

evidence that neuroendocrine disturbances may result from reduced caloric intake not just in eating disorders, but also in normal weight subjects and sufferers from depression.

Part II highlights the metabolic and endocrine aspects of eating disorders. Schweiger *et al*, for example, demonstrate that in spite of their weight status, bulimic patients are often effectively in a state of starvation. This state of nutritional deprivation seems to be responsible for a whole host of biochemical alterations. Laessle *et al* draw attention to the fact that depression in bulimics is no more common than in many other psychiatric conditions, and that it may be secondary to low carbohydrate intake. Similar themes can be detected in Part III, which describes a variety of hunger and satiety deficits in eating disorders.

In Part IV, on the treatment of bulimia nervosa, there is evidence that a variety of interventions can produce marked improvement in bulimic and related symptoms. I was particularly interested, if not a little surprised, by Chris Fairburn's contribution. In spite of his fame in developing the cognitive-behavioural approach, he recommends caution over the 'cognitive zeitgeist' and that due attention be paid to other views and approaches to treatment.

The overall message seems to be that, while psychosocial factors may be most pronounced in explaining the origins of bulimia nervosa, biological changes play an important part in maintaining the disorder. Although this book is unlikely to satisfy the appetite of the average practitioner, it can be recommended as a useful resource for specialist researchers and clinicians.

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**Annual Progress in Child Psychiatry and Child Development – 1987.** Edited by STELLA CHESSE, ALEXANDER THOMAS and MARGARET HERTZIG. New York: Brunner/Mazel. 1988. 632 pp. \$54.50.

This is the 20th volume in this series, a fact which surely attests to the value of the project. Moreover, the editors are probably right in suggesting that with the proliferation of journals and the great increase in published research, the need increases each year for a distillation of the most significant publications in their field. The editors currently monitor some 100 journals, and this time they have selected 32 papers for re-publication. The task of review and selection must be an increasingly taxing one, and to assist them the two original editors have now recruited Hertzig as co-editor.

How well have they performed their challenging task? Remarkably, but perhaps not surprisingly, they have kept up the high standard of previous volumes. They have selected an interesting mixture of review articles and papers describing original research. These cover a

wide range of topics. The book drew my attention to a number of important papers I had not seen, most of them published in journals I do not regularly read. (How many of us can even scan regularly the contents of 100 journals?)

It might be asked whether we need *Annual Progress* books in this age of computers and data bases which can swiftly search the published literature on any field for us. I believe that the answer is a resounding "yes". For one thing, computerised searches do not tell you where the important advances are occurring; in fields not closely related to one's immediate clinical or research activities, this can be hard to discover. For another, they are a poor guide to quality. Thirdly, they do not provide a well-produced, carefully edited and attractive volume you can browse through whenever you have a few spare minutes. This volume also has 20-year author and subject indexes, making it a useful reference source.

These books can only complement our regular reading in the fields of special interest to each of us, but for that purpose this volume, like earlier ones, is recommended.

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**Anorexia and Bulimia Nervosa: Practical Approaches.**

Edited by DEREK SCOTT. London: Croom Helm. 1988. 214 pp. £25.00.

This is a collection of 16 chapters intended both to provide a concise summary of available information on anorexia and bulimia and to give practical "how to do it" advice to the whole multidisciplinary team on caring for clients with such problems. This is a worthwhile aim, but is not fully realised by Scott and his contributors.

Certainly there are good chapters, such as those on self-help, ethics, dietary factors, and the sub-groups of male and child anorexics. However, there are also significant gaps in particular chapters, a patchy coverage of the whole field, and perhaps most significantly for a practical guide book, a lack of case histories or clinical illustrations of therapy approaches.

The book has three sections, beginning with an overview. Here I found some well-written material. However, I would have liked to see the disorders put into the context of normal eating behaviour, with some mention of the important body of research on restraint and counter-regulation. The discussion of diagnosis is brief, and does not include the latest revisions to DSM-III, while the chapter on assessment looks only at questionnaires and does not address the need for broader measures of behaviour, family dynamics, etc. The second section ('Some frameworks') is uneven, with the best chapter being on family approaches. Those on psychoanalytical/feminist and cognitive/behavioural approaches seem too condensed to do justice to their