

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 LEPP0; 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

series we have well-written conclusions, such as the author's confirmation that in Russia there had been a dilemma between religious fanaticism and scientific thought.

The same author is then concerned with Poland, and one man stands out, namely Ochorowicz; he was of course wrong in his assumption that magnets are influenced by the CNS, but he was also right in his theory of electrical changes taking place in muscles; a man who did serious research on over 700 patients must be taken seriously. His major work *Mental Suggestion* became a classic.

Dr. Leppo (translated by Dr. Dingwall) writes about Italy and hypnotism. Here naturally anything which was not acceptable to the Vatican was out, and it needed a brave man like Guidi to start raising a plant on such barren soil. It is inevitable that we come up against Lombroso who, of course, supported hypnotism. There was in fact a good deal of support, but also many doubters like Marcelli who wanted scientific confirmation. The authorities in Italy forbade public displays of hypnotism in 1886; it took us a long time to follow this lead.

We have many more names in Italy and many more experiments but they are unfortunately mostly anecdotal, as Dr. Dingwall points out in his conclusions.

The juxtaposition of two such opposite mentalities as the Russian and Italian produces a challenging book, and, as in his previous two volumes, Dr. Dingwall has maintained the high, impeccable standard of his series.

G. C. HELLER.

SOCIAL SERVICES

Commitment to Welfare. By RICHARD M. TITMUS.
London: George Allen and Unwin Ltd. 1968.
Pp. 272. Price 30s.

This book contains a number of essays, including some not previously published. They are grouped under four headings, social administration, including the place of teaching and research; health and welfare; issues of redistribution, and lastly some current dilemmas of medical care. Many of the essays are based on lectures given to a variety of audiences at home and overseas. Most of these make fascinating reading and one suspects must have had considerable impact on the audience at the time, but it is inevitable that there is a certain amount of repetition, both in the reiteration of the author's philosophy and in his practical illustrations.

It is a tribute to the author that he makes interesting a subject which could be very dull. Woolly thinking on the Welfare State and its effects is

challenged by many of the facts now available. For example, it is easy to assume that the health service has led to great improvements for the low income groups. In some measure this may be true, but since the higher income groups know how to make better use of the service they tend to receive more specialist attention, occupy more of the beds in better equipped and staffed hospitals, have better maternity care and are more likely to get psychiatric help and psychotherapy.

Most of the chapters are self-contained, and anyone considering planning for geriatric services could read, for example, Chapter VIII with immediate benefit, though I have no doubt he would feel compelled to read the rest of the book. Similarly, those concerned with children's services would find a remarkable condensation of information, together with some stimulating comments in the chapter on child poverty and child endowment. Perhaps it is still not generally known that the commonest cause of poverty next to old age is the large family, and that some surveys suggest the diet of large families has actually fallen in recent years.

This book can be warmly recommended to a wide professional audience, and, indeed, to all those who are concerned with social organizations, not only in theory but in their practical application, and this must include every doctor, social worker and administrator. The issues concerned affect everyone.

A. A. BAKER.

NURSING

Psychosocial Nursing—Studies from the Cassel Hospital. Edited by ELIZABETH BARNES.
London: Tavistock Publications Ltd. 1968.
Pp. 316. Price 27s. 6d.

This volume consists of a group of papers written by the medical and nursing staff of the Cassel Hospital over the period 1946–67, and was compiled as a tribute to Tom Main, the Medical Director. It presents the lines of thought and study pursued at the hospital and reflects the development which took place during this period, emphasizing changes in therapeutic organization and training programmes for the nursing staff.

The book consists of 28 papers (written by 14 contributors), and is divided into five parts. Relevant bibliographies are included and interesting useful editorial comments by Elizabeth Barnes summarize lucidly the theme in each part. There are several classical papers which still make interesting reading and are appropriate for the present day. This applies especially to Main's initial description of the hospital