

given couple chooses to produce a family of three children should they not have the right to expect the best three children which they are capable of producing". This comes from the country where some state laws embody prejudice and taboos of early and later settlers' traditions with added problems of vastness and variety, racial and financial disparities. Nevertheless, every essay applies to our own social and ethical difficulties of today and the solutions even in principle are as hard to find.

The papers are grouped under The Quality of the Next Generation and The Quantity. After Control of Neoplasia comes The Law covering divorce, abortion, artificial insemination and sterilization, then the Agencies and finally the Individual woman and doctor—the theme of motivation, personal and social runs through each essay.

The editor concludes in the last sentence "We are in a sense a society of the walking wounded, collectively overcrowded and individually hurt and the correction of this situation is the urgent task to which we should commit our thoughtful energies. The time to start was yesterday". But the book is dedicated "To our Grandchildren and to their Grandchildren, for only by dedicating our thoughtful efforts on their behalf can we mould a society fit to receive them or indeed create citizens fit to be born".

The authors are not alarmist in matter or manner but discuss the problems of society without defence or excuse, each in their own range. Our own problems vary in social expression perhaps but are basically the same. This is an exciting book to read and every part of it is relevant to general practice.

**Hypnosis of man and animals.** FERENC ANDRAS VÖLGYESI. London. Bailliere, Tindall & Cassell Ltd. 1966. Pp. xiv + 216. Price 75s.

Hypnotism frequently arouses incredulity and the title of this work, though appropriate, may do little to appease the unbelievers.

Caesar would have rejoiced at the book being divided into three parts, even more so when Völgyesi tells how unarmed and single-handed the Emperor subdued a band of pirates by the strength of his personality and gaze. But Caesar's general practitioner would have rejoiced less, indeed even been perplexed to know what to make of this detailed and unusual work.

The intriguing first third of the book is devoted to the history of hypnotism. The comments of Mesmer's partisans to the slighting remarks of the 1784 Commission appointed by the French Academy of Science, at the command of the King, are just as apt today as formerly. "A curative result of mesmerism has to be ascribed to the power of imagination and fancy. Doctors are forbidden under the penalty of . . ." The partisans pressed the point that as the commission accepted the curative aspect of mesmerism this fact should have been investigated. The commission's view differs little from today's sceptics.

The middle of this charming book is devoted to the comparative anatomy and physiology of the central nervous system, and the author's theories

on hypnotism; although the reviewer was left feeling uncertain on the matter. Considerable recognition is paid to Pavlov for his experimental work on the conditioned reflex and its relationship to hypnosis. Then follows a detailed account of the author's hypnotic experiences with animals, tame and wild, in captivity.

Völgyesi is not keen on psychoanalysis and makes this quite clear with various arguments. It appears that Western analysts have counter objections to hypnosis. The author has an incredible experience of hypnosis in Hungary in the 46 years up to 1963. Völgyesi claims that he has treated 62,000 private patients (excluding war and revolution experience) in over 800,000 hypnotic sessions (i.e. approximately 50 sessions a day)—a fantastic total. He has treated 10,000 chronic alcoholics individually by hypnosis! and claims that 25 per cent were cured, with varying degrees of success in some of the remainder. J. Griffiths Edwards of the Maudsley Hospital (personal communication) who has recently published the results of a controlled trial of hypnosis in alcoholism, informs me that the hypnotic cure rate = the untreated control cure rate = 25 per cent.

The book contains much of interest and leaves the reader full of admiration for the author's skill, even bravery, in his handling of animals. To Völgyesi hypnosis in man and animal differs only in degree; an opinion not held by all.

In spite of the foregoing I think the book is an important piece of hypnotic literature. It is packed with fascinating anecdote and speculation and the author's knowledge of hypnosis physiology and ethology is evident throughout. Only the short final part of the book is clinical, and this rather brief.

In judging the book I would say—of interest value, a hit. Of practical value to the general practitioner, a miss.

**Psychiatry in the practice of medicine.** ALLEN J. ENELow, M.D. and MURRAY WEXLER, PH.D. New York and London. Oxford University Press. Pp. viii + 355. Price 52s.

This excellent book, by a psychiatrist and a psychologist, could more fittingly be described as a handbook of psychotherapy for the non-psychiatrist, and particularly the family doctor. The whole field of psychiatry is not covered, though there are chapters on psycho-pharmacology and psychiatric emergencies, but the bulk of the book is given over to a description of methods of communication including diagnosis and treatment. In this respect it is admirable, being written in a clear, lively and authoritative manner.

The authors have planned the book unusually, but sensibly. First they give a detailed description of a diagnostic interview. Then, after a review of various psychiatric disorders, they describe the method of therapy they favour, for which Enelow has coined the term process-oriented psychotherapy. In this the doctor concentrates on the actual situation between him and the patient in the consulting room, drawing his attention to