

authors named in the text (friend or foe alike) are included in the brief list of references. Little encouragement is thus given to the more mature reader to extend his knowledge or to begin to form his own opinion.

FELIX POST.

Lecture Notes on Psychiatry. By JAMES WILLIS. Oxford and Edinburgh: Blackwell Scientific Publications, 1968. Pp. 102. Price 8s. 6d.

One day an historian with nothing better to do will explain the marked increase in general texts published over the past few years, and his review will doubtless include this book of lecture notes for medical students, now appearing in its second edition. It contains nine brief chapters devoted to the major groups of psychiatric illness, plus one on the legal aspects of psychiatry and another on treatment. The text is simply written and easily read, though marred by occasional errors ("chronic mania does not exist") and dubious statements, such as that alcoholic hallucinosis is typically insidious in onset.

Every such production raises basic questions as to what should be taught to undergraduates. This book implies that teachers of the general practitioners of the future should give over twice as much attention to schizophrenia as to abnormal personalities, psychopathy and hysteria combined, and that the neuroses are to be summarily handled, while psychosomatic disorders and adolescent disorders may be omitted altogether. Similarly, topics such as community care, day hospitals and rehabilitation units do not even merit an appearance in the index. Those who agree with such an approach will find this book a concise and inexpensive presentation of their views.

NORMAN KREITMAN.

PSYCHOPATHOLOGY

Relativity for Psychology: A Causal Law for the Modern Alchemy. By D. G. GARAN. New York: Philosophical Library, 1968. Pp. 338. Price \$7.95.

D. G. Garan's theme in this book could be expressed as a reversal of William Blake's "damn braces, bless relaxes". Dr. Garan urges restrictive practices for the good of our psychic health. In the course of doing this he mounts a severe critical attack upon Freudianism and the psycho-analytic way generally. It is becoming apparent that the long honeymoon between Freudianism and American psychiatry is

coming to an end. The flow of stern and sustained criticism of Freudian doctrine from across the Atlantic seems to increase, and may be a reaction from the possibly excessive embracing of Freud which took place initially.

Anyone not wholly satisfied with the present state of psychological theory should read this book. The author expresses a point of view almost diametrically opposed to current theory and practice in psychological psychiatry. Among other things he indicates that permissiveness promotes the conditions that it is trying to cure.

Dr. Garan brings a general relativity theory into problems of human behaviour which are characteristic of our time—the neuroses, psychopathies, and functional disturbances which seem to increase despite therapeutic endeavour. Mental illness is becoming too important and formidable a problem to be left to the psychiatrists. He quotes Mowrer to the effect that authorities in America, impressed by psychiatric failure, are looking for new ways outside the profession in confronting the mental health problem.

There is a Schopenhauerian pessimism about Dr. Garan's findings. He reminds us constantly that the primary situation is that of the negative; that all values depend upon prior disvalues. We must, as it were, "accentuate the negative" in order to derive the positive.

Overadjustment is the cause of functional psychiatric disorders. The neurotic is one who lives with excessive releases or gratifications. Anxiety arises from the previous overenjoyment of the feelings of survival or security. The neurotic cannot or will not bear the restrictions which are essential to accumulate important release potentials, i.e. make him better. The neurotic, it seems, is one who is suffering from aftermaths; severe negativism following on prior overenjoyments. This leads to a vicious circle effect, seen more clearly in the addict who is driven into deeper negativism by his seeking for excessive releases.

Depression is common because over-enjoyment of excitements in modern life is so common. The haughtiness and arrogance of the neurotic leads to his inferiority feelings. Overenjoyments and aftermaths, a relativity seen perhaps most clearly in cyclothymic states.

Psychotherapy as currently practised is seen to be a failure. The transference is merely an overenjoyed relationship which will have effects similar to addiction or a love affair. This type of indulgence merely delays recovery; perhaps the more punitive and restrictive elements of behaviour therapy tend to better progress.