

These include E.C.T., using muscle relaxants, electronarcosis and subconvulsive therapy.

The author gives an account of the indications for E.C.T. and the preparation of the patient, the apparatus, the complications which may arise and the steps to deal with them. He leaves the reader in no doubt as to the superiority of E.C.T. in the treatment of endogenous depression and critically reviews the value of E.C.T. in the treatment of schizophrenia compared with insulin coma and psychotropic drugs, and when combined with the latter. The satisfactory results achieved by the author with E.C.T. in the treatment of chronic psychoneurosis, hysteria and obsessional neurosis are not unfortunately based on controlled observations, and the reader is left to form his own judgment.

An account of electronarcosis and its value compared with E.C.T. in the treatment of depression is interesting, and the author's claims that it is more effective causes the reader to wonder why it is not more frequently employed.

Furthermore, his experiences with subconvulsive electrical stimulation in the treatment of psychopaths are interesting, but were they successful such treatment would surely have become established practice, in spite of the fact that the method is time-consuming and hazardous.

The account of the employment of electrical stimulants as an anaesthetic and its possibilities provide an interesting study and a field in which research establishments might be interested.

The second part of the book gives an account of the various psychotropic, hypnotic and narcotic drugs used in psychiatry, details of the pharmacological structure of the drugs used and their value in various mental disorders are carefully described. Beginning with chlorpromazine, the author gives details of the phenothiazines and of their pharmacological structure and consequent differences in chemical effects as a result of shifts in the chlorpromazine molecules, and provides up-to-date information relating to dosage, methods of administration and toxic effects of all the drugs referred to. The same detailed information is provided for anti-depressants and stimulating drugs. The dangers of combining mono-amino-oxidase inhibitors with other anti-depressants are emphasized.

In the text referring to these various drugs the approved or official name of the drug is often replaced by a proprietary name mainly used in the United Kingdom and vice versa in other places. It is perhaps difficult to be consistent in using one or the other throughout the text and the author has, one would suspect, recognized this difficulty to readers and therefore has considerably enhanced the

value of this book by providing an excellent set of appendices giving a summary of the drug, chemical formula, dosage, indications and toxic symptoms. Included are the major and minor tranquilizers, anti-depressants, barbiturates and non-barbiturates and psycholytic drugs.

There are some minor errata which are irritating to the reader but, because of the appendices, do not detract greatly from the excellence of the material provided. For example, "promazine" is referred to in the text but is given no place in the appendix. The author describes "prochlorperazine" (Stemetil) but the reference to "chlorpromazine" leaves the reader in the dark.

The author rightly emphasizes throughout the book that one cannot expect permanent improvement with electrical treatment or drugs alone, and that these must be combined with psychotherapy and rehabilitation.

The book gives up-to-date information about major abreactive techniques, with particular reference to the recent introduction of psycholytic drugs, their effects and their uses in psychiatric illness. There are short but concise and useful chapters on the treatment of alcoholism and addiction to opiates, marihuana and amphetamine, and the criteria for good prognoses are provided. Elderly patients are seldom cured, but their daily requirements can be kept to a minimum under medical supervision.

This book is certainly a valuable contribution to psychiatric literature and should provide an excellent reference to the many drugs now being used, while the well prepared appendices provide places for adding further derivatives of these many drugs.

It is to be hoped that this book will be revised from time to time, that the minor errata will be removed and further progress in the fields of electrical and drug treatment be incorporated and the necessary amendments made.

J. T. ROBINSON.

### 3. HOSPITAL AND SOCIAL PSYCHIATRY

**Trends in the Mental Health Services.** By H. FREEMAN and J. FARNDALE. Pergamon Press. 1963. Pp. 341. Price 70s.

This is a book which could profitably be read by most psychiatrists in this country. There are well written and authoritative statements on mental hospital practice, day hospitals, and work in the community. General hospital units and treatment of the subnormal are not so fully dealt with. The book suffers from the defects of nearly all symposia. There

is some variation in standard between different authors and the central theme is hardly powerful enough to give shape to the whole. These qualities, however, have the advantage of presenting a true picture of British psychiatry, with its ferment of activity in various directions. At the risk of being fanciful, the picture presented may be likened to Michelangelo's sculptured relief of the "Battle of the Centaurs". There is a confused intermingling of bodies and limbs, in which it is barely possible to distinguish friend and enemy, or man and mythological monsters; nor is it possible to guess the outcome. One can discern figures representing authoritarianism and the custodial outlook apparently trampled in defeat, but is this really the end of the matter? Can the mental hospital service really relegate all custodial functions to the prison service? If not, what constructive approach should be made to the problem of custody as a minor, instead of a dominant theme within the hospital? Regarding authority, the problem of its exercise is not solved by rejoicing in the death of an image of an outworn and unlamented type of authority. The question of importance today is surely how much authority to have; of what kind, and in whose hands? Again, one discerns as a rather diabolic figure, the image of the conservative, inert stick-in-the-mud, who cannot be prodded into activity or change. Is psychiatry not in as much danger from the energetic but wrong-headed enthusiast? There are, of course, triumphant as well as defeated figures, such as the run-down in size of mental hospitals and the development of community services. Each has behind it another menacing figure about to strike. Are the extrapolations forecasting the run-down justified? Can the advance in community work survive in face of the difficulties mentioned by Professor Titmuss and Dr. Russell Barton?

It is one of the great merits of this book that it provokes questioning of this kind. It is a pleasure to note that it is intended as the first of a number of symposia. The quality of this book holds out the hope that later ones in the series will bring to bear the weapons of detailed scientific analysis on the problems raised by this one. Can the statistics presented carry the weight of prediction placed on them? Is the evidence put forward by sociologists sufficient to justify all the changes proposed as a result of their work? These and many other questions require an answer, for decisions shaping the development of British psychiatry are clearly going to be taken. To revert to the simile of sculpture, one must hope that the future will be shaped by the tools of accurate analysis, and not by the financier's axe or the minutes of bureaucrats. The editors and authors of

this book are to be congratulated on presenting the issues in a stimulating and challenging way.

A. B. MONRO.

**Social Psychiatry: In the Community, in Hospitals, and in Prisons.** By MAXWELL JONES. Springfield, Illinois: Charles C. Thomas. 1962. Pp. 129.

Dr. Maxwell Jones first published a book called *Social Psychiatry* in 1952. He described a highly complex hospital organization, the object of which was to influence the attitudes of psychiatric patients who presented chronic social problems, so that they became more socially responsible and individually happier. This concept of the therapeutic community has probably been as influential in psychiatry as the introduction of the phenothiazines, and it caught on at about the same time. Progressive social tendencies which had been present in embryo at many hospitals began to gain strength and to come together under the new label, which, though diffuse in content and perhaps almost indefinable, nevertheless represented, for a substantial group of psychiatrists, the way forward.

Now, ten years later, Maxwell Jones has written another book with the same title, in which he extends his discussion of social psychiatry to cover prisons as well as hospitals, and extramural as well as institutional care. Considerable space is still given to the therapeutic community, but there has been very little theoretical development during the intervening years and certainly the concept is no more clearly defined, as the author is well aware. He has contented himself, therefore, with an account of the way in which his ideas have been applied in new social settings, such as mental hospitals, the psychiatric wards of general hospitals, and prisons. He also gives an account of the work of the Research Division of the California Department of Corrections, which is not generally known in this country, and includes a brief chapter on training in social psychiatry.

The book is mainly written with an American audience in mind and the impression left on the British reader is patchy. Much of the material is familiar, community care in the broad sense is hardly dealt with, and there is no attempt at systematically covering a field or logically developing an argument. On the other hand there are Maxwell Jones's characteristic clinical insights and infectious enthusiasm. This is not a book to miss.

J. K. WING.

**Family Psychiatry.** By JOHN G. HOWELLS. Edinburgh and London: Oliver & Boyd. 1963. Pp. 110. Price 18s.