upon the period of validity of first aid certificates as this is already one of the great loopholes in the existing legislation in this country. Two years seems to be the longest possible time compatible with reasonable competence.

One of the most valuable measures described in this document is the need for producing an annual report for the management. This exercise in itself affords the industrial medical officer an opportunity of taking stock of his usefulness to the industrial community, and it gives him the satisfaction of knowing that he has achieved something within the preceding 12 months. Its value, perhaps, is greater to him than to the management to whom it is presented. It should contain not only the historical record of what has happened already, but also some commentary on recommendations for the future. 

Managements today are swamped with statistical information of the day-to-day production problems and have little time to study much of the detail which can go into annual reports. The need is for a brief summary of the main conclusions to be drawn from the figures presented, and one of the difficulties that exists in British industry is lack of any standardized method of recording and analysing this information. Invariably the manager wants to know, “How does my factory compare with similar industries?” and he has always read some other statistics in the daily press (which may indeed be misquoted). This is a great hazard in presenting reports, but it should not deter the medical officer.

The report contains invaluable information for anyone connected with the health problems of an industrial community, and it should be circulated amongst industrialists. It contains, as an appendix, the functions of industrial medical services as described by the American Medical Association, and has a useful bibliography.

J. C. GRAHAM


This must surely set a new standard of honesty in reporting research, at least as far as books rather than articles are concerned. Honesty, though always welcome and refreshing, can, however, be naive; this example is not. The authors and editors are not only mature enough to state clearly the faults of their methods and the limitations of their findings, but also competent enough to know what should have been done had circumstances permitted it. Amidst such evidence of merit, has the book then no faults? Assuredly it has, and of these one of the most serious is its title. What is so fully evaluated in the book is not just “psychotherapy”, but rather that particular form of it which is called “client-centred” or “non-directive” therapy. What is described as “personality change” is probably something rather less far-reaching and dramatic than one might imagine.

This is the story of a determined effort to answer the two questions, “Does non-directive psychotherapy cause significant changes in the feelings and behaviour of patients complaining of psychological difficulties?” and “Can these changes be demonstrated in a rigorous and objective manner rather than by appeal solely to clinical opinion?” If the plain man asks for a definition of non-directive psychotherapy, the simple answer is that it is a method which depends upon the creation of a permissive, uncritical climate in which the patient can feel able to express his difficulties. The counsellor (therapist) refrains from offering advice or interpretations, but rather “feeds back” to the patient a paraphrase of what he has just tried to say. Speaking detachedly, the process may be described as one in which communication is progressively improved, the measure of improvement residing, however, in the patient as the communicating source; he is the “centre” or locus of the process. Such a process requires much more skill, patience, and humility from the therapist than is sometimes supposed.

The Counseling Centre of the University of Chicago, where these researches were carried out, “serves both the students of the University and the general public. Most clients are self-referred, although we get referrals from physicians, psychiatrists, clergymen and various community organizations.” The Centre avoids accepting a client “who might possibly require institutional treatment” and “lets it be clearly known that they cannot be responsible for medical problems.” From this it may reasonably be inferred that the subjects of this attempt to evaluate the non-directive method of psychotherapy were mainly people in psychological difficulties of the minor but often persistent kind so very commonly encountered in the surgeries of general practitioners and industrial medical officers. This makes the findings of greater interest to readers of this Journal but of considerably less significance to those dealing with more serious cases of neurotic or psychotic disturbance.

The research design, while representing a considerable improvement on anything hitherto reported, leaves a good deal to be desired, particularly because the ethical exigencies of the situation prevented the investigators from withholding therapy for longer than 60 days in the case of the control group of clients. This becomes serious when it is realized that the “non-wait”, or experimental group, remained in therapy for periods varying from a minimum of six weeks to a maximum of about six months. The absence of significant changes in six weeks of waiting cannot be compared with significant changes after six months of therapy so as to permit the conclusion that no spontaneous remission took place: it might have been demonstrable during six months of waiting.

The methods of evaluating change, while again an improvement on anything previously available, still include subjective elements, but the clear and full presentation of the data and the use of various measures in combination do much to meet this criticism. When ratings and judges were used, the “inter-rater” and “inter-judge” correlations were usually commendably high; when this was not so, an adequate and often convincing theoretical argument (not defensive in character) is provided so that the reader may draw his own conclusions.

It would be possible to examine the methods and findings in detail (the reviewer has in fact done so with interest), but this is probably not the place for a mass of technical evaluation and criticism. Suffice to say,
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then, that in the words of Dr. Rogers (p. 433) "various changes in the self-perception of the client, in his personality organization, and in his daily behaviour occur as a concomitant of client-centred therapy". For the reasons given above, one must suspend judgment on his conclusion "that the psychotherapy is the effective agent of change, since changes of comparable magnitude do not occur in a control group or in our clients during a control period". With some reservations, we can accept his claim that "one defined approach to psychotherapy produces certain measurable and significant changes in the individual coming for help and that certain other changes which have also been hypothesized failed to occur in significant degree".

Not everyone will want to pay 45s. for this book, despite its many excellences, but every library, however small, which contains volumes on psychotherapy or neurosis should have this one too or be failing in its duty to the readers. Those who feel able to make pronunciations about the effectiveness of advice, counselling, therapy or any other brand of help for the psychologically maladjusted adults are asked to read this honest book and amend their future remarks accordingly.

ALASTAIR HERON


Dr. Lemkau's book is interesting and useful, if only for the reason that there are so few textbooks written in the English language on this important subject. The teaching is simple, but it is a disappointment on laying down the book to realize how few ideas which are really new have been presented. We know that mental hygiene and public health are team-work jobs; we have certain things to do, certain tools to use; but the reader who seeks to discover new secrets of improving mental health will not be much rewarded. There are discussion groups to be organized, or film shows, lectures, and educational programmes, the help of the churches must be sought, etc., etc., but the advice given goes little beyond the improvements of good general health, the avoidance of stress and of brain damage, and other simple teaching. The ideas are well expressed, and there is advice to encourage the "flowering of capacity", the "correlation of life experiences".

Perhaps, after all, it is in the science of human relationships that we shall achieve true success. But for the industrial medical officer there is little in this book which is of direct help in his daily problems. Nevertheless, the author can be praised for his courageous venture into the important field of mental hygiene in its relation to public health.

J. L. BURN


For most chemists, analytical chemistry is not an end in itself but an essential tool to solve problems in other fields. When methods for a particular purpose are collected together it is essential that they should carry the authors' guarantee that they have been adapted for the purpose intended and have been adequately tested. The book under review fulfils this requirement admirably. It is intended for works' chemists in a variety of industries so that management may be able to satisfy themselves of the adequacy of the ventilation systems. The volume is a joint work of a group of 18 I.C.I. chemists, and the methods described are the result of a great deal of work on their adaptation to the determination of substances in air.

The preliminary chapter upon sampling techniques is particularly to be welcomed. This is the crucial stage of the analysis of air; it is often surprising (to the inexperienced) how inefficient badly designed bubblers can be. Again the construction of these sampling devices is given in great detail.

It has clearly been the aim of the authors that the description of a method for a particular substance should be understandable without reference to other methods. This has been a little overdone when methods are non-specific and identical reagents and procedure are used for several substances; for example, the formolite method for benzene, toluene, xylene, and chlorobenzene and the Fujiwara reaction for chloroform, trichlorethylene, and tetrachloethane. These methods could easily and with advantage be brought together, and would have saved approximately 20 pages.

This book should prove invaluable to everyone requiring to analyse air for contaminants. The methods given are so well tried out and given with such a wealth of detail that those inexperienced in their field will find no difficulty in carrying out the analysis exactly as intended.

W. N. ALDRIDGE


If ever a small scientific work written for the edification of the layman carried with it an aura of a best seller, this is it. It is an excellent little book and should become a standard textbook in school and factory. There are two schools of thought about teaching this subject. The first is for the expert to decide on the most valuable single method to the exclusion of all others, and the second is to explain the principles in a simple way so that in any situation, from the top of a pole to a small boat in a stormy sea, some real attempt may be made at getting breath in and out of the body.

Recently teaching has inclined to the former on the grounds that it is better to be thoroughly versed in one method than have a hazy knowledge of two or more. For this reason for many years Schafer's method had been the vogue generally in England and the U.S.A. whilst Sylvester's was (and is) the method of choice on the Continent. Dr. Garland has made a happy combination of the two views. He teaches the positions of the body in maximal inspiration and expiration, and shows how breathing can be enforced whether the victim is attended to while lying, sitting, or being carried.

Dr. Garland pays generous tribute to the bravery of Pask in England and the staff of the medical schools...