

into the confines of this book. If it were gone through carefully with an experienced and interested general practitioner, it could be considerably improved. Examples of loss of value by condensation of the subject matter are the description of the caloric test in vertigo without instruction as to how to read an abnormal result; the bald statement that vestibulitis of the nose occurs in nose-picking children and debilitated adults, the only treatment offered being the application of Ung. Hyd. Nit. Dil; the statement that acute infection of the maxillary sinus is seldom seen as a clinical entity in children, without reference to age of child or whether this refers only to hospital admissions.

The book is profusely illustrated. Many of the illustrations add little or nothing to the value of the text. For example a representation of three pairs of Walsham's forceps or four tuning forks of differing size seems unnecessary. Omission of the following figures would give room for a helpful expanding of the text—Figures 3, 4, 5, 9, 12, 13, 14, 15, 26, 27, 56, 57, 65, 67, 68, 75, 83, 88, and 93. It is of interest to note that gunshot wounds precedes diving as a cause of acute infection of the maxillary sinus; it precedes blows as a cause of injury to the larynx; in this country one would not quarrel about its precedence over tribal custom as a cause of septal perforation.

**Psychotherapeutic Techniques in Medicine.** MICHAEL AND ENID BALINT. London, Tavistock Publications, 1961. Pages ix + 229. Price 21s.

A bedside manner, common-sense, and reassurance are not enough. All doctors would be better at their job if they could be taught methods of psychotherapy based on proper professional skills. We do not yet know enough to teach these methods systematically.

With this as their long-term assessment and aim, Dr and Mrs Balint try in this book to clear the ground of some prejudices and to establish some reliable working principles about psychotherapy, particularly when it is carried out by doctors who are not specialists.

The book is addressed to general practitioners and consultants; it is not intended only for psychiatric consultants. It is a companion volume to *The Doctor, his Patient and the Illness*. The first book was provocative and sharply challenged many accepted beliefs and practices; it offered few solutions to the problems raised. The present book is provocative too, but it is more constructive; tentative solutions are offered.

Its four parts are only loosely related to each other. The first

is about the setting in which psychotherapy is done. One setting is general practice. General practitioners should aim to develop psychotherapeutic techniques appropriate to this setting rather than import wholesale the techniques proper to the psychiatrist's setting. They can obtain valid results. Psychiatrists can only teach general practitioners to a limited extent and as far as there is an overlap between their settings and tasks.

The second part is devoted to a discussion of certain basic problems common to psychiatrist and general practitioner, e.g., examination by the patient; the need for the doctor to be aware of the influence of his own emotions.

The third part is concerned with the need in psychological medicine for the treatment to make sense both to patient and doctor. To this end the doctor must complete a two-stage task; first he must come to understand the patient and then he must help the patient to understand himself.

The fourth part is devoted to a study of the psychiatric interview.

Case-histories play an important part in the argument. Those chosen from general practice seem more intricate than the majority which this reviewer sees in the same setting. They are not always easy to follow and this may discourage some interested readers.

Dr Balint has far more belief in the value of the general practitioner than have most consultants and his belief is based on 10 years' close experience. This book is an important contribution to our work and deserves, like its predecessor, to be very widely read. Readers of this Journal will find it both stimulating and encouraging.

**Teaching of Psychiatry and Mental Health. A WORLD HEALTH ORGANISATION. Geneva. 1961. Pp. vii + 186. Price 10s.**

The papers in this book were presented to the World Health Organisation's Expert Committee on Mental Health, which met in Geneva in May 1960 to discuss the undergraduate teaching of psychiatry and mental health promotion.

It has always been, and always will be, the task of the general practitioner to integrate all knowledge available in the service of his patient, and it is interesting to find from the paper prepared by the mental health unit of the W.H.O. that almost everywhere there is a call for the teaching of psychiatry and psychotherapy appropriate for the general practitioner.

An outstanding contribution on how to answer this call comes