

as an entry to the American literature of the last six years.—B.R.F.

Anesthesia for the Uninterested. EDITED BY A. A. BIRCH AND J. D. TOLME, Baltimore, University Park Press, 1976. Pages: 187. Price: PNS.

Students are the supposedly uninterested fish whom this lively paperback is designed to catch. Its bait consists of mildly risqué pictures and captions, illustrating elementary anesthetic technique and positioning of patients, enlivened wherever possible by decorative females who seem to be smiling all over their lovely bodies.

Text occupies about half of the book and painlessly introduces the browsing neophyte to the first lines of preanesthetic evaluation, anesthetic administration, and ancillary activities. Miniquizzes periodically revive any flagging appetite. Seven pages are devoted to starting an intravenous infusion, ten to pictures of monitors (with hardly a word on how they work or when to use them), ten to airway management. Mechanical ventilation is apparently considered an extraoperative activity, and the picture showing how to get the patient off the ventilator is certainly consistent with this hypothesis.

The main weakness of this amusing, educative, slightly tongue-in-cheek manual for initiating the uninitiated resides in its cavalier treatment of the pharmacology and physiologic chemistry of anesthesia. The chapter on acid-base balance is well-nigh farcical, both in its photographs and in its discussion of buffer action. True, the preface disarms criticism by promising only "a concise, interesting, and, above all, readable résumé that can be painlessly consumed in a few nights." To that extent the authors surely succeed, in quite a refreshing and original way. And yet, didactically, I think, they have missed the boat. Hardly anywhere does the student glimpse the intellectual challenges in which anesthesiology abounds. And is it really necessary to resort to sexual stereotypes in order to make anesthesiology interesting? I believe it is not. The introduction quotes Leonardo da Vinci's "Study without a liking spoils the memory" but the book unintentionally also illustrates another saying: "Much study is a weariness of the flesh." All the same, it is an agreeable tiredness.—B.R.F.

Hypnosis in the Relief of Pain. BY E. R. HILGARD AND J. R. HILGARD, Los Altos, Calif., William Kaufmann, Inc., 1975. Pages: 262. Price: \$12.50.

The Hilgards, a wife-and-husband team of psychiatrist and psychologist, who are eminent investigators of hypnotic phenomena, have written a comprehensive, perceptive, scientific evaluation of exceptional clarity about the role of hypnosis in the relief of pain of somatic origin. Although there is a brief discussion of pain derived from psychological factors, this area is not covered extensively. However, it is pointed out that psychological components of all types of pain need to be

evaluated. The authors' background of extensive experience in clinical practice and in the experimental laboratory enables them to discuss their own original findings and apply their expert knowledge to an extensive critical review of the work of others.

An excellent orientation to the theories and problems of hypnosis, pain and suffering, and the hypnotic practices related to pain is covered in the early chapters. There is a brief discussion of the historical background, and induction techniques, relative degrees of depth of responsiveness, the quality of the experience of the hypnotic subject, the contribution of hypnosis to the understanding of pain and suffering, types of pain, the physiology of pain, experimentally produced pains and pain measurement are covered succinctly. Comparisons are made about relief of pain through the use of drugs, operative procedures, electric stimulation, anxiolysis, audioanalgesia, acupuncture, biofeedback, behavior modification, suggestion and hypnosis, and psychodynamically oriented psychotherapy. Detailed discussions with case examples of the use of hypnosis in direct pain reduction, altering the experience of pain though the pain may persist, and directing attention away from the pain and its source are given. Hypnosis can be used not only for analgesia but also for its tranquilizing effect in controlling anxiety. The chapters dealing with its use as a sole anesthetic or in combination with chemical anesthesia give specific practical recommendations to the oncologist, anesthesiologist, surgeon, obstetrician, and dentist with graphic histories of both poor and successful responses in patients.

In the final sections there is a perspective on the hypnotic control of pain with chapters on hidden pain and its interpretation and the future of pain control through hypnosis. Studies of the role of consciousness and the physiologic accompaniments of overt and covert pain and suffering during hypnotic anesthesia are presented. There are general conclusions that the more hypnotizable a person is found to be the greater the chance of pain relief, that pain reduction involves both sensory pain and suffering and is not attributable to anxiety reduction, that the authoritarian hypnotist is giving way to the more permissive guide, and that there is increasing use of self-hypnosis. Leads for future research are pointed out. A method of the evaluation of the ability to respond to hypnosis is given by specific directions for the administration and scoring of the Stanford Hypnotic Clinical Scale.

In view of the well-balanced judgments presented and the avoidance of any extravagant claims, it is difficult to offer any pertinent constructive criticisms. The authors dispel many erroneous beliefs about hypnosis, which has been highly controversial in the past but in recent years has been achieving scientific respectability. Although this volume will be of special value to those in the fields of cancer, obstetrics, surgery, and dentistry, it offers much that is interesting to those in any