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GAULD, ALAN. *A History of Hypnotism*. Cambridge: Cambridge University Press, 1992. Pp. xvii + 738. \$255.00 AUS (approx. \$190.00 U.S.).

Two hundred years after Mesmer, 150 years after Braid, and 100 years after Charcot and Janet, Liebeault and Bernheim, and Breuer and Freud, hypnosis finally has its first full-fledged history. In the past, there have been many focused treatments of animal magnetism, and, of course, hypnosis plays a large role in Ellenberger's *The Discovery of the Unconscious: The History and Evolution of Dynamic Psychiatry* (1970). But there has been no attempt to put the whole history of hypnosis together in a single package. Alan Gauld, Senior Lecturer in Psychology at the University of Nottingham, has made the attempt, and has largely succeeded.

Whereas Ellenberger saw the roots of hypnosis in the Aesculapian temples, Gauld's book properly begins with Mesmer. He presents a succinct account of Mesmer's theory and practice, and an analysis of the reports of the French royal commissions. Although many historians have found in Mesmer the beginnings of psychotherapy, Gauld argues that this is outright revisionism: Mesmer's theory was a physical theory, and Mesmer himself seems to have been entirely lacking in psychological insight. Gauld follows this conclusion with a detailed treatment of post-Mesmeric animal magnetism, including separate chapters on Britain, France, Germany, and the United States. These show clearly that contrary to popular belief, there was a great deal of activity between Puységur and Braid. Although many mesmerists were undoubtedly charlatans and con artists, others were idealistic and courageous. Like Mesmer, they acted as psychotherapists without realizing it.

The vast bulk of the book covers the 19th century, which Gauld calls "the heyday of hypnotism" (p. 273). This chronicle runs from Faria, Bertrand, and Braid, through Richet, Charcot, the Nancy School, and Janet, to James, Sidis, and Prince. The author provides an excellent treatment of the relations between hypnosis and hysteria, and between hypnosis and parapsychology. Five chapters are devoted to the turn of the century, as experimental and clinical interest in hypnosis waxed and waned. Gauld argues that hypnosis declined because of the rising influence of two groups: the skeptics, who denied that there was anything

special about hypnosis, and the moralists, who argued that hypnosis was both powerful and dangerous. Gauld concludes with a detailed rendering of a debate on hypnosis at the 1911 meeting, in Munich, of the International Society for Medical Psychology and Psychotherapy. The summary could, almost without alteration, pass as an account of any recent meeting of hypnosis researchers.

In this huge portion of the book, I think the author would have done better to create another division, treating fin de siècle hypnosis separately from the bulk of the 19th century. The reason is that by the time of James, Janet, and Prince, hypnosis theories had largely abandoned physiological concepts and had taken on a distinctly psychological cast. Also, it was in this period that two versions of dynamic psychiatry, the dissociation theory of Janet and the psychoanalysis of Freud, came into conflict—with psychoanalysis as the eventual victor. There is interesting history to be discovered and written here. Somewhat surprisingly, however, Freud and psychoanalysis are barely mentioned in this book.

A more serious shortcoming, in my view, is in the treatment of events after World War I. Perhaps this time is too recent to warrant attention from a historian, but virtually everything we know about hypnosis has been learned in this period, and a comprehensive history should provide a detailed treatment of the persons and events involved. Although, as Gauld argues, the period from World War I to the 1950s was nothing like a golden age of hypnosis, it was a time when P. C. Young and C. L. Hull brought controlled experimentation and statistical analysis to bear on the phenomenon and when psychoanalytically oriented investigators such as M. Gill and M. Brenman brought hypnosis into contact with ego psychology and psychotherapy. These milestones receive scant attention. And the mystery of hypnosis after World War I remains. Why did hypnosis decline just when psychology began to develop as a science? What role was played by the twin triumphs of behaviorism in experimental psychology and psychoanalysis in clinical psychology in this decline? What was the relationship between Jastrow, Hull, and Erickson at Wisconsin? What really happened to Hull after he moved to Yale? Why did hypnosis virtually disappear in France and England, when these countries had been the centers of activity in the 19th century?

Arguably, a new golden age did begin in the 1960s, with the work of Hilgard, Orne, Sarbin, and Barber, but Gauld's analysis of this period is the least satisfactory part of his book. Gauld asserts that the new golden age is largely a North American phenomenon (p. 581), ignoring the contributions of researchers on other continents, especially Australia, or providing any historical account of why things happened in North America as they did. He focuses on what he calls the "Barber Revolution" (p. 581) in theory and method, and provides a detailed analysis of T. X. Barber's transition from the positivism of the 1960s to the more modern social-psychological framework of the 1970s. Unfortunately, Gauld pays

scant attention to the efforts of Hilgard and Weitzenhoffer to put hypnosis on a firm psychometric basis. Arguably, the introduction of the standardized hypnotic susceptibility scales was the real revolutionary event in contemporary hypnosis research, because it made the latest golden age possible. And amazingly, Orne's distinction between artifact and essence in hypnosis, which framed the theoretical debates of the 1970s, is not even mentioned. Gauld clearly favors the social-psychological view of hypnosis, but one has to wonder precisely what he has in mind when he refers to the "dubious a priori assumptions that pervade cognitive psychology" (p. 591).

Perhaps we are too close to these events to be able to analyze them satisfactorily. The vicissitudes of hypnosis in the 20th century may well be understood only as we approach the end of the 21st. This prediction is supported by the achievements of the bulk of the book. Gauld has given us what will surely be the standard history of hypnosis in the 19th century—a history framed by a prologue dealing with Mesmer and an epilogue dealing with the present. Gauld's work tells us much about the heyday of hypnosis that we did not know, or appreciate, before. For that, we can be very grateful indeed!

REFERENCE

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TERR, LENORE. *Unchained Memories: True Stories of Traumatic Memories Lost and Found*. New York: Basic Books, 1994. Pp. xvi + 282. \$22.00 U.S.

This is a book about remembrances. With the exception of one case report of an unconvincing allegation by a child of 10, it is a collection of stories about six individuals who, in adulthood, recalled episodes of childhood trauma that they had failed to remember for two decades and longer. The case reports, dramatic and gripping as they may be, are not about the author's own patients, but about people on whose behalf she has testified, or with whom she discussed childhood memories.

The lengthy absence of memory before the recall is attributed to the defensive strategies of the mind, which allegedly repress the painful memories, or dissociate them, implying that such memories are discon-

Note. Based on the review Frankel, F. (1994, April 3). "Unchained Memories" gets tied up in politics. *Washington Times*, p. B8. This material is used by permission from the *The Washington Times*.