

Medical and dental hypnosis and its clinical applications. JOHN HARTLAND, B.SC., M.B., Ch.B., M.R.C.S., L.R.C.P., and STANLEY TINKLER, L.D.S., R.C.S. London. Baillière, Tindall and Cassell Ltd. 1966. Pp. xviii + 346. Price 50s.

The majority of works on hypnosis deal mainly with the theoretical aspects of the subject. This new publication is essentially a practical textbook written for the student hypnoterapist with particular application to work in general practice and dentistry. The book is divided into three parts. Part 1 covers the history, nature and techniques of hypnosis. Part 2 deals with the theories and phenomena of hypnosis; and part 3, the clinical applications, with a chapter on dental hypnosis.

The text is clear and to the point, the section on techniques of trance induction being particularly lucid. The author has had 25 years experience in this controversial field. In spite of his enthusiasm for the subject, he is careful to stress the limitations involved in its clinical applications. He quite rightly emphasizes the need for medical responsibility and control of hypnosis and its applications. Clinically, the uses of hypnosis are described in some detail in the second half of the book. Although therapeutic success often seems to be achieved, your reviewer is still doubtful about its overall therapeutic value, especially from the long-term view.

Dr Hartland, by his well-balanced sincerity of approach, has done much to eradicate the 'hocus-pocus' so often associated with hypnosis in para-medical and lay circles. His book can be recommended to those studying the subject for the first time.

The psychological aspects of rheumatoid arthritis. HAROLD GEIST, Ph.D. Springfield, Illinois. Charles C. Thomas. 1966. Pp. xiv + 138. Price \$6.50.

Dr Geist has attempted to assess the importance of various psychological factors in the aetiology of rheumatoid arthritis by a questionnaire and a series of psychological tests on patients suffering from this disease and on matched controls. The reader is expected to be familiar with the tests used notably the MMPI (Minnesota Multiphasic Personality Inventory) and HIT (Holtzman Ink Blot Technique), the findings of which are discussed in great detail. The general impression gained is that many patients had emotional trauma around the time of onset of their disease, and that their personalities show obsessive-compulsive traits and inhibited hostile aggressions.

Despite (or perhaps because of) the mass of psychological data obtained the actual series consists of only 22 patients and 22 controls and the smallness of the number must reduce the value of the findings. The author himself summarizing the findings on the MMPI tests admits that the differences found are not statistically significant. This study nevertheless will probably produce pointers for further research.

Some of the statistics provided are also suspect, as of the 22 patients, one per cent suffered from tics, one per cent were sternly disciplined by a stepmother, two per cent describe their dreams as 'scrambled' and one per cent found their symptoms worse at period times.