

has to offer within a community framework". It does not claim to be comprehensive overview, but covers a wide range of topics. There is an emphasis on "using psychologists' knowledge and skills that will help (other) staff". There is also an emphasis on the growing importance of prevention. The editor states that it is intended not only for those working with clients but also for managers, which is perhaps an interesting comment from a practitioner who became a manager shortly after completing this book.

The eighteen contributors all write from the basis of clinical practice and the majority from a British setting, with only four American contributions. Four of the chapters are concerned with particular lifestages ranging from childhood to old age, and emphasise those aspects of psychological practice the authors consider important. Two chapters are concerned with specific groups: the mentally handicapped and the chronically psychiatrically ill. Four chapters are concerned with very specific conditions: alcohol, drugs, smoking, and obesity. The chapter by Koch on anxiety and depression deals with management of these common conditions, not only in terms of therapy but also the location of services and the need for a preventative approach. The two remaining chapters deal with behavioural marital therapy and behavioural medicine.

This book provides a useful survey of the views of a number of active and experienced clinical psychologists and succeeds in providing an overview of much of the present scene. It inevitably raises questions as to the boundaries between the work of clinical psychologists and psychiatrists, as in places it seems to claim for clinical psychology that which, no doubt, many psychiatrists would see as falling within their own field. There is an emphasis on team work. This is a book that should be available to all psychiatrists and certainly should be included in every psychiatric and clinical psychological library. The print and format is not particularly attractive nor particularly easy to read, and it seems a pity that at this price it could not have been better. Alternatively, perhaps such books should be produced in paperback and therefore more likely to be purchased by individuals rather than mostly by libraries.

A. C. BROWN, *Consultant Senior Lecturer in Mental Health, University of Bristol*

Hypnogogia: The Unique State of Consciousness Between Wakefulness and Sleep. By ANDREAS MAVROMATIS. London: Routledge and Kegan Paul. 1987. 360 pp. £30.00.

This book has made a timely appearance. It examines hypnogogia at a time when there is a renewed interest in cognition and subjective experience within both psychiatry and psychology.

The first part of the book gives a comprehensive historical background to the phenomenon together with numerous descriptive accounts and pictorial illustrations. The second part relates hypnogogia to other states such as dreams, psychic experience, schizophrenia, and creativity. Finally, an attempt is made to determine its brain correlates and function.

According to the author, hypnogogia is a state, often initiated consciously and deliberately but frequently becoming automatic, in which original revelations of a psychic, artistic, or scientific nature may occur. It is usually pleasant and can be therapeutic.

"Hypnogogia" certainly makes fascinating reading to both the layman and those with some knowledge of the field. It also serves as an encouragement to the reader to initiate his own personal investigation of what is essentially a subjective experience.

ALYSON BOND, *Lecturer, Institute of Psychiatry, London*

Functional Psychological Testing: Principles and Instruments. Edited by RAYMOND B. CATTEL and RONALD C. JOHNSON. New York: Raven Press (distribution for Brunner/Mazel). 630 pp. \$88.50.

The term 'functional' in the title of this book could mislead readers into expecting its contents to deal with the testing of practical, everyday functioning of human beings. In fact, the editors use the term in its most mathematical sense, the concern of the contributing authors being with exactness of measurement and principles of testing rather than with perhaps more fundamental questions concerning the ecology of testing. One of the editors states that functional psychological testing is 'based on quantitative personality theory', and readers who find this statement comfortable might find the book instructive and useful.

The book is in three sections: 'Psychometric principles in testing', 'Available structured tests for functional psychometry', and 'Art of testing in psychological practice'. These titles themselves are indicative of what I found to be the over-ambitious intentions of the editors, who have produced a book which is unnecessarily complicated. The section on psychometric principles is an example of intellectual overkill, which Anastasi (1982) avoids in her much more succinct coverage of the topic.

While I approve of Cattell's scorn for sloppy science and tests such as the Rorschach, I am not convinced that subjectivity does not enter the text of this book on a number of occasions. I was offended by the value judgements in chapters 8 and 20 on the ending of the Eleven Plus examination in Britain. On page 154, for example, the contributors write: "... in Britain, the labor (*sic*) government's abolition of selection by intelligence test for more advanced education ... was frightful." Statements of this kind - and there were others of similar ideology - should have been rooted out of this book

by editors who pride themselves on their pursuit of objectivity.

I liked the historical accounts, particularly on industrial and vocational selection. There is a useful discussion on available attitude scales, and ideas on how to design such a scale. For me, the most interesting chapter was the one dealing with legal considerations for the psychologist. Overall, although I found the book useful on instruments, I found it almost unreadable on principles and kept wondering whether *my* education was at fault. I suspect that this American text will have a similar effect on other British readers who may not be familiar with quantitative personality theory.

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Sexuality and Medicine. Vol. II: Ethical Viewpoints in Transition. Edited by EARL E. SHELPH. Dordrecht, The Netherlands: Kluwer. 1987. 279 pp. Dfl. 130.00, \$49.00, £38.95.

This is in the generally excellent *Philosophy and Medicine* series published by Reidel. It is the second of two volumes on aspects of sexuality; these can be read independently, and each is complete in itself.

This volume includes twelve essays by doctors, philosophers, and theologians whose concerns appear generally relevant to clinicians. I found three chapters particularly interesting. In 'An historical comment', John Duffy summarises the major changes in society's attitudes to sexuality since 1800, and notes how negative views which developed as 1900 approached have provided a legacy which remains. A century's presumed determinants and consequences of masturbation are a monument to medical, philosophical, and theological absurdity.

Chapters by R. Baker and N. Grose & E. Shelp include case material discussed in refreshing ways and cogently make the point that values and ethical questions are intrinsic to solving sexual problems. This is true for all helping activities, but is more pointedly so in the sexual field. Such issues should not be ignored, and this book is an interesting and cogent reminder of their importance.

J. P. WATSON, *Professor of Psychiatry, Guy's Hospital, London*

1987 Year Book of Psychiatry and Applied Mental Health. Edited by FREEDMAN, LOURIE, MELZER, NEMIAH, TALBOTT and WEINER. London: Wolfe Medical Publications. 1987. 499 pp. £36.50.

One of the most daunting tasks that faces clinicians is remaining in touch with advances in knowledge over an ever-widening area. The general psychiatrist may be

aware of current thinking about the organic substrates of schizophrenia, on which this Year Book reviews many papers, but not perhaps equally aware of the confusing claims for the advantages of recent antidepressants, as well as, perhaps, objective measures of transference. This book is most valuable in addressing this problem, and gathers together summaries of papers from 97 journals.

Each of the 17 chapters is introduced by one of the editors, outlining the main directions of research and placing the articles usefully in a historical perspective. These introductions, and the editorial comments on papers, may be somewhat idiosyncratic and even dogmatic, but nevertheless are stimulating. For example, to state (page 456) that "violence may be as American as apple pie" without levels of probability is refreshing in a learned journal. A few readers will be irritated by the emphasis on American journals, but this, I think, has the advantage of drawing attention to problems which will spread rapidly across the Atlantic. The current American fashion in substance abuse, for example, on which there are a number of papers, is now becoming apparent in Great Britain. Equally, several papers on the plight of the chronic psychiatric patient who is homeless in an urban society should underline our need for caution in the closure of psychiatric facilities for chronic disorders. I found this book useful and easy to consult. It should be in all postgraduate libraries, where it will be useful to psychiatrists and trainees alike.

BERNARD ADAMS, *Consultant Psychiatrist, University College Hospital*

Insanity: the idea and its consequences. By THOMAS SZASZ. New York: John Wiley. 1986. 414 pp. \$17.95.

Szasz first burst on the psychiatric scene as one of the stars of the anti-psychiatry movement in 1961 with the publication of *The Myth of Mental Illness*. Perhaps uncertain as to whether his message was clear, Szasz added a one-page summary of the main argument to the British paperback edition of 1972. This précis has always been useful, and students have frequently been referred to it. All praise to Szasz for brevity and clarity.

However, it would appear that Szasz has not been content to neglect the alternative strategy for selling his message: not brevity but prolixity, as book after book extolling the same basic theme has emerged in the past quarter century. The book under consideration here is no exception. "Insanity: the idea" might suggest something different – perhaps an historical look at how the word has changed its meaning and use over time; however, the nearest Szasz gets is to look the word up in a handbook of the history of ideas, and, finding it missing, to suspect another (psychiatric?) plot.

The first claim in Szasz's 1972 summary – and the basis of his work – is that illness can only occur in the