THE MODERN FAMILY HEALTH GUIDE—Edited by Morris Fishbein, formerly Editor, Journal of the American Medical Asociation; Editor, Excerpta Medica; Medical Editor, Britannica Book of the Year. Doubleday & Company, Inc., Garden City, New York, 1959. 1001 pages, $7.50.

The book is composed of two sections approximately equal in bulk. The first is a collection of essays on topics such as The Meaning of Health, Diet, Child Care, and various organ systems and specific diseases. The second is an alphabetical compendium of descriptions and brief discussions of parts of the body, symptoms, diseases, drugs, and so forth.

Dr. Fishbein shows ambivalence in his introduction: "a little of the right kind of knowledge would surely relieve and prevent many of the common ills. Such knowledge is what this book is intended to provide. Even though it is a big book, I emphasize a *little* knowledge. . . ." Surely, here is the situation for a broadly competent author, who has thought about the needs of the public for medical information, and the techniques of displaying it, to present an integrated survey. However, "The comprehensive articles . . . were written by 27 competent authorities . . . (providing) advice and guidance . . . that would be almost unpurchasable by the average patient," with the predictable consequences of gaps in coverage, overemphasis on special interests of the writers, and variation in the intellectual and educational demands upon the reader. Some of the experts are so careful to avoid the uncertainties and reservations in their fields that they end up saying very little. Several of the chapters are very good.

A number of careless errors of writing have survived the editor. Diagrams are sparse and the choice of subjects for illustration is bizarre.

There is much in this book that is good, but few physicians will want to recommend it to the patient who seeks a source of information about health and disease because it raises as many questions as it answers.

RODNEY R. BEARD, M.D.

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OBSERVATIONS ON DIRECT ANALYSIS—The Therapeutic Technique of Dr. John N. Rosen—Morris W. Brody, M.D.; with forewords by John N. Rosen, M.D., and O. Spurgeon English, M.D. Vantage Press, Inc., 120 W. 31st Street, New York 1, New York, 1959. 104 pages, $2.95.

This book represents the first attempt to describe what occurs in Dr. John Rosen's technique of "Direct Analysis" of psychiatric patients. It is not concerned with the evaluation of its therapeutic effectiveness. Brody, the author, was the leader of a group that observed and analyzed the Rosen method of treatment. Rosen apparently justifies his considering direct analysis to be an extension of Freudian psychoanalysis, because he was unable to achieve good results with psychotic patients prior to his own personal analysis. He compares a psychosis to a dream or to an interminable nightmare and justifies the violence of his technique as a necessity to awaken the patient from his nightmare.

It appeared to the observers that Rosen's crude and forceful remarks to the patients were primarily aimed at evoking guilt and not at giving insight. Rosen drums interpretations into the patients' heads, he accuses them of being insane, forces them to admit incestuous wishes, charges them with being stupid when they don't accept his ideas, threatens them and uses a team of assistants to maintain a God-like omnipotent position. On the other hand he rewards them with praise and other things when they go along with him.

Once the patient loses his psychotic symptoms, Rosen does everything possible to make the patient reenact the psychosis. "If the patient in his psychosis spoke to imaginary voices, Rosen will insist that he again speak to these voices." He tries to give the patient an opportunity to see himself as he was when psychotic. He will ask the patient to be insane for half an hour and does not give the patient an opportunity to deny that he has been psychotic. He also maintains an attitude with the patient that no greater opportunity can be afforded a person than to have the good fortune to experience insanity for a period of time. He seems to be saying, "Although it is not acceptable to be insane, it is a distinction to have been insane."

Brody states, "To watch the group (of assistants) while Dr. Rosen is treating a patient is a startling experience. The group members sit in absolute silence. All eyes are riveted on Rosen and attention is rarely detracted for a moment. The atmosphere is one of awe, and one obtains the impression that not only is the patient being treated but all members of the group are participating. We have observed this type of group reaction when an audience watches a hypnotist at work . . . it is as if the group waited and watched for a miracle to be performed, . . . while influencing the patient to surrender his individual rights to the will of the leader.

The observers were impressed with Rosen's attempt to evoke feelings of guilt in the psychotic patient by repeatedly telling him, "You are crazy; this is shameful behavior; stop acting in this shameful, crazy way."

Rosen's "Direct Analysis" has created a great deal of interest in psychiatric circles and the detailed descriptions of his remarks and patient responses gives the reader a much better idea of the technique than was previously possible except by direct observation. The book is well written and highly recommended to psychiatrists who are interested in the psychotherapy of psychoses. Additional reports dealing with the effectiveness of Rosen's method which are to be published will be welcome indeed.

NORMAN Q. BRILL, M.D.

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PYELONEPHRITIS—Fletcher H. Colby, M.D., Consultant, Massachusetts General Hospital; former Chief of the Urological Service and Associate Clinical Professor, Harvard Medical School. The Williams & Wilkins Company, Baltimore 2, Maryland, 1959. 214 pages, $7.50.

"Pyelonephritis" represents a broad but rather superficial survey of the important medical problem of infection of the upper urinary tract. It is obviously intended for the medical student or clinician who desires a practical nodding acquaintance with kidney infection rather than a physician who is deeply interested in this field.

While there are few serious omissions in the book, it suffers somewhat from a lack of emphasis on important points in the management of pyelonephritis. While cultures of the urine, both for diagnosis and followup are discussed, their role as the most important single factor in the diagnosis of urinary tract infection is not made entirely clear. The duration of treatment in acute pyelonephritis is stated only as "until repeated urine cultures are bacteria free." More specific recommendations as to length of treatment and timing of follow-up culture would be helpful.

Doctor Colby, as a urologist, defends the position that catheterization is advantageous in collecting a urine for culture in the female. While catheterization of the female may offer valuable information, it is not necessary in culturing the urine provided "clean" technique is used and quantitative cultures are promptly made.

I believe this book is well worth reading but falls short of being a reference work on this important subject although no intention of the latter aim is stated.