

and non-remitting forms of schizophrenia. He advances a contemporary Freudian view of psychosis which seems to be that the internal conflicts for the psychotic are no different to those of the hysteric – that is, they are Oedipal and not pre-Oedipal as the Kleinians believe. He feels, then, that the reason a psychotic does not develop conversion symptoms, as a hysteric does, is because of a constitutional pre-disposition that leads to psychic disintegration. Unfortunately, he doesn't explore this further.

There are interesting chapters on neurosis, borderline states, and organic mental disorder, linking up Freud's Jacksonian view of organic mental deterioration with schizophrenia. Freeman shows convincingly that the psychoanalyst has much to offer the dementing patient.

He concludes by offering a schema for a psychoanalytical formulation of the psychotic patient. This is derived from Anna Freud's developmental profile of the neurotic – assessing the metapsychological and developmental aspects of the patient's conflicts. This struck me as unwieldy and not very practical.

The book is replete with clinical examples, and this is certainly a strength. However, the first two chapters become rather confusing as the clinical examples pour from the page. The author neglects much of the interesting work by Kleinian psychoanalysts on psychosis.

This is a good book which will make thought-provoking reading for the general psychiatrist interested in the psychodynamics of his patients.

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Speaking Out for Psychiatry: A Handbook for Involvement with the Mass Media. By GROUP FOR THE ADVANCEMENT OF PSYCHIATRY COMMITTEE ON PUBLIC EDUCATION. New York: Brunner/Mazel. 1987. 128 pp. \$17.95 (hb), \$12.95 (pb).

Bad news often appears to be good news as far as some sections of the media are concerned. Certainly when the College organised a media briefing balancing the beneficial effects of neuroleptics against possible adverse effects, we had very scant coverage. Such experiences can deter psychiatrists from further involvement with the media. However, the public is eager for information on psychiatry and, as the authors of this book point out, unless responsible psychiatrists put themselves out to deal with the media, other and perhaps unreliable spokesmen will be found who might be regarded as experts by the public.

This book, published by a group of American psychiatrists independent of the APA, contains simple commonsense advice, and I thought the sections relating to radio and TV interviews which might then be subject to editing particularly helpful. The appendices, such as the

fact sheets giving, for example, the incidence of depression, are based on US figures. However, the reproduction of the APA guidelines encouraging co-operation with the media and the ethical considerations are well worth looking at.

This book is certainly useful for the College to incorporate in its training programme. Interested members might well consult it, but I would hesitate to recommend it for all members of the College

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Hormones and Depression: Edited by URIEL HALBREICH. New York: Raven Press. 1987. 412 pp. \$66.00.

This book, which stems from a symposium held to commemorate the pioneering and continuing work of Ed Sachar, updates and consolidates the rapidly-accumulating literature on the psychoneuroendocrinology of depression, with an outlook to the future: the empirical bases of the discipline are well integrated with an exposition of its theoretical foundations and controversies. It is divided into five sections.

Section one contains overviews on the conceptual frameworks used for the study of hormones in depression, which highlight the conflicting paradigms and their heuristic values. Endocrine physiology is reviewed from the vantage points of the function of the stress response, the relationship between depression and stress, and the inter-relationship between hormones and monoamine receptors. Section two encompasses contributions on the study of the hypothalamic-pituitary-adrenal system, including its usefulness as a paradigm and this model's shortcomings in research and practice. Section three is devoted to the application of the concept of a 'window into the brain', with a general chapter on the interaction between psychopharmacological-neurotransmitter-neuroendocrine mechanisms in the study of affective disorders, with specific contributions on noradrenergic, cholinergic, and chronobiological mechanisms. Section four covers animal studies and their implications for the study of depression. The final section is on hormonal disorders and affective symptomatology.

The text is a rich one, and captures the extensive literature and the leading contributors at an intensively reflective moment of this rapidly-evolving discipline. The challenges of clinical practice are not lost sight of, and the frontiers of knowledge of the biology of depression are well explored, ending on an optimistic note. The book is valuable reading for researchers in the field, and trainee psychiatrists curious to study the biology of depression should find useful leads in it.

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