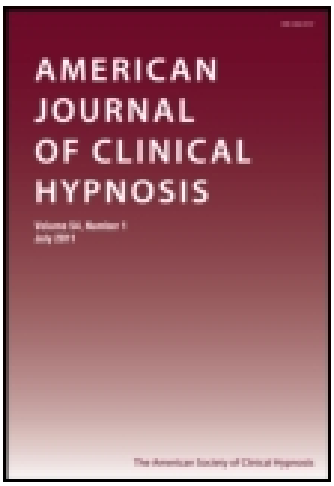

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Book Reviews

Selye, Hans. *In Vivo, The Case for Supramolecular Biology.* New York: Liveright Publishing Corp., 1967. Pp. 168. $5.95.

By William E. Edmonston, Jr., Ph.D.

In the space of 130 pages of text Hans Selye offers us an exciting view of the accident of discovery. Presented in lecture form and based primarily on lectures given at a variety of times to groups of students and colleagues, *In Vivo* graphically illustrates the process of understanding by recounting four decades of the author's life as a scientist.

In the first lecture Selye develops the book's major theme—as foreshadowed in the subtitle—of the qualitative differences between the two types of individuals at work in the sciences of life—the Problem Finders and the Problem Solvers. The former are "interested in new configurational wholes," while the latter's interests focus on analysis and dissection, a point which troubles Selye for "... the more you dissect living matter into its constituents, the further away you get from life" (p. 25). Although the necessities for Problem Solvers and a recital of their merits maintains the reader's perspective, Selye's own predilections for "'gestalt' biologists" is neither muted nor disguised. "Few have talent for problem findings, but few are needed, and these few are badly needed" (p. 26). In a very real sense, unless our educational processes produce a few finders along with the many Solvers, the sciences of life may be doomed to the proliferation of analytic detail and miss the very thing for which we search—life.

The second lecture clarifies Selye's acute intellectual awareness of the necessity for both the discoverer and the developer, each bringing his special talents to the process of discovery. From the second through the fifth lecture we are treated to a delightfully enlightening journey through four decades of the world of Hans Selye. Here not only is an exposition of Selye's contributions to the life sciences, but the step by step account of the accidents of discovery: the encouraging word by a respected scientist; impure toxic chemical extracts at first thought detrimental to discovery, leading, when coupled with student-day recollections, to notions fundamental to the General Adaptation Syndrome; accidental observation coupled with planned experimentation (the Finders and the Solvers at work together) leading to a renal principle; and progesterone "incorrectly" injected leading to awareness of the anesthetic quality of the hormone. The constant interplay of accident, haunting past hunches and simplicity of technique are all there in this biography of discovery.

Through his history then Selye exemplifies his own thesis that "... in the most diverse fields of biology accidental findings made with simple techniques must precede research at the molecular level" (p. 77).

But the middle four lectures do much more than give the reader an overview. Within the framework of his general thesis, Selye has managed to convey, with the clarity of an investigator vitally interested in both the molar and the molecular, a truly amazing quantity of detailed facts and findings. For the reader unfamiliar with the work of Selye no finer starting place exists than *In Vivo*. For the reader familiar with Selye's investigations no finer brief refresher exists than *In Vivo*. The intelligent layman can feel as at home in Selye's style and explication as the professional, the glossary and plates filling in what gaps in background as might otherwise lead the non-professional to quit the book midway.

Aside from the inherent rewards in rediscovering, with Selye, each accident, the rewards of the book crescendo in the sixth and final lecture. In just over twenty pages we are treated to an opening of the author's mind on dichotomies as diverse, and yet as intricately interwoven, as discovery and development, intuition and planning, simplicity and complexity, synthesis and analysis, and the like. Here he attempts to synthesize (and analyze) what his life's experiences as a scientist have said to him. Here he suggests differing educational techniques for the education of Finders and Solvers. Here he builds his case for the Problem Finders, while attempting to continue due deference to the Problem Solvers, but he cannot quite do it. He cannot quite feel in himself the equality of balance he maintains intellectually throughout the book. Try as he might to explore the worth of the Solver, the intuitive, synthesizer with the peripheral vision to recognize the unpredictable as the worthwhile

through simple techniques is the type with whom he aligns himself.

Yet the paradoxes are also clear. After a detailed construction of the case for supramolecular biology, Selye ends at the subatomic level. Even he is almost surprised: "It is ironical that I should have to end up here in my defense of the old-fashioned course methods recommended for the exploration of broad correlations and the gross phenomena of life!" (p. 129). Perhaps it is not so ironic as inevitable, not so surprising as enlightening; that our understanding will come through the marriage of the supramolecular and the subatomic, of the Finder and the Solver, of the accident and the planning. Selye himself embodies these marriages, *in vivo*.

Sacerdote, Paul, *Induced Dreams,* New York: Vantage Press, 1967. Pp. 174. $4.00

Sheldon B. Cohen, M.D.

This interesting little book is a product of Dr. Sacerdote's fascination in causing patients to "dream" while in an "hypnotic state." Over a period of more than a decade he has developed and refined a method of psychotherapy for which he has much enthusiasm and for which he reports considerable therapeutic success. The author obviously did not consider the topic a closed issue with the publication of this book, for he subsequently reported further elaboration and refinements in a brief paper (Sacerdote, P. Induced Dreams: Additional Contributions to the Theory and Therapeutic Application of Dreams Hypnotically Induced, *American Journal of Clinical Hypnosis,* 1968, **10,** 167–173).

The author states that he utilizes other appropriate techniques besides dream induction, but when he uses this procedure he apparently, in many sessions, begins with the patient's recitation of a spontaneous dream. If this is not forthcoming he places him in a hypnotic state and suggests a dream theme which evidently comes forth rapidly. The patient supposedly integrates the material on an unconscious or preconscious level with the therapist seemingly using the material *primarily for his own understanding,* although he may give the patient a simplified interpretation under hypnosis. Eschewing free association and interpretation, the interview apparently consists mostly of a number of such dreams generally produced under Dr. Sacerdote's active guidance. Patients may be guided into redreaming a previous dream from either the present or earlier sessions to discover hitherto unseen aspects.

I would prefer calling the method "fantasy by request" for it seems quite similar to the forced fantasy approach of Ferenczi (1926) which he employed to circumvent resistances in psychoanalysis or the guided waking dream developed by the Frenchman, Desoille.

Occupying over a third of the book is the interesting case study of a middle-aged architect with a neurotic depression. A good hypnotic subject, he had been relieved of similar symptoms ten years ago by the author (apparently with more conventional psychotherapeutic and hypnotic techniques). During the twenty-three sessions of the present therapy, the patient produced twenty-seven dreams. He arrived at the initial interview with a dream symbolizing both his helplessness and reassurance that his therapist would find a way out. In the same session he responded to the therapist's emotional cues which suggested hope and encouragement by having three more dreams which buoyed his spirits and increased his feeling of well-being. Using dream content primarily for his own edification, although some gut interpretations were made under hypnosis, the therapist was throughout intuitively ego supporting. Without detracting from Dr. Sacerdote's abilities, the recovery of this moderately depressed man would probably have been accomplished as rapidly and completely by the use of other supportive techniques in the hands of other skilled empathic psychiatrists.

In the section on classification and treatment results the author manages to muddy the waters beyond this reviewer's comprehension. The high reported rate of "improvement" in a variety of psychosomatic ailments has been noted innumerable times by physicians who have taken time to listen to and talk with patients who have been so afflicted. As Oliver Wendell Holmes wryly noted "Most patients are going to get well no matter what you do." It is possible that induced dreaming may offer therapeutic advantages in certain illnesses; however, there is no documentation of such phenomena in this book. Throughout one senses Dr. Sacerdote's interest and enthusiasm which I suspect have more to do with any improvement than either "hypnosis" or "induced dreams."

Unfortunately in places the author's style is rambling and difficult to follow (*e.g.* the eighty plus word sentence opening Chapter VII). It is also regrettable that the editorial scalpel did not extirpate a number of banalities and pseudoscientific statements.

Dr. Sacerdote has spent many years in de-