

ber 1970. The meeting was a giant affair, with 1,150 registered participants. The book contains 54 individual contributions, transcripts of 8 panel discussions, and a rousing message from President Nixon—'I commend your positive approach to turn the tide in an area that poses such an unparalleled threat to our society'. There is a Preface, followed by Welcoming Remarks by Dr. John A. Gronvall, followed by Welcoming Remarks by Dr. Harry A. Towsley. One discussant declares that 'Things that go down here will be read throughout the world, and since we have so many distinguished guests our words will carry a lot of weight'. On the kitchen scales, the book weighs approximately 3½ lb.

So much of it reads like a dream experience—one of those dreams that just go on and on, the images confused and repetitive. On page 88 a table gives the Home Office notification statistics; on page 149, there they are again. A paper on 'The Pharmacology of Madness' is followed by one on 'Clinical Pharmacology of Hallucinogens and Marihuana'. A section on 'Drug Dependence vis-à-vis Drug Abuse' categorizes types of drug abuse: it is followed by 'The Many Faces of Deviant Drug Use', and *déjà vu*. And it's definitely a nightmare if Mr. John E. Ingersoll, Director of the Bureau of Narcotics, is to be believed—'Many more delays, and the problem may conceivably begin eroding even more the national infrastructures to the point where social stability is endangered'. Somewhere in this confused experience there are, however, flashes of lucidity—Dr. Jerome Jaffe's eminently well reasoned discussion of maintenance treatments, Dr. Thomas Bewley's review of U.K. experience. Dr. Roger Smith's enormously interesting account of amphetamine abuse in Haight-Ashbury, and certainly some other papers besides. But this volume would have gained much in value if it had been edited down to about one third of its present length.

GRIFFITH EDWARDS.

**Opiates and Their Alternates Pain and Cough Relief.** Report of a WHO Scientific Group. WHO Tech. Rep. No. 495. Geneva. 1972. Pp. 19. Available from H.M.S.O., London. Price 30p.

Nowadays, fewer and fewer people become dependent upon opiates and other analgesics because they have been introduced to these drugs for originally therapeutic reasons. It is also probable that efforts at controlling the supply of opiates in order to reduce the amount entering the illegal market are doomed to failure or at least to only very moderate success. The expert group itself concludes, 'the

clandestine manufacture of many of the dependence-producing synthetic alternates for opiates is technically possible', and that of methadone has certainly been achieved. It is therefore questionable whether the 'substantial increase in research on chemical structure/activity relationships' to separate 'the desired analgesic and antitussive effects of drugs . . . from their adverse effects, particularly the capacity to produce drug dependence' and the other like measures recommended here are really worth the expenditure of time and money. After all, a very great deal of research has already been carried out, and, as this report indicates, the net results in all these fields are between two and five synthetic possibilities, the merit of only one of which has been indisputably demonstrated. There are of course commercial reasons why the effort continues, but though the world undoubtedly requires new and better drugs in various clinical situations, pain is not amongst these; with cough the situation may be somewhat different.

C. R. B. JOYCE.

**Hallucinogenic Drugs.** By F. CHRISTINE BROWN. Charles C. Thomas. 1972. Pp. 154. Price \$10.50.

This book states its aim on the front cover: to provide further knowledge of the chemistry of the hallucinogenic drugs. Not surprisingly, therefore, there is rather more chemistry than the general psychiatrist might wish to imbibe. Nonetheless there is a good admixture of psychiatry and sociology and some intriguing historical flashes. The book is written with a clarity of style and a judicious sprinkling of humour which makes it a pleasure to read and even the chemistry is comprehensible for the non-specialist. The psychiatrist who specializes in the treatment of drug abusers will almost certainly find the work of interest, and will have the additional bonus of finding himself several steps ahead, in knowledge, of the patients whom he treats.

R. P. SNAITH.

**Biological Basis of Alcoholism.** Edited by Y. ISRAEL and J. MARDONES. Wiley-Interscience. 1971. Pp. 453. No price stated.

In recent years research on alcoholism has been increasingly concerned with biological aspects. The appearance of this collection of essays is therefore timely. Topics treated include the metabolism of ethanol in general, and more specifically, its effect on the nerve cell and biogenic amines, damage to liver, heart and pancreas, nutritional problems, congeners (the small molecules other than ethanol)

in alcoholic beverages, tolerance and dependence, treatment and epidemiology.

For the most part the essays are authoritative and well presented, but inevitably a book written by 29 authors lacks uniformity of approach. Some chapters are essentially reviews of the literature, others record the authors' personal views and experience or describe individual research projects. The value of the book to the non-expert in this field would have been enhanced if each chapter had been followed by discussion and an exchange of views amongst the participants. Some omissions are surprising. One would have expected to find some contribution on the neuropathology of alcoholism. The role of personality, conditionability and behaviour therapy is largely ignored. This book provides useful background reading on the contribution of some basic sciences to the study of alcoholism; it has little to say on the implications of the knowledge gained for clinical psychiatry.

JAN STERN.

#### INTRODUCTORY BOOKS

**Lecture Notes on Psychiatry.** By JAMES WILLIS. (Third edition.) Blackwell Scientific Publications. 1972. Pp. 131. Price £1.00.

**Behavioral Science: A Selective View.** By FREDERICK R. HINE, ERIC PFEIFFER, GEORGE L. MADDOX, PETER L. HEIN and ROBERT O. FRIEDEL. Churchill-Livingstone. 1972. Pp. 319. Price £4.25.

The first 80 per cent of Dr. Willis' book is an ideal introduction to psychiatry for the medical student, being short and simple enough for him to read over a weekend and get a bird's eye view of psychiatry before he gets involved in detail. My quibbles are concerned with the last twenty pages; a very skimpy section on the elderly and none on children, yet a chapter on subnormality which includes 'Penyl' pyruvic oligophrenia, Hartnup and Maple Sugar disease. I was also upset that, with the student in

mind, discussion of individual psychotherapy was devoted almost entirely to analytic therapy. This book will remain most useful to the student, but just misses being a little gem.

The text book on Behavioural Science which is also written primarily for first year medical students, is equally simple. There is a relatively short, concise and clear section on neurobiology, including localization of brain function, psychopharmacology and sleep. This is followed by a long section on dynamic psychiatry of a neo-Freudian slant, again very simple but explained at great length, and finally, sections on communication and social determinants of behaviour. This book is not really suitable for English medical students to read on their own, although useful to have in a departmental library for use in a seminar.

C. M. B. PARE.

**The Growth of Personality.** By G. F. LOWE. Penguin Books Ltd. 1972. Pp. 272. Price 45p.

This book takes a rather conventional look at human personality development, relying heavily on neo-Freudian concepts to do so. It is bland and unexceptionable in its style, but tends to rely on the traditional 'Given Knowledge' approach rather than citing much evidence of experimental work. The paradigms of psychiatric illness which are presented are considerably over-simplified, and the examples of personality deviation which are given are rather hackneyed.

*The Growth of Personality* is scarcely medical enough for psychiatrists, and though written by a psychologist is probably too elementary for trainee psychologists. Nevertheless, it is readable and, within the author's self-imposed limits, helpful as a particular view of a highly complex subject. It is essentially a book for the general public, but it could usefully be included in an introductory reading list for medical students or trainee social workers, provided care was taken to present them with alternative viewpoints.

ALISTAIR MUNRO.