still survived, preferring his own ego to that of his neighbours.

When one reads through the Proceedings, with their many references to previously published work, one may ask whether they should have been published. I personally found a number of the contributions excellent and their collection in monograph form very convenient. The six volumes are more than the average psychiatrist would wish to have in his study, but they would be a welcome addition to a library shelf in view of the price. This is not an unconditional recommendation!

MYRE SIM.