

mathematical expertise up to and including a working knowledge of matrix algebra is required, and I am not convinced that many non-statisticians will possess that. Reasonably numerate researchers looking for a 'cook-book' of suitable methods should not be daunted by the complexity of the formulae presented, however; this is a book which will richly reward perseverance with any unfamiliar mathematical concepts.

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AIDS, Drugs and Prostitution. Edited by MARTIN PLANT. London: Routledge. 1990. 213 pp. £30.00.

This book consists of a collection of papers, some heavily referenced others not, describing research into prostitution, and originates from a workshop held in Edinburgh in February 1989. It consists of an introduction and conclusion by the editor and 10 chapters by 14 authors with over 40 tables, although some of the data has already appeared in journals. The major themes explored are the reasons for prostitution, the use of condoms in working and non-working relationships, the amount of drug use by prostitutes, and the fact that except in Africa, to date the majority of HIV infection among prostitutes is related to injection drug use rather than heterosexual spread. Many of the chapters have descriptive introductions concerning the history and manner of prostitution in various parts of the world.

While posing the question how have prostitutes and clients responded to AIDS, the book actually only deals with prostitutes and their reports of clients' views or behaviour. No actual data on clients is presented which seems surprising since presumably if one can recruit prostitutes from sexually transmitted disease clinics one can recruit clients. There are some common problems with all of the studies presented which are best exemplified by Dr Darrows' review of seroprevalence among prostitutes in the US. The majority of reports have less than 100 participants, some as few as 10, yet we are constantly told that prostitution is widespread. While there are numerous varieties of prostitutes from street walkers to those in massage parlours and escort agencies it is worrying that the majority of work and the conclusions reached are based on street prostitutes.

In the concluding chapter the editor suggests that the different methods employed by the various authors, together with the uniformity of their results, strengthens the validity of the data. In fact all the studies used only two methods of recruitment, either via sexually transmitted disease clinics or using the technique of snowballing, and it is therefore not surprising that the results demonstrated uniformity since prostitutes not contacted by these methods are not represented.

The book is an interesting collection of papers, some anecdotal and others highly scientific, which detail the

connection between prostitution and drugs as well as providing some very limited data on HIV before 1989. Although the reports confirm that except for in Africa the majority of HIV in prostitutes is related to injection drug use, it does not answer questions relating to clients, with no new data on whether HIV is being spread by prostitution or whether clients are responding to the risk. I suspect that it will have only a limited audience although it serves the useful purpose of bringing together a diverse collection of reports on prostitution.

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The Practical Application of Medical and Dental Hypnosis. By MILTON H. ERICKSON, SEYMOUR HERSHMAN and IRVING I. SECTER. New York: Brunner/Mazel. 1989. 480 pp. \$18.95.

For the serious therapist, fresh accounts of the work of Erickson should always be welcomed. Unfortunately, in this volume Hershman and Secter do him little justice, particularly as a first-named, albeit posthumous author.

The book consists of 11 chapters, with case histories and transcriptions of discussions between therapists and subjects as recorded at various seminars throughout the USA.

In the chapter outlining the history and theory of hypnosis, the former is not entirely accurate and the latter is all too brief. The results of electroencephalographic studies should warrant more than two lines. Thus, the important works of Wyke, Rozhnov and Ulett *et al* are notable for their absence. Current theories of suggestibility and hypnotisability are also omitted, but fascinating interviews by Erickson and others are recorded as a means of illustrating some of the phenomena of hypnosis. The discussion on anaesthesia should have mentioned the use of hypnosis in minor surgery and in plastic surgery, particularly following injury and burns. A brief discussion of the advantages and disadvantages of hypnosis in obstetrics omits useful references to those such as Fuchs *et al* who report extensively on the treatment of hyperemesis.

On page 228, the patient is told that all the information she has ever heard, read or seen "is stored in the subconscious". Is it?

Chapter 7, "Hypnosis in children", is an area in which this therapy can be invaluable. Yet no mention is made of the classical work of the Hilgards on the amelioration of pain, particularly as applied to the treatment of leukaemia.

A hotch-potch of subjects follow. These are discussed under such headings as "Fears", "Pains" and "Therapy of habits", etc., while "Phobias" merit a mere six and a half lines. Terminal cancer, upon which so much devoted work has been carried out, would deserve a

more sympathetic approach, and the chapter on "Clinical applications of hypnosis in psychiatry" is far from helpful. "Hypnosis in dentistry" is certainly of value but I wonder why the stage hypnotist, the lay use of hypnosis and medicolegal liability are included in this chapter.

Apart from the delightful passages by Erickson, the book has some merits but is far from essential reading.

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Cities Are Good For Us. By HARLEY SHERLOCK. London: Transport 2000. 1990. 99 pp. £10.00.

The reason for reviewing this short book (prelude to an expanded version next year) in a psychiatric journal is that it links the subject clearly with health, and particularly mental health. It contains no specifically medical data, but a great deal of common sense that justifies the title; although it is mostly about Britain, the general principles apply almost everywhere. Sherlock is that rare bird – an architect who is less concerned with the impressive or fashionable appearance of structures than with their suitability for people; he also focusses in a highly practical way on the relationship of buildings to their surroundings and to the transport network. As the former chairman of Transport 2000, an enlightened but largely ignored environmental organisation, he is well able to argue that accessibility, rather than mere mobility, is critical to the life of cities.

Human history shows that people have migrated into cities since these settlements first existed: the flood is greater today than ever before. Yet, as Sherlock says, "cities are now seen, at best, as a great social problem and, at worst, an irrelevance to the twenty-first century". That the urban environment has, on the whole, become worse "is caused largely by unimaginative housing, misguided transport policies and the consequent loss of people and their activities from inner-city areas". The knock-on effect is that surrounding countryside is steadily destroyed by mostly unwilling migrants from the cities, so that both town and country lose out simultaneously.

The usual excuse for not doing what would make people's life better is that there is "no money". Yet the evidence here demonstrates clearly that to organise cities in a more healthy way would actually cost less overall than what we are doing now – even if a minority paid more for their privileges, such as unrestricted motoring. 'Universal' car ownership is largely a myth, yet relatively modest increases in commuting by car have brought city centres almost to a standstill, while at the same time undermining public transport, which is really a city's lifeblood. The same is true in housing: unimaginable sums have been spent on 'comprehensive' redevelop-

ment and the creation of megastructures; these mostly function worse than what they have replaced, and ruin everything that remains around them.

At the end of this impressive tract it is hard to resist the thought that national policies which affect the human habitat are wholly irrational, although short-term economic gains often provide the explanation. Yet only few other countries do better than Britain, as those attending the World Psychiatric Congress in Athens last year will have been well aware. Most ordinary people detest what is happening, but seem powerless to change it.

HUGH FREEMAN, *Editor, The British Journal of Psychiatry*

Examination Notes for the MRCPsych Part I. By BASANT K. PURI and JON SKLAR. London: Butterworths. 1989. 165 pp. £9.95.

No prizes for guessing that the authors have aimed this primarily at the needs of examination candidates. Who else would be so desperate as to choose a text consisting largely of bare headings and lists? I know: psychiatric lecturers and tutors. Wrong: apparently medical students, psychiatric nurses, psychologists and trainee psychotherapists should also find this useful.

For the most part the book works its way conscientiously, chapter by chapter, through the topics specified as the content of the multiple choice questions (MCQ) paper in *General Information and Regulations for the MRCPsych Examinations* (which is essential reading), but in reverse order. The concentration of factual information is impressive, if indigestible, and the sections on neuropharmacokinetics and drug actions and interactions are particularly helpful. The chapter entitled "Methods of clinical assessment in psychiatry" contains (under the subheadings "Qualities of a good history" and "Clinical skills") some golden words of advice. All the greater is then our dismay to find this followed not by a synopsis of the broad topic of explanatory psychopathology but by an exposition of one small part of this – psychoanalytic theory. The unwary reader should be warned that the examiners may not be so blinkered. Valuable space is then squandered on some curiously incongruous dissertations ending with "The sexual life of the patient". The final chapter on classification, also loses its way, distracted by the exotica of psychodynamic nosology.

This book is unlikely to appeal to the collector of MCQ samples – only eight specimens given here, all available elsewhere – but will doubtless find avid readers among those given to the frenzied last minute swot; they will find a compact if not especially well balanced meal here.

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