

criticism certainly does not apply to the team of psychoanalysts working in the Tavistock Clinic under the leadership of Dr. Michael Balint. The author of this book was a member of that team, whose aim has been to investigate psychotherapy on analytical lines.

The brief psychotherapy employed does not deserve to be called superficial because it uses interpretation and emphasizes the importance of the transference relationship. Much effort was given to the evaluation of therapeutic effects in as rigorous a manner as possible. The treatment of twenty-one cases is described in considerable detail. Therapy varied in length from ten to forty sessions. The hypothesis that patients with mild illnesses of recent onset gave the best results was not supported. The most important criterion indicating a good prognosis was high motivation for the therapy. Early interpretation of the transference relationship proved essential for the success of the treatment. The prognosis was best when both patient and therapist were willing to become seriously involved and to bear the tension that inevitably ensued.

For the treatment to be successful the therapist had to formulate a circumscribed therapeutic plan. The problem of controls was given a good deal of thought. Like others before him the author was unable to overcome the difficulties inherent in the requirement of equally thorough study of both a treated and an untreated group. However, he and his colleagues formulated the changes hoped for in every case in psychodynamic terms at the beginning of the treatment and were thus able to test its efficacy. Success was measured with the help of a rating scale. In assessing the effect of treatment the author does not rely on "clinical impressions." The patients chosen for this study represented a highly selected population. Obviously they had to be willing and able to explore feelings and to work within a therapeutic relationship based on interpretation. The author concluded that it was possible to obtain quite far-reaching improvements with brief psychotherapy on

analytical lines. One half of the cases showed improvement of various degrees. Some of the patients who did well had suffered from long-standing neuroses.

This is one of the most important books on psychotherapy which have appeared for a long time. It is of the greatest interest not only to the psycho-analyst using brief methods but to every psychotherapist, because it gives a valuable lead to the evaluation of brief psychotherapy.

E. STENGEL.

HOSPITAL LIBRARIES

Hospital Libraries, and Work with the Disabled. Compiled and edited by Mona E. Going, F.L.A. (Pp. 198+xiv; illustrated. 44s. 33s. to Library Association members.) London: The Library Association. 1963.

This book gives information and advice on every aspect of hospital librarianship and cannot fail to be of use to hospital librarians whether professional or amateur.

It is only during the last fifty years that increasing attention has been paid to the provision of hospital libraries. In the historical account given here tribute is paid to the excellent work of the St. John-Red Cross Library Service, to the creative part taken by Mrs. Helen Gaskell and Sir Charles Hagberg Wright in the development of hospital libraries, and to the helpful survey and useful recommendations of the committee of King Edward's Hospital Fund for London.

Suitable books may bring mental relaxation and diversion to patients well enough to read, and this amenity, though not vital, may contribute to more speedy recovery. Patients vary in temperament and in mental capacity, and a hospital librarian needs to know something of the working of a hospital, and still more about the differing intellectual capacities of the patients. This book will give answers to the many queries that may arise on these points.

ZACHARY COPE.

BOOKS RECEIVED

Review is not precluded by notice here of books recently received.

Emergency Service Manual. Edited by John H. Schneewind, M.D. (Pp. 246+viii; illustrated. 34s.) London: Lloyd-Luke Ltd. 1963.

The Year Book of Cardiovascular and Renal Diseases. Edited by W. Proctor Harvey, John W. Kirklin, Alexander S. Nadas, Oglesby Paul, Victor E. Pollak, T. Joseph Reeves, Robert W. Wilkins, and Irving S. Wright. (Pp. 543; illustrated. 75s.) London: Lloyd-Luke Ltd. 1963.

The Year Book of Cancer. Compiled and edited by Randolph Lee Clark and Russell W. Cumley. (Pp. 524; illustrated. 64s.) London: Lloyd-Luke Ltd. 1963.

The Road to Harley Street. By William Ryan. (Pp. 236+xiii; illustrated. 25s.) London: Geoffrey Bles. 1963.

Normal and Abnormal Pulmonary Circulation. Edited by Robert F. Grover. (Pp. 452; illustrated. DM. 67.) Basle and New York: S. Karger. 1963.

Antibiotic and Chemotherapy. By Mary Barber, M.D.(Lond.), and Lawrence P. Garrod, M.D.(Camb.), F.R.C.P. (Pp. 366+vi; illustrated. 35s.) Edinburgh and London: E. & S. Livingstone Ltd. 1963.

The Agar Precipitation Technique and its Application as a Diagnostic and Analytical Method. By Dr. F. Peetoom. (Pp. 114+vi; illustrated. 35s.) Edinburgh and London: Oliver and Boyd. 1963.

Review of Physiological Chemistry. By Harold A. Harper, Ph.D. Ninth edition. (Pp. 437; illustrated. \$6.) Los Altos, California: Lange Medical Publications. 1963.

Die Plasmaproteine in der Klinischen Medizin. By Walter H. Hitzig. (Pp. 291+xi; illustrated. DM. 58.) Berlin, Göttingen, Heidelberg: Springer-Verlag. 1963.

Zentrale Atemstörungen bei Schadel-Hirn-Verletzungen und dei Hirntumoren. By Dr. med. Reinhold A. Frowein. (Pp. 159+vii; illustrated. DM. 36.) Berlin, Göttingen, Heidelberg: Springer-Verlag. 1963.

Die Angeborenen Stoffwechselanomalien. By Prof. Dr. K. Schreier. (Pp. 384+viii; illustrated. DM. 59.) Stuttgart: Georg Thieme Verlag. 1963.

The Limb-Deficient Child. Edited by Berton Blakeslee. (Pp. 391+xvii; illustrated. 68s.) Berkeley and Los Angeles: University of California Press. London: Cambridge University Press. 1963.

Blood Pressure Sounds and their Meanings. Part 3. By John Erskine Malcolm, O.B.E. (Pp. 67+vii; illustrated. 30s.) London: William Heinemann Ltd. 1963.

Surgical Physiology of the Gastro-Intestinal Tract. Proceedings of a symposium held in the Royal College of Surgeons of Edinburgh, June 1 to 2, 1962. Edited by Adam N. Smith, M.D., F.R.C.S.E. (Pp. 237+xiv; illustrated. 27s. 6d.) Edinburgh: Royal College of Surgeons of Edinburgh. 1962.

Mountain Rescue—Cave Rescue. (Pp. 56; illustrated.) Cheadle Hulme, Cheshire: Issued by the Mountain Rescue Committee. 1962.

Current Medical Research. A reprint of articles in the Report of the Medical Research Council for the year 1961-2. (Pp. 69+v; illustrated. 5s. 6d.) London: Her Majesty's Stationery Office. 1963.

Principes de Médecine Expérimentale. By Claude Bernard. (Pp. 460. NF. 62.) Geneva, Paris, and Brussels: Alliance Culturelle du Livre. Paris: Masson and Cie. 1963.

The Handling of Chromosomes. By C. D. Darlington, F.R.S., and L. F. La Cour. (Pp. 263; illustrated. 32s.) London: George Allen and Unwin Ltd. 1962.