

out to provide assistance and information to the established centres (54 U.S. ones are listed) and to individuals thinking of starting one. It is compiled by an educationalist who has collected training manuals and suggestions from as many RCCs as he can and advises on the formalities of setting up a Center, establishing a training programme which includes teaching counsellors how to interview, suggested medical and legal procedures, and 'hints on self protection'. Unfortunately the book is very American and it is doubtful whether some of its advice can be transferred overseas; it is also tedious to read. Nevertheless it is a mine of information, a book with a very circumscribed function and anyone setting up courses for volunteer counsellors of any type might find useful information in it.

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Manic-Depressive Illness: History of a Syndrome. Edited by E. A. WOLPERT. New York: International Universities Press. 1977. Pp 586. \$22.50.

Kraepelin held that manic-depressive insanity was due to an innate predisposition and that external influences played only a very small part. Freud, while accepting a probable physiological basis, believed that distressing events might also be important. In Dr. Wolpert's view, distressing events are causally important only when the patient's psychological development is inadequate, and in such cases psychotherapy or psychoanalysis will be needed in addition to lithium carbonate in order 'to remove the psychogenic trigger'. And because, in Dr. Wolpert's view, the classical psychoanalytic explanation of depression cannot formally be extended to account for mania, he considers that manic-depressive illness should be limited to cases where both mania and depression occur, and indeed that bipolar depressive illness is a better name for that condition.

Apart from a short epilogue and brief connecting passages, this book consists of re-printed papers, selected by the editor to illustrate his theme. A hundred pages are allotted to Kraepelin, 230 to Freud and other psychoanalysts, 100 to papers on lithium, 80 to manic-depression in childhood, and the rest to genetics and biochemistry. The editor's praiseworthy intention is to harmonize the medical with the psychological approach. But his medicine is concerned only with lithium, and his psychology only with psychoanalysis. This is a book primarily for Freudian psychotherapists and will bring comfort to those who may have feared that lithium prophylaxis

would deprive them of their part in the treatment of manic-depression. To the historian, hoping from its title to learn something of the history of the concept of manic-depressive illness, the book will be a disappointment.

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The New Psychology of Dreaming. By RICHARD M. JONES. London: Pelican Books. 1978. Pp 221. £1.00.

In this slim volume Jones re-evaluates Freud's original theory of dreams in the light of the current use of sophisticated laboratory instruments which examine the neurophysiological patterns occurring in the process of dreaming. He brings together the contributions of a number of people whose ideas developed more or less in separation and, in some instances, did not receive the attention they deserve.

It is certainly right that at this time we should subject the past psychodynamic theories to those methods of scrutiny which are now available, and we may ponder how those early pioneers might have progressed had such means been at their disposal. As Jones questions—What if I were Freud and could sit before an electroencephalograph and observe the utterly predictable comings and goings of a remarkable constellation of neurophysiological patterns? And, if I were Freud, how would I change my theory of dreaming?

Jones is primarily concerned with the physiological function of dreaming itself. He draws from the data certain conclusions as to the place which this phenomenon has in the life of every man. The implication would be that any form of therapy which made use of dream material should be directed towards furthering these normal purposes.

The impact of this experimental approach arising from modern research into the process of dreaming should result in a reappraisal of our theories of interpretation and open the way to a more effective use of dreams in all forms of therapy.

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Freedom to Die: Moral and Legal Aspects of Euthanasia. By O. RUTH RUSSELL. New York: Human Sciences Press. 1977. Pp 352. \$14.95.

If, somehow, you have escaped the propaganda for euthanasia, this book presents it coherently and well. It is the product of extensive research, marshalled with a bias. The author won the Humanist Pioneer

Award with this book, so perhaps the word humanist now means someone who would solve human problems with death.

From the outset the elderly and dying are referred to as a 'burden', some living a life with no significance 'long after mind and spirit have ceased to exist'. A daring assumption. The receiver's contribution to service is overlooked.

Euthanasia is called 'death with dignity'. But if you kill someone because he is in pain, you only ensure that he dies in pain. Wherein is this dignified? Throughout the book it is assumed that death alone could solve the uncommon problem of intractable physical or mental suffering. In down to earth clinical practice, one does of course sometimes offer the patient the alternative of heavy sedation. In my experience even that is usually declined. Nowhere is it perceived that the request for euthanasia is a cry for help. Instead we find such sinister phrases as 'old people who had outlived their usefulness to society' and the whole concept of cost economics is applied to people. Inevitably one asks whether there aren't many other people who give no 'useful services' to society? And sure enough they are here too. In chapter 3 are references to idiots and imbeciles being put down, and later there is a sudden switch to advocacy of selected infanticide (p. 178).

A spine chilling book.

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Psychopathology: Experimental Models. Edited by JACK D. MASER and MARTIN E. P. SELIGMAN. San Francisco: W. H. Freeman. 1977. Pp 474. \$17.95, \$8.95 (paperback).

This is a comprehensive collection of essays describing experimental models which have been considered analogous to mental disorders. The authors' use of the word psychopathology in the title implies that the behaviour described has biological or social disadvantages; there is no attempt to detail the precise nature of complaints or to describe the state of mind. Most of the data on which the models are developed come from non-human species.

Ten forms of pathological behaviour are discussed with, in all twelve different models; obesity, addiction, depression, phobias and obsessions, neurosis, psychosomatic disorders, minimal brain dysfunction, catatonia, schizophrenia and 'sexual diversity'. For each model there is a detailed discussion of the experimental work and a rather less convincing

exposition of its relevance to and associations with the clinical field to which it is linked. The authors of these chapters are well known researchers and as a summary of their different viewpoints this work is excellent. The bibliography contains about 1000 references and this also makes it a valuable work for psychiatrists seeking up-to-date information on the opinions of behavioural and experimental psychology relevant to their subject. It is a collection of articles by different authors and suffers therefore from a multiplicity of goals and orientations. The psychiatric reader is still left with the feeling that the clothes that fit the model do not really fit the patient.

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Society, Stress and Disease: Volume 3: The Productive and Reproductive Age. Edited by LENNART LEVI. Oxford: Oxford Medical Publications. 1978. Pp 295. £14.00.

Stress at Work. Edited by C. L. COOPER and R. PAYNE. Chichester: John Wiley. 1978. Pp 293. £9.75.

Books of collected papers devoted to aspects of stress can be expected to be of uneven quality and to repeatedly demonstrate the problems of definition and of methodology. The value of these two books can perhaps best be judged by the extent to which they survey their fields and provide critical summaries for the non-specialist. The first larger work, based on a symposium which took place several years ago is very varied, containing 37 reports ranging from hormone metabolism to accounts of sex education.

In the title, *Reproductive Age*, does not as might be assumed, refer to reproduction itself (there is no mention of pregnancy, puerperal problems or sterilization) but to sexual roles and relationships and their pathology. It has some value as a source book of information and attitudes, but much of the content is of little more than ephemeral interest.

Stress at Work is more interesting, both because of its tighter editorial control and because it brings together evidence which is less readily available to psychiatrists. Intended for a wide audience, the discussion of lighting, chemical and other hazards will not be of relevance, but it does cover much that is useful about psychological stresses. The limitations of much of the research discussed are considerable but the book as a whole summarizes, usually comprehensibly, current thinking about the nature of stress and the ways in which it may be reduced.

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