

written on the use of occupational therapy in the treatment of various physical and psychiatric conditions, and its use in special age groups such as children and geriatric cases. Domiciliary occupational therapy is given a rather short (19 pages) section corresponding perhaps to its availability in general practice. An excellent bibliography is included as an appendix, but the heading, References, at the end of each chapter is somewhat misleading as much of the material contained therein would be more simply dealt with by footnotes. Although this is basically a text-book for occupational therapists, doctors will find here helpful information as to the limitations and possibilities of a form of treatment that is not yet being fully or efficiently utilized.

Ego and Milieu. JOHN and ELAINE CUMMING. London. Tavistock Publications. 1964. Pp. 292. Price 55s.

The Cummings, a husband-wife team combining respectively the roles of psychiatrist and sociologist, present a disarmingly modest yet compelling combination of theory and practice developing the theme of the therapeutic community as "a scientific manipulation of the environment aimed at producing changes in the personality of the patient" (p. 5). The authors draw on their experience of the evolution of such a *milieu* within two particular American psychiatric hospitals. Its most vital and revolutionary feature is the apparent reversal of the traditional hierarchical structure of the hospital with respect to therapeutic role, the essential therapist being the patient himself in the context of the 'patient group', each with its aide or nurse who learns to intervene as little as possible, the doctor seeming to contribute least to the actual therapy but in fact helping to formulate and guide the developing therapeutic framework. The problems that occur in the daily life and work of the hospital are used as therapeutic stepping-stones to enable the disorganized or inadequate personality to work towards a new and more appropriate level of personal and social identity which is reinforced by radar-like communication with the *milieu*. The importance of relating such problem-solving within the hospital to the problems which the patient may encounter in his own life outside is stressed.

The authors are aware of the problem-solving and role-adjustment that the adoption of the therapeutic community method demands of the hospital staff, and the medical staff in particular since their role-reversal seems the more complete. Your reviewer would have welcomed more space devoted to this aspect of the problem. The difficulty of assessing results, common to all forms of psychiatric treatment, is discussed. But it is encouraging to find advocates who are not merely content to find statistical evidence for the superiority of their own form of therapy, but who really believe that the future lies in a synthesis of what is good for the particular patient in all the existing therapies. Furthermore, it seems highly likely that a therapeutic method which started in Boston in 1912 in the waiting-room of a follow-up clinic of home-treated tuberculous patients, when the practitioner moved his chair out of the surgery into the waiting room to join the patients and his receptionist, and which psychiatrists in hospitals have developed under the title of 'group therapy' has still much

to offer to general medicine and to general practice. But as the Cummings suggest, this particular problem-solving must be undertaken largely by the relevant specialists themselves. This book demands critical reading by all who are concerned with the crucial task of re-interpreting the immense wealth of modern scientific medical fact in its context of inter-personal values.

Primary Love and Psycho-analytic Technique. MICHAEL BALINT, M.D., Ph.D., M.Sc., London. Tavistock Publications. 1965. Pp. ix + 307. Price 40s.

This book is derived from a series of lectures prepared by Dr Balint, and occasionally by his wife. It has two main uses. It can be viewed as a reference book for those who are interested in psycho-analysis: or it can be used as a mental exercise for those who have never been analysed. Parts make fascinating reading, but in general the going is pretty hard. The first chapter on the evolution of sexual functions in the different divisions of the animal kingdom is of considerable general interest, but in the end all the observed phenomena have to be forcibly compressed into the analytic theory of the three erotic levels, oral, anal and genital eroticism. A study of the book suggests a comparison between psycho-analysis and religion. Everything must in the end conform with the theory, no matter how far fetched this may appear. The classical characteristics of inflammation calor, dolor, rubor, tumor, and functio laesa are noted to describe just as correctly genital excitement. There are some useful observations, such as the tranquillizer effect of regular coitus, a fact well known to any thoughtful family doctor, but to pick up such pearls one has to wade through a whole chapter on the subject. It is hardly a book for the average general practitioner, and it will not help him to unravel many of the anxious and depressed patients who come to see him at his daily sessions in the surgery.

Facing Retirement by a Country Doctor. Second edition. London. George Allen & Unwin. 1964. Pp. 166. Price 18s.

The second edition of this book retains the philosophy of an active approach to ageing and retirement, unaltered though sometimes high lighted by rewriting. The chapters on finance (‘ Money ’, ‘ Income Tax ’, ‘ Pensions and National Assistance ’) have been brought up-to-date as far as changing legislation permits. Appendices on ‘ Annuities ’ and ‘ Simple Self-made Wills ’ supplement them and indicate that the book is valuable for readers at all levels of income.

The part that women play in variety has been expanded. ‘ Helping a Man to Retire ’, ‘ The Elderly Guest ’, with advice for hosts and guests alike, ‘ Marriage and Companionship ’ seem more fully discussed than in the first edition—This is even more evident in references to supporting services, both voluntary and of local authorities. The special problems (and sometimes reliefs) of ‘ Living Alone ’ and ‘ Dependence and Loneliness ’ are discussed imaginatively and with practical advice. ‘ Prevention of Accidents ’, ‘ Painful Feet ’ and advice on changes in sight and hearing present a dose of instructions without provoking resentment and a thread of instructions on regular and simple meals runs through the book. In