

the courageous and imaginative middle-aged psychiatrist screened recently as normotensive.

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Biological Psychiatry. 1981. Edited by C. PERRIS, G. STRUWE and B. JANSSON. Amsterdam: Elsevier. 1982. Pp 1327. \$198.00, Dfl. 425.

This book is very long and very expensive but it is not dull. It begins with five comprehensive and elegant lectures written by senior psychiatrists from Scotland, France, Spain, Germany and the USA and these are followed by over three hundred and fifty papers with an authorship which is indeed worldwide although almost all of them are written in English.

While in the past few years psychiatric research has advanced rapidly the gains have not been so great that one could expect so large a number of original and worthwhile contributions to be produced in the three years since the previous Congress of Biological Psychiatry. Thus it is scarcely surprising that a number of the papers are of limited value. These are offset however by many which are of interest. As these contributions were initially intended as oral presentations they tend to be written in a rather positive and unequivocal style. Reference to the literature is of necessity far from complete and in some papers at least the omissions in this respect do not seem to be entirely even handed. There is no doubt that some of these papers would have encountered difficulties with the editors of standard psychiatric journals but the optimistic style in which the results are presented certainly contributes to the readability of the volume. Other assets of this book include the extremely wide range of subjects studied and the novel slant to familiar topics which is provided for those whose reading is dominated by British and North American work by the inclusion of so many authors from continental Europe. The topics covered include all major current themes in biological research and range from electron microscopic studies of the effect of LSD on frog retina to drug abuse as a criminal defence. It is difficult to select contributions for special mention but I recollect with interest the section on environmental exposure to neurotoxic agents and psychiatric disease, the paper on peptides and mental retardation and the brief and stylish Parisian note on the use of placebos in therapeutic trials.

The worthwhile studies described in this volume will be published in standard journals and with the probable exception of the opening lectures the contents will date rapidly. In view of the very substantial price I doubt if many would consider it a sensible purchase but I can recommend this as an interesting and

enjoyable book for those who do not have to pay for it.

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The Mask of Shame. By LEON WURMSER. London: Johns Hopkins University Press. 1981. Pp 345. £17.50, \$31.25.

The author of this interesting if slightly uneven book rightly points out that shame is a neglected topic. Psychoanalysts have been preoccupied with guilt and have not always sufficiently differentiated it from shame. It is true that clinical material to do with shame has been extensively studied under other headings, especially in the area of narcissism and self-esteem; however the subject is such an important one that a review of this kind is timely and stimulates a new look.

The author suggests that shame results from a failure to live up to the expectation first of an external person but subsequently of internalized objects. It is chiefly concerned with concepts like weakness, defectiveness, dirtiness, badness, loss of control and sexual misdeeds, especially masturbation. The experience of being watched by internal or external figures is very important and a sense of shame can spread to other people in the family, colleagues, associates and the whole ethnic group one belongs to. Shame has many useful adaptive functions, and the author emphasises the way privacy and intimacy are protected by the experiencing of shame. One could add that the same goes for honesty and decency and this is clear in the chapter on "Shamelessness" where it becomes clear that to feel no shame opens one to every kind of depravity.

The author discusses defences against shame and emphasises the way people obsessed with shame cover themselves in a mask or false self, hence the title of the book. He also attempts a structural analysis which I think is not entirely successful, and many of the literary quotations and clinical fragments were not as relevant as they might be. It seemed to me that the author did not fully explore the relation of shame to sexuality, and his discussion of the Eden myth which I think must be central to an understanding of shame, is not entirely convincing. It seems to me that shame is connected with the feeling not only of weakness, dirtiness, defectiveness or inadequacy, but with a sense of badness or wrongness which I think can often be linked with sexual embarrassment, especially with embarrassment about perversion and perverse phantasies. I think these are often prominent in borderline patients, and it may be that shame is more important

in these conditions than we have realised. It seemed to me possible that if persecutory anxiety is the affect most relevant to the paranoid-schizoid position and guilt the affect relevant to the depressive position, then perhaps shame is the most prominent affect in the borderline position.

Despite its shortcomings, this book deserves careful study and psychoanalysts and psychiatrists will I think find it useful.

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Methods in Clinical Pharmacology: Central Nervous System. Edited by M. H. LADER and A. RICHENS. London: Macmillan. 1981. Pp 164. £20.00.

This slim volume is a collection of essays on a particular aspect of psychopharmacological research i.e. the measurement of the effects of psychiatric drugs of several kinds by a number of authors who have achieved prominence in this field. There are reviews of neuroendocrine markers, neuromuscular transmission, tests of autonomic function, sleep, extra-pyramidal manifestations, antidepressants, neuroleptics, analgesics and anticonvulsants. The contributions on antidepressants and antipsychotic agents are particularly instructive and readable. However, given the format of the book, it is inevitable that its content is determined by the interests of the authors rather than a systematic analysis of the subject, though these frequently coincide. Nevertheless, there are some puzzling omissions. I searched in vain for a reference to the anxiolytic drugs and the vitamins. There is an understandable preoccupation with research into the use rather than the equally obscure questions posed by the misuse of drugs (and alcohol). The price seems relatively high, even for these inflationary times. However, though the preface makes it clear that the work is directed towards those intending to do research, much that is useful can be gleaned by the practising clinician, anxious to keep himself up to date.

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Current Psychiatric Therapies. Vol. 20. Edited by JULES H. MASSERMAN. New York: Grune & Stratton. 1981. Pp 416. \$54.50.

This 20th anniversary volume deals fairly comprehensively with treatment currently available, including psychotherapy for the child, adolescent, adult and family, cognitive therapies, behaviour therapy, psychopharmacology and management in the community. With a few exceptions it lends no

support to Oscar Wilde's view of British and trans-atlantic English and, by and large, is well written and informative. However anyone wishing to check rapidly on current thinking will be frustrated as the index probably belongs to another book. Nevertheless the evident differences in some respects between practices on the two sides of the Atlantic make for an interesting read. One cannot imagine an NHS psychotherapist offering the option of several more years of treatment to a couple following a marital crisis. Infidelity and the possible consequences of separation and divorce appear to be the province of the American psychiatrist rather than the marriage guidance counsellor. I read with fascination advice about the therapeutic milieu for behaviour therapy—"Photographs or busts of Sigmund Freud (or) Adolf Meyer may appeal to the cognoscenti while diplomas . . . books . . . attest to his or her own competence. Unostentatiously placed models of musical instruments, a sailboat, a small plane . . . trophies . . . show the therapist's breadth of human interests . . . statues of Moses, Buddha . . . reassure the religiously minded". Meanwhile, out in the community North Americans have been experiencing at first hand the effect of a vigorous drive to discharge chronically ill patients and have been as unprepared as the English were. Elsewhere I read, open-mouthed, of underutilization of services for the elderly. Informative, interesting but overpriced.

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Involuntary Institutionalization: Changing Concepts in the Treatment of Delinquency. By J. T. T. M. FELDBRUGGE and Y. A. WERDMULLER VON ELGG. Amsterdam: Excerpta Medica. 1981. Pp 106. \$21.25.

This small book is a most original piece of work celebrating the 25th jubilee of the Dr Henri van der Hoeven Kliniek, in which the authors describe the history of the psychodynamic therapeutic community approach to patients who exhibit extreme criminal behaviour. In order to elucidate the intricacies and difficulties in evaluating and treating such offenders they present a fictitious case history and then invite an impressive team of professionals from different disciplines, working within the forensic field, to give their views on the treatment programme, the medico-legal implications and the legislation in The Netherlands. The advantages and disadvantages of the concept known as T.B.R. (involuntary institutionalization at the government's discretion) are discussed very fully and they then present an accurate picture of the treatment programme in their very specialist unit.