

infirm aged living in the community can both suffer and cause great distress. In any case, the sum required to put the whole scheme into operation—about £100 million annually—is unlikely to be forthcoming at the present juncture.

In the meantime more limited schemes should be initiated, with the aim of answering certain definite questions. To what extent would a really effective domiciliary service in fact reduce the need for the conventional type of communal Home? How do standards of housing and the provision of sheltered homes affect this issue? And how large are the minority groups, such as epileptics, subnormals, homeless drifters and some ex-mental hospital patients, who are likely to be less suited to private than to communal life? Carefully planned research-orientated projects, organized on a regional basis, should be undertaken to investigate these matters.

Professor Townsend has placed us in his debt by the freshness and humanity of his approach to the well-being of the aged, a subject we can hardly afford to ignore, and by the clarity with which he writes.

D. W. KAY.

Social Approaches to Mental Patient Care. By MORRIS S. SCHWARTZ and CHARLOTTE GREEN SCHWARTZ. New York and London: Columbia University Press. 1964. Pp. 350. Price 65s.

This new book by two of the authors of the famous Chestnut Lodge Studies (*The Mental Hospital*, Stanton and Schwartz) arose directly from the work of the United States National Joint Commission on Mental Illness and Health, 1955–1961. As part of their fact finding the Joint Commission hired teams of experts to survey areas of the field of mental health. The Commission then used the studies as the basis for their Report "Action for Mental Health" (1961) which has been used to guide action by the Federal Government and has become as important in the United States as the 1957 Report of the Royal Commission on the Law relating to Mental Illness and Mental Deficiency was in Britain. Several of the preliminary studies were published by the Commission. For this study eight workers, six of them social scientists, for two years studied representative institutions and reported on them; in the third year Morris and Charlotte Schwartz drew their contributions together; this book sets out their findings and conclusions.

Their basic assumption was "that the viewpoint of social science may be profitably adopted in studying mental illness". They divide mental patient

care into three areas—the out-patient system, the in-patient system and the ex-patient system. In each area they produce a succinct and authoritative statement of the present situation, subject it to a social scientific analysis, suggest areas for attention and then describe a few effective programmes.

In examining the out-patient system they point out that comprehensive out-patient services have not developed in the U.S.A. because there is so much private practice. This often means that though some sections of the community are lavishly provided for, others lack adequate care; and they point to the value conflict for psychiatrists who proclaim their belief in a standard of intensive personal psychotherapy for any emotionally disordered person that could clearly never be provided for all.

Their description of the in-patient system contains clear and valuable statements of the different types of United States hospital services for psychiatric patients and their strengths and weaknesses. They outline the need to individualize care and treatment, to break down the barriers between hospitals and community and to develop the therapeutic milieu. They describe how this can be attempted, and give examples and discuss difficulties. On pages 158 and 159 they describe the Nottingham (Mapperley) pattern of comprehensive, hospital-based, community psychiatry and then point out why such a programme is unlikely to develop in an American State.

The chapters on the ex-patient system discuss the tailoring of after-care, the grading of stress and the need for continuity of care.

The book is written in a clear and vigorous style, well produced and a pleasure to read. At times its easy lucidity almost conceals the immense amount of work that has been done and the judgment and care which must have gone into such telling and fair criticisms of a nation's pattern of care for its mentally sick. They state as their aim, "No panaceas are offered. We hope that when the reader finishes the book he will have become less certain of his beliefs about the most effective ways of helping mental patients but more committed to the search for better ones."

The book is required reading for anyone interested in social psychiatry and the planning of psychiatric services; the review chapters would make a most useful critical introduction to American practice of the late nineteen-fifties for any prospective visitor. An English reader will tend to draw comparisons with our own pattern, generally to our advantage, but it would be unwise to indulge merely in smug reflections. It is far more difficult to provide services for the unfortunate and sick in an Opportunity State than it is in a Welfare State, and there are many

stimulating suggestions in this book which can be profitably heeded by any psychiatrist.

D. H. CLARK.

Recent Research on Creative Approaches to Environmental Stress. Proceedings of the Fourth Institute on Preventive Psychiatry held at the State University of Iowa, 26-27 April, 1963. Edited by RALPH H. OJEMANN. University of Iowa, 1964. Pp. 185. Price \$2.00.

Any consideration of the broader aspects of preventive psychiatry is of necessity a matter requiring interdisciplinary communication. In view of what little is known about the diversity of personality development and organization, and of the complexity and inertia of social organizations, the notion can be expanded into a set of themes which are as germane to the interests of biologists, teachers, sociologists, political scientists, lawyers, economists and business administrators as to those of the psychiatrist and psychologist. It needs no great effort of the sceptical imagination to see where all this may lead. Interdisciplinary discussion and research can unfortunately become synonyms for grossly undisciplined use of language and concepts; a measure of common sense, curiosity, and interest may become obscured by a fungating growth of verbiage. These are the dangers; perhaps they increase in parallel with the number of participants, and possibly they are greatest when commonly-recognized landmarks in the field under scrutiny are lacking.

In common with the earlier conferences, the stated aim of the Fourth Institute on Preventive Psychiatry, held at the University of Iowa in April, 1963, was "to develop a broad perspective from which research program and a range of individual investigations could be projected . . . to devise and test program for removing stress factors—if they are deleterious—or bringing them under control if they are a necessary part of development".

The volume under review contains a verbatim account of the proceedings of the two-day conference, in which 250 persons from the relevant disciplines participated. It consists of 167 pages of text, reporting the six main sessions, which were respectively devoted to the biological substrate and early psychological development, the adolescent's search for significance, the effects of authority and control on mental health, problems of technological change and stress at work, and the study of family conflict. No attempt has been made to edit or summarize the themes of the meeting. Undoubtedly the conference was highly successful and stimulating to many of the participants; if it could have been condensed to a précis of 20 pages, the resulting publication might or

might not have been more widely informative. But as it stands, the use of the word "stress" is inconsistent to the point of meaninglessness; the "creative approach" seems to imply no more than a well-meant but diffuse and ill-justified optimism; and much of the research reported is of doubtful validity and relevance, consisting mainly of anecdotal matter. The first section includes two contributions exceptional for this volume; one is an interesting review on certain aspects of early psychological development by Drs. S. D. Gerrard and J. B. Richmond, and the other is a critical comment by Dr. A. S. Norris on the evidence for a relationship between the incidence of schizophrenia and month of birth.

R. H. CAWLEY.

4. CHILD PSYCHIATRY

Infantile Autism: the Syndrome and Its Implications for a Neural Theory of Behaviour.

By BERNARD RIMLAND. New York: Century Psychology Series; Appleton-Century-Crofts Division of Meredith Publishing Company, 1964. Pp. 282 + xi. Price 40s.

This book represents the manuscript which in 1962 won the prize offered annually by the Appleton-Century-Crofts Division of Meredith Publishing Company. For this prize, it is stated, works are considered which provide a significant contribution to the field of psychology.

There is a bibliographical list of four hundred and eighty-one named references, and on seeing this impressive array, with a good representation of the names best associated with the subject, one looks forward at least to a thorough and comprehensive review, perhaps with the benefit of critical treatment.

The first four chapters (Part I of the book) go a good way towards this, stating the features of the syndrome, evaluating statements that have been made about the parents of autistic children and setting out the arguments for psychogenesis and for biological causation respectively. Dr. Rimland makes his own stand against psychogenesis and for biological causation quite plain. The evidence is convincing, and on the whole he sets it out very well. There is however a slight undertone of desperation, and it seems that he is pulling out all the stops when one sometimes recognizes references brought in as though centrally relevant which in fact have but a tenuous connection with the subject in hand.

New observational data are not reported, and the whole book is at the theoretical level. By the time one reaches Parts II and III of the book, it is apparent that Part I was intended to prepare the way for acceptance not only of biological causation in general