

## FREUD

**Freud As We Knew Him.** Edited by HENDRICK M. RUTTENBECK. Detroit: Wayne State University Press. 1973. Pp. 518. Index 6 pp. Price \$17.50.

Many of the people whose impressions of Freud are recorded in this book comment on the seeming discrepancy between the uninhibited boldness of his thought and the conservative decorum of his way of life: 'even the strained efforts of generations of critics have not been able to throw the slightest shadow on his integrity and his sober fairness or his personal conduct, which complied with all the demands of the same conventional morality that he had discovered to be repressive, rigid, and even dishonest. . . . The man who with the bold daring of a revolutionary genius questioned all the comfortable assumptions of bourgeois life and found them wanting, behaved in his personal sphere as if he were just another fairly successful practising physician of his day . . . . In strict compliance with the specific moral code that he had discredited, he was a model paterfamilias of a respectable household, inconspicuously living an average existence in an atmosphere which he presumably hated and despised'.

His working habits were characteristic. He conducted an enormous correspondence and wrote his articles and books without any help from typewriter, secretary or telephone. He always finished what he had begun and when he died there were no unfinished manuscripts left lying in drawers. He 'chided himself as being lazy'. In many instances his sardonic judgement protected him against the blandishments of flattery and of those who hero-worshipped 'the inspired seer'. 'Trained to find the core of every truth, the truth having even greater validity—he analyses himself as keenly as he analyses others'. 'His language tricks us by its sobriety into overlooking its crystalline perfection'.

A Boston psychoanalyst who visited him in 1937 urged the desirability of closer co-operation with medicine and psychoanalysis in America. 'Freud replied that there was implicit in this argument a false assumption that the validity of psychoanalytical findings and theories was definitely established, while actually they were still in their beginning, and needed a great deal of development and repeated verification and confirmation. . . . When I replied that it would be my added pleasure to present to my colleagues as well as I could the substance of our talk, Freud said most amiably that it would be a very nice thing to do, but that it would accomplish no good whatever'. Obviously he did not want to contribute to hagiology.

The most informative and attractive of the accounts are those given by people whom he analysed and by

members of his family. The analysands lend vivid detail to the living portrait. 'To emphasize his points in analysis he pounded the arms of his chair and often the head of the couch. When most intent and excited in an explanation he would lean forward, almost directly over the head of his patient, to whom his excitement was thus transmitted. He had a great zest for details in associations and dreams. When names of places were mentioned he would go into the library and ask to be shown the place on the map, which he would then study. He had to understand thoroughly locations and relationships of houses and rooms, frequently asking that diagrams be drawn.' An English analysand: 'Behind the dignity and reserve of this serious, much occupied professional man, he was a most unsophisticated person and sometimes quite naïve.' A Swiss whom he analysed in the early 'twenties: 'Freud was not a good psychoanalytic technician. Since he had not been analysed himself, he tended to commit two kinds of errors. First, he had practised suggestion too long not to have been materially affected by it. When he was persuaded of the truth of something, he had considerable difficulty in waiting until this verity became clear to his patient. Freud wanted to convince him immediately. Because of that he talked too much. Second, one rapidly sensed what special theoretical question preoccupied him, for often during the analytic hour he developed at length new points of view he was clarifying in his own mind. This was a gain for the discipline, but not always for the patient's treatment.'

The picture is rounded out by family recollections. His sister, Anna Freud Bernays, recalls how the interests of other members of the family were subordinated to Sigmund's wishes. 'In spite of his youth, Sigmund's word and wish were respected by everyone in the family. When I was eight years old my mother, who was very musical, wanted me to study the piano, and I began practising by the hour. Though Sigmund's room was not near the piano, the sound disturbed him. He appealed to my mother to remove the piano if she did not wish him to leave the house altogether. The piano disappeared and with it all opportunities for his sisters to become musicians.' In his adolescence he was a stern censor: 'If I had a book that seemed to him improper for a girl of my age, he would say "Anna, it is too early to read that book now"'. When I was fifteen I remember he felt I should not read Balzac and Dumas.' 'He now lived at the hospital and returned to us only on weekends, staying in his little room. Many of his friends came to see him there. One would have imagined that the presence in the house of five young women would have had some attraction for these young men, but they seemed less interested in entertainment than in

scientific discussion with our learned brother, and disappeared into his room with scarcely a glance for any of us.'

This unsystematic bulky book contains much raw material complementing Ernest Jones's biography and testifying to the dignity and warmth of Freud's personality. There are some conspicuous omissions, and some inclusions that should have been omitted: for example, the odious and probably spurious interview reported by Odette Pannetier. As for the excerpt by Maryse Choisy, its glucoïd adulation would have been a good reason for omitting it: 'his dark brilliant eyes penetrate beyond your mortal flesh. From them a force rains down on me like some sacred dew . . . .'

AUBREY LEWIS.

#### HEALTH SERVICES

##### **Needs of the Elderly for Health and Welfare**

**Services.** Edited by R. W. CANVIN and N. G. PEARSON. University of Exeter. 1973. Pp. 106. Price £2.00.

The Institute of Biometry and Community Medicine, established in 1969 at the University of Exeter, has an operational bias and concerns itself mainly with research on the Health Services. One of its major projects deals with the health, welfare and care needs of the aged, and it is on this subject that a seminar was held for three days in Exeter in March 1972. The proceedings of this seminar are summarized in this book.

The greatest strength of the seminar and book lies in the multi-disciplinary nature of their contents even though no general practitioner was present. In addition to medical papers by Ferguson Anderson (general health needs), A. L. Cochrane (screening—neatly debunked) and Tom Arie (psychiatric needs), there are contributions on the philosophy and history of need as a concept (T. H. Marshall); on measurement and evaluation of services (Jackson and Himatsingani); on financial (A. R. Atkinson) and housing (D. Fox) needs; and a long paper by Peter Townsend on the main results of a survey (carried out in 1963 but largely unpublished) of old people in institutions in Britain. It is surprising, however, not to find a paper by a Director of Social Services.

The standard of all papers is high and all fully justify their appearance in print, which is far from true of so many published seminars. Despite the fact that, apart from Townsend, none of the authors reports any new and previously unpublished research results, the book is highly informative by virtue of the number of fields reviewed, and it must be an exceptional expert who will not learn from it.

Townsend's paper, in line with his previous work, documents the vast amount of disability in vast

numbers of old people—and how badly we look after them in institutions. One hopes that the next step in his important work on the elderly will be the devising of means to overcome the appalling difficulties of institutions, more readily detected than righted. Meanwhile, we shall continue to keep old people at home, wishes and pressures notwithstanding, except where there is certainty that their lot will be improved by admission, or at the very least not be made worse.

The book is attractively produced, and at a price hardly exceeding the cost of four gallons of petrol it is a bargain!

L. K. HEMM.

**Counseling and Accountability: Methods and Critique.** By HARMAN D. BURCK, HAROLD F. COTTINGHAM and ROBERT C. REARDON. Pergamon Press. 1973. Pp. ix+271. Index 7 pp. Price £3.50.

This book asks a good question: 'What kind of counselling, provided by what kind of counsellor, can be most effective at this time for this kind of population subgroup?' The authors warn the reader that money for counselling may not always be available unless there is evidence of positive results.

Instead of an answer the authors provide a kit in the form of nine chapters on methodology with over 250 references. The second half of the book consists of thirteen papers (previously published) on research in counselling. Each article is appraised in detail. They deal with different types of problems, from group psychotherapy to school counselling. Although the authors are concerned with accountability they do not discuss the difficulty of assessing the cost benefit of a counselling service.

This is a dull though informative research manual. The reviewer's boredom lifted a little, in the chapter on ethical considerations, at the recommendation that the personal value structure of the research worker 'should also include a highly internalized system which draws upon the researcher's relationship with a Greater Being'.

W. L. TONGUE.

**Accounting for Health.** Report of a Working Party on the Application of Economic Principles to Health Service Management. King Edward's Hospital Fund for London. 1973. Pp. 63. Price £1.75.

**Admission of Patients to Hospital.** By HOWARD BADERMAN, CHRISTINE CORLESS, M. J. FAIREY, MICHAEL MODELL and YVONNE RAMSDEN. King Edward's Hospital Fund for London. 1973. Pp. 51. Price £1.50.

In these two reports, the King Edward's Hospital Fund continues its valuable investigations of the administration of medical care in the Health Service.