

catheters may be thought heroic, but a critical study of his many recommendations will stir some clinicians from too conservative an approach to a dangerous illness. Dr. McNichol includes a brisk review of recent work on the aetiology of delirium tremens, and on less well known physical complications of alcoholism such as Zieve's syndrome and the reversible muscular syndrome. He also discusses the treatment and rehabilitation of chronic alcoholics without physical complications. This part of the text contains little that is new, but the author's enthusiasm for, and (in 4,000 cases) remarkable success with, disulfiram are unfashionable enough to be noteworthy.

DENIS PARR.

The Epidemiology of Opiate Addiction in the United States. Compiled and edited by JOHN C. BALL and CARL D. CHAMBERS. Springfield, Illinois. Charles C. Thomas. 1970. Pp. 337. Price \$15.50.

Descriptions of the problems of narcotic addiction in the United States, in the medical Press and elsewhere, may have aroused in some readers an oversimplified and generalized impression of an 'addicted' American society. The inaccuracy of such a view is at once revealed by this book which is in effect a handbook giving comprehensive details of the patterns of opiate addiction within the United States. An excellent and detailed study, it provides information on the history and patterns of drug use and abuse, and analyses the distribution of narcotic addiction among the different races and subcultures of the American population. Association of opiates with other drug addictions is also discussed, as well as the medical problems of addiction.

Fortunately opiate addiction in Great Britain is far less serious than in America, but it is quite possible that with the increasing mobility of travellers between the two countries, we may see a similar, but hopefully far less extensive, pattern developing here. We may even now be in the preliminary stages with hashish and the hallucinogens. This book may be read as an interesting survey of the American narcotics problem. However, those concerned with narcotic addiction in Britain would be well advised to read it, since knowledge of the American problem could prevent a similar one developing here. Forewarned could prove to be forearmed.

T. R. WILSON.

The Alcoholic—and the Help he Needs. By MAX GLATT. Prior Press. Royston, Herts. 1970. Parts 1 (General) and 2 (Treatment) each 50p. Within very little space, and despite the handicap

of dull typography, Dr. Max Glatt has to excellent effect marshalled extensive data in these two small paperback volumes. The books are directed to both medical and non-medical students of alcoholism. Dr. Glatt succeeds both in providing a masterly review which emphasizes social aspects and also in avoiding excessive simplification. He firmly discredits the facile and popular notions that only 'gamma' alcoholics of good previous personality are amenable to treatment, and that permanent abstinence is the sole criterion of therapeutic success. The author's experience, scholarship, and compassionate insight give these inexpensive volumes breadth, weight, and value that it would be hard to match.

DENIS PARR.

PHARMACOLOGY

The Present State of Psychotropic Drugs. (Proceedings of the VIth International Congress of the Collegium Internationale Neuro-Psychopharmacologicum.) Edited by A. CERLETTI and F. J. BOVÉ. 1969. Excerpta Medica Foundation. Pp. 572. Price £15.05.

Owing to an error I am afraid this review is very late. However, this delay offered an unusual opportunity of reassessing the value of a book of this type two years after publication. The book is in fact the proceedings of the VIth International Congress of the Collegium Internationale Neuro-Psychopharmacologicum held in Tarragona, Spain 24–27 April, 1968. As is usual in these publications, the mass of the book is devoted to short communications, which were often shortened versions of previously published papers, and almost invariably too short to allow full evaluation. This allows readers to get an overview of current work, enabling them to go on to more detailed publications if interested. Re-reading the book now, most of these short communications are dated and only worthwhile as of historical interest. Good examples are the papers by Price Evans, Hollister, Sjoquist and Levine all pointing to the importance of the way in which patients metabolize psychotropic drugs in relation to clinical effects, a concept which is now firmly established and a subject of immense activity. This confirms this reviewer's previously published opinion on expensive publications of this type, that they are worth borrowing from a library, but not buying as they so soon lose their value.

C. M. B. PARE.

Clinical Handbook of Psychopharmacology. Edited by ALBERTO DI MASCIO and RICHARD I. SHADER. Science House, New York. Pp. 395. No price stated.

This book is a collection of lectures on various

aspects of psychopharmacology given by a group of psychiatrists, pharmacologists and psychologists to a series of audiences composed of psychiatrists and others working in the hospitals and clinics of the Massachusetts Mental Health System. In reading a book which includes among its authors many well known workers in the field of psychopharmacology, expectations are high. These are to some degree fulfilled, but the book suffers from many of the deficiencies of a multi-author publication originally delivered as a series of lectures. Some chapters, such as that by Schildkraut on the biochemistry of affective disorders, are admirably clear and succinct; others suffer from a conversational style clearly betraying the origin of the text, others are too narrowly based on the authors' own clinical experience and publications, and others lack clarity. There is little evidence of editorial direction, and this gives rise to repetition, incompleteness, and irritating changes in the form and style of contributions.

The classification of drugs used in the first chapter and elsewhere will cause some uneasiness among British psychiatrists: the use of the term 'anti-psychotic agents' to subsume the rauwolfia derivatives, phenothiazines, thiozanthene derivatives and butyrophenones suggests that they have some specific effect in psychotic illness; this notion, although it cannot be excluded, is not supported by the available evidence. Could not tricyclic anti-depressants be regarded as antipsychotic drugs too? These points probably reflect Anglo-American differences in the diagnosis of mental illness as well as the difficulties in classifying psychoactive drugs.

There are a few items of detail which require comment. To my mind the topic of prophylaxis of mental illness is inadequately treated. The account of the use of lithium, both in prophylaxis and in the treatment of acute mania, is not given the space it deserves, although the author is appropriately cautious in recommending the drug and gives a full account of its dangers. The inadequacy of the chapter 'Prevention of Recurrence (Maintenance Therapy)' reflects the lack of information on the topic but does not clearly state that this lack exists. The chapter draws attention to the serious adverse effects of prolonged medication, especially with phenothiazines, but produces little evidence of the beneficial effects which might justify taking these risks. British readers will be surprised to see both the Medical Research Council (The Clinical Trial of the Treatment of Depressive Illness, 1965) and Dr. William Sargant quoted in support of the use of the monoamine oxidase inhibiting antidepressants in the treatment of 'atypical depressions'! However, the author is sceptical of the value of these drugs, and

does not recommend them as a treatment of first choice in any type of depression.

The book illustrates the difficulties in producing an up-to-date and comprehensive account of psychopharmacology. Although it is easily read, provides a good selection of references on many of the topics covered, and will fulfil the needs of many readers, it is by no means the best available review of psychopharmacology. I do not recommend it to individual buyers.

R. H. S. MINDHAM.

PSYCHOLOGY

Readings in Extraversion-Introversion. I. Theoretical and Methodological Issues. Edited by H. J. EYSENCK. Staples Press. London. 1971. Pp. 416. Price £4.00.

This is the first of three companion volumes and, as befits a first volume, concentrates attention upon those foundations which, according to the dust cover, serve '... to place the entire work in historical perspective'. Of course the idea behind these Readings is to bring together in a convenient form those papers which will provide a coherent account of the many aspects of Extraversion-Introversion, from evidence as to its existence and measurability to its value in a variety of contexts. So much attention, sometimes laudatory, often hysterically oppositional, has been focused upon Eysenck's own exposition of E-I theory that this alone would justify the attempt to provide a substantial review of work in this area. However, the primary justification for this publication must be that the ideas generated by Eysenck and his colleagues, in their numerous researches and publications, have exerted a profound influence on the character and nature of psychological investigation, particularly in the personality field. For anyone wishing to encompass these ideas and findings in a digestible way these Readings will prove invaluable.

Naturally, any attempt to provide a complete and comprehensive account of work on Extraversion-Introversion is out of the question, and making a selection from a voluminous literature has posed a difficult problem for the Editor. What he in fact offers us, in this first volume, is material which falls into five different categories: Historical and Theoretical, Internal Validity, Response Sets, Correlational Studies, and Genetic Studies. Altogether there are 33 papers, involving almost as many different authors and spanning the years from 1929 to 1967. No doubt some critics will be outraged by one criterion for exclusion of material which has entailed the rejection of papers '... with negative results or papers