

This manual does not attempt to compete with the classical contributions of Master and Johnson or Kaplan, but needs to be seen as a useful little adjunct to them.

Moderately cheap and moderately recommended.

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Stress and Human Health: Analysis and Implications of Research. Edited by GLEN R. ELLIOTT and CARL EISDORFER. New York: Springer Publishing. 1982. Pp 372. \$34.95.

In July 1979, the Office of Science and Technology Policy, an Executive Office of the President of the United States, requested from the National Academy of Sciences' Institute of Medicine a "definition of research issues, delineation of desirable and adverse aspects of stress in its various forms, and biomedical, behavioral and sociological approaches to the description and alleviation of excessive stresses". This mammoth task was undertaken by panels of distinguished researchers who compiled the present report. In it, conceptual issues underlying stress research and critically examined, as are specific topics including stress and life events, stress in "organizational settings" such as school and work, biological substrates of stress, and the relationship of stress to physical and mental illnesses.

First the bad news. Complications by panels of experts do not lend themselves to elegant prose. Apart from a stimulating, erudite and highly literate introduction by David Hamburg, this densely worded report is difficult to read. Particularly heavy going is the chapter on stress in organizational settings which is peppered with statements of the obvious heavily disguised in opaque sociological jargon. Much worse, however, are statements of the obvious which are the result of pointless and cruel animal experiments: that "animals exposed to inescapable shock were more fearful than were those exposed to escapable shock" is the glaringly obvious conclusion cited (p 229) as if it represented a significant advance in knowledge. In most of these experiments, the stressors inflicted on animals are so severe that they are in no way comparable to stressful human conditions except, perhaps, those pertaining in concentration camps. To draw conclusions about human stress from such experiments is unwarranted, and this kind of research cannot be justified on either scientific or ethical grounds.

But when the authors consider human studies, much valuable and informative material is presented. The discussion of conceptual issues in stress research is

admirably lucid, as are the chapters on psychosocial factors, on biological mediating mechanisms, and on stress and illness. A wide range of topics is covered in this book. Its most important function is to stimulate relevant research by identifying fruitful areas of enquiry. In this respect, *Stress and Human Health* succeeds admirably.

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Psychiatry 1982: Annual Review. Edited by LESTER GRINSPOON. Washington: American Psychiatric Association. 1982. Pp 539. \$38.50.

This is the first volume of a projected annual review series and covers five topical subjects: sexual dysfunction, schizophrenia, childhood depression, law and psychiatry, and borderline and narcissistic personality disorders.

It is difficult to select chapters for special mention as the general standard is so high but I found the following of particular interest. Virginia Sadock's balanced "overview" of the treatment of psychosexual dysfunctions is very helpful, especially for the non-expert, and the chapters by Levay on problem cases and by Dickes on medical and surgical aspects contain much useful clinical advice.

In the section on schizophrenic disorders there are comprehensive reviews of genetic and biochemical research which cannot be seriously faulted and Liberman's review of social factors is quite the best I have read. The review of pharmacology by John Davis and others contains very clear tabular summaries of all relevant work on such drugs as propranolol and naloxone. However, the authors of *The Psychotherapy of the Schizophrenic Disorders* complain about their "isolation from those espousing other therapeutic strategies" and "growing defensiveness in the writings of psychotherapy advocates". They offer a full discussion of the various reasons for this predicament but do little to advance their cause.

In his introduction to "Depression in Childhood and Adolescence" Henry Work states that "in our litigious climate, patients are much more aware of the diagnostic labels affixed to them". The section is generally most concerned with diagnostic research and there is a full discussion of the nosological concept of childhood depression (or is it depression in childhood?) but the clinical relevance is also stressed. In the review of psycho-biological correlates it is shown that neuroendocrine results (growth hormone and cortisol) tend to validate both the existence of pre-pubertal major depression and its similarity to adult depression. Poznanski writes entertainingly on the clinical charac-

teristics of childhood depression and insists on the presence of depressed affect in making the diagnosis; masked depression or depressive equivalents being no longer acceptable.

Although the section on Law and Psychiatry is naturally concerned with the American system, Stromberg's discussion of Dangerousness is relevant to English law and during the present revision of the Mental Health Act one can appreciate his description of "feverish legal activity in the mental health field" (in many states the legislatures have revised their civil commitment laws virtually every year since 1975).

Perhaps the most adventurous section is that on "Borderline and Narcissistic Personality Disorders", an area in which American research is generally further advanced, and there are detailed accounts of empirical, genetic and pharmacological attempts to elucidate this confusing area. As might be expected there is a good deal about psychoanalytic and object relations theory here, but presented with unusual clarity.

The book is well edited and attractively presented, with photographs of all the authors involved giving a personal touch at the start of each section. I look forward to the next volume in the series.

RICHARD CUNDALL, *Consultant Psychiatrist, St John's Hospital, Stone, Aylesbury*

Rehabilitation in Psychiatric Practice. Edited by R. G. MCCREADIE. London: Pitman Books. 1982. Pp 268. £14.95.

This is a good book on rehabilitation. It has indeed come at a time when rehabilitation is being recognised as central to successful management of the longterm problems of the mentally ill. It is an easy-to-read, multi-author, book with contributions from a number of experienced clinicians with varied interests. The aim of the book is to highlight how principles of Rehabilitation may be adopted and applied in the general day-to-day practice of psychiatry, rather than being left to specialist Rehabilitation Units. This aim has been achieved by each author selecting a few important topics in psychiatry. In each case a comprehensive approach to the management of the illness or problem is described. Emphasis is placed on recognition, and attempts to strengthen, the patient's assets. This is what Rehabilitation is about.

It is difficult to achieve evenness of standard in a multi-author book. The sections on alcoholism, drug abuse, schizophrenia and forensic psychiatry, however, deserve special mention for their standard of presentation and intellectual sophistication. There may be a weakness in this book in that something has

been compromised to keep it short. Thus important topics like personality disorders are discussed superficially. The strength of the book is its comprehensive review of the literature surrounding this Cinderella topic and a serious attempt to widen the concept of rehabilitation so that not only schizophrenia is discussed, as is normally the case, but also other major illnesses and problems as well. It should provoke much interest. Recommended for trainees in psychiatry and for all those involved in the care of the mentally ill.

GODFREY LUYOMBYA, *Consultant Psychiatrist, Rehabilitation Department, Claybury Hospital, Essex*

Psychiatry in General Medical Practice. Edited by GENE USDIN and JERRY M. LEWIS. Maidenhead: McGraw-Hill. 1982. Pp773. £19.95.

This multi-author text-book is divided into five sections, namely "The evaluation of patients", "Children and adolescents", "Psychiatric syndromes of adults", "Special areas" and "Treatment". Each chapter is introduced by the editors and "relates experiential factors to the particular topic of the chapter". It is informative and well written and reasonably comprehensive though it suffers from attempting to cover the two fields of liaison and general psychiatry while failing in some ways to be fully satisfactory in either. It is very competitively priced and hospital libraries should seriously consider buying it.

JEREMY M. PFEFFER, *Consultant Psychiatrist, The London Hospital (Whitechapel)*

Still Small Voice: An Introduction to Pastoral Counseling. By MICHAEL JACOBS. London: Society for Promoting Christian Knowledge, Holy Trinity Church. Pp 182. £3.95.

Letting Go: Caring for the Dying and Bereaved. By IAN AINSWORTH-SMITH and PETER SPECK. London: Society for Promoting Christian Knowledge, Holy Trinity Church. Pp 153. £3.95.

According to the editor of this series of books, they are directed towards clergy, ministers and lay pastors to help them understand the relevance for their work of insights gleaned from social, psychological and psychiatric fields, and also for the practitioners of the behavioural sciences who may wonder what in particular the pastor has to offer to them and their work.

The authors of *Letting Go*, both experienced hospital chaplains, tackle this task through the experience of those who have approached them and used