

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

attitudes displayed rather than delving into the past. The goal is improved communication, so that the patient can say, and realize, what he really means. For the family doctor there are obvious advantages in this method, in that he is less likely to stir up more complex emotions than he can deal with. Also the patient is less likely to become emotionally dependent on his doctor than in some other forms of therapy. The method is very well demonstrated by a literal transcript of a therapeutic interview, much of it printed on the left-hand page, while on the right is an analysis of the patient's action and the therapist's reaction.

Later in the book is a long and fair-minded account of other forms of therapy currently practised, and an attempt is made to indicate what they have in common and where they differ.

The reviewer believes that for family doctors psychotherapy is best learned in the postgraduate period, preferably in seminars in which their own cases are discussed. The authors are well aware of the problems of teaching, and have for six years conducted courses at the school of medicine of the University of Southern California. Their book is built on the basis of this experience, and will prove enjoyable and stimulating to all doctors who feel the need to treat their patients' emotional problems. It is well produced and excellent value.

Hypochondriacal syndromes. G. A. LADEE. Amsterdam, London, New York. Elsevier Publishing Company. 1966. Pp. viii + 424. Price £6.

"Owing to the sadistic superego with strong cathexis (secondary narcissism), partly at the expense of object libido and primary narcissism the ego suffers masochistically, self-esteem is low and the (body-) ego expressions are weak."

A single sentence can hardly give a fair indication of the style or content of a whole book, but the general practitioner who is not psychoanalytically orientated is unlikely to find this easy going.

Dr Ladee has written a most comprehensive survey of the whole subject of hypochondriasis illustrated extensively (over 500 references) from world literature and from his own experience of 225 cases followed up for several years.

He classifies the hypochondriacal syndromes under 11 main aetiological headings which are again subdivided, and gives a detailed description of each type and sub-type with special stress on the psychodynamic processes involved.

Much of this is, of its very nature, not light reading and the author's style tends to be rather heavy. English-speaking readers may also find the frequent Latinisms a bit odd—"ulceus duodeni", "tremor linguae et manuum", "atrophia n. optica e causa ignota".

The numerous case histories, often in great detail, are written in a