

psychotherapy means: "an insight a day keeps the insight away". "One must teach obsessional patients to feel, and hysterical patients to think". He regards the patients as feeling profoundly desperate and inauthentic. Munford and Lieberman formulate the matter very differently ("hysterical symptoms are maladaptive ways of obtaining social or instrumental needs that substitute for deficits in the patient's adaptive behavioural repertoire"), and describe well how it is possible to relieve unpromising patients by behavioural methods.

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Phenomenology and Treatment of Psychophysiological Disorders. By WILLIAM E. FANN, ISMET KARACAN, ALEX D. POKORNY and ROBERT L. WILLIAMS. Lancaster, Lancs: MTP Press. Pp 297. £22.75.

It is hardly to be doubted that the psychiatrist working in the general hospital needs special clinical skills in consultation and in liaison as well as knowledge of the special associations between medicine and psychiatry. There is probably a greater need for books about the former, but this volume is yet another addition to the numerous accounts of the latter. It follows a familiar pattern being a collection of 18 papers by 28 authors on all aspects of psychiatry and medicine, not just the psychophysiological disorders of the title. Much that is said is sensible, much is familiar. Several chapters, including especially those on sleep disorder and obesity, provide useful reviews of modern knowledge about confusing subjects. Most of the contributions would have been interesting in their original format as Baylor College of Medicine seminars, together in print they are too obviously similar to many other recent books. It is too brief and general to be an advanced text, not comprehensive enough to be a good introduction for beginners.

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Couples Therapy—A Nontraditional Approach. By DANIEL B. WILE. New York: John Wiley. 1981. Pp 229. £17.50.

Dr Wile's book describes his work with couples which attempts to recognize and grapple with the psychic pain of the individuals concerned using insight and interpretation whilst promulgating a collaborative style of patient-therapist interaction. He gives many interesting, clear and detailed examples of his interventions, particularly those involving

angry, withdrawing and demanding couples that illustrate his way of developing and legitimizing each partner's position. Romantic and reactive love, pursuers and distancers are some of the notions introduced which seemed interesting contributions towards understanding couples' relationships.

Unlike much systemic family therapy which he sees as unrealistically aiming by manipulation to 'solve' problems and, unlike behavioural approaches which he criticises as being superficial and morality based, Dr Wile sees his therapy as the attempt to develop a perspective—a kind of mutual observing ego—from which each partner may engage in an understanding of their shared fantasy and metacommunication.

In both philosophy and method what Dr Wile describes is fundamentally an analytic process, involving a collaborative search for meaning, leading to the raising of consciousness. It is also, in my opinion, a traditional analytic process, and it is only by ignoring the vitality of contributions to traditional "depth analysis", particularly those initiated by C. G. Jung, D. W. Winnicott and the Object Relations School that Dr Wile gives the impression of establishing a separate non-traditional, ego-analytical approach.

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Alcoholism. By MAX GLATT. Sevenoaks: Hodder and Stoughton. 1982. Pp 553. £2.95.

A book on alcoholism by Dr Glatt, who is rightly described in the foreword as "one of the world's outstanding authorities" on the subject needs no recommendation from me. Now in its third edition, and with each of the sections—on dependence, complications of heavy drinking, treatment and prevention—greatly expanded it provides the most comprehensive survey of the many aspects of alcoholism that has yet been achieved by a single author. References to papers published to mid-1980 are common which, given the limitations on time inherent in single authorship, is commendable. In my own field of liver disease the bibliography is representative of the major developments in our knowledge.

The expansion in material and change in format have, in my view, changed the book's potential readership from the general public (e.g. relatives of alcoholics) to those in the caring professions who treat alcoholic patients. It fulfills its latter role admirably but it is a pity that in doing so it has become less accessible to a general audience. They might also be deterred by the rather drab format of the book with its closely packed print on dull grey pages. My only other criticism also concerns the

book's presentation. I am firmly convinced that well-chosen illustrations are invaluable in introducing new concepts, and four figures and twelve tables for a 550 page book seems rather miserly. No doubt to improve on this would increase the book's cost, which at £2.95 for the accumulated experience of a professional lifetime in the field represents excellent value.

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Neurology for the Non-Neurologist. Edited by W. J. WEINER and C. G. GOETZ. Philadelphia and London: Harper and Row. 1981. Pp 426. £13.00.

It is a long-standing criticism of neurologists that much of the expertise required to safely recognise and treat neurological disorders is not readily accessible to those without neurological training. Even in the age of the CT scan and the evoked response much depends upon clinical technique and this skill is won only by hard work and experience. Nonetheless, all those working in psychiatry and, indeed, other specialities will meet patients with neurological disorders, whether recognized or unrecognized, and it is therefore important for non-neurologists to achieve some skill, at least in recognizing the existence of a possible organic neurological disorder in a patient referred inappropriately. Further, it is clearly also helpful to recognize the scope of neurological disability and its possible complications.

This book sets out to explain the mysteries of neurology for those not directly involved in clinical neurology. Whether such a book is needed at all is a question that, perhaps, merits discussion since there are a very large number of neurological textbooks, both small and large and several of these provide an excellent and wide-ranging account of the subject. This book, however, is selective and as such provides an inevitably biased and uneven approach. The format is multi-author-style, most of the contributors coming from Chicago, and bears the hallmark of the American mid-West. Patients are "given" diagnoses, the arms are always referred to as "upper extremities", nouns are persistently used as adjectives, and slang such as "in general" irritatingly pervades the text. Psychiatrist readers will be astonished by the cursory coverage of tension headaches, and by the absence of any account of the protean manifestations of depression. The possibility that attacks of altered consciousness might have a psychiatric origin is not mentioned and the management and prognosis of patients with cerebral tumours is exceedingly brief. There are better written chapters on stroke and neuromuscular disorders, but the non-neurologist reader would be better served by

a more carefully thought out and briefer text, with a wider remit than this book.

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Eating, Sleeping and Sexuality: Treatment of Disorders in Basic Life Functions. By MICHAEL R. ZALES. New York: Brunner/Mazel. 1982. Pp 328. \$25.00.

This collection of reviews is explicitly presented on behalf of the American College of Psychiatrists as a timely contribution to the 'growing interest amongst mental health professionals in the basic life functions'. This book is not for those looking for information concerning relationships between these functions within psychiatric morbidity although the excellent basic introductory chapters to each of the three sections by Garfinkel and Coscina, Orr, and Levine respectively come closest to this in their treatment of a relevant biological and social systems.

Otherwise the book mostly contains expert and up to date statements by internationally known authorities in such discrete areas as anorexia nervosa (Halmi), obesity (Stunkard, Castelnuovo-Tedesco), sleep disorders (Roffwarg, Williams, Karacan) sexual dysfunction (Marmor). As an apparently convenient makeweight the College has slipped in at the end the script of an eponymous lecture by Axelrod, the contents of which are totally unrelated to the other contents of the book. It is entitled "The Fate of Catecholamines and its Impact in Psychopharmacology". The space might better and more logically have been used for a concluding contribution to the theme of the book, attempting to review and bring together where appropriate the earlier compartmentalized contributions.

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Annual Progress in Child Psychiatry and Child Development. 1981. Edited by STELLA CHESSE and ALEXANDER THOMAS. New York: Brunner/Mazel. 1982. Pp 682. \$30.00.

The 1981 *Annual Progress in Child Psychiatry and Child Development* really needs no review except perhaps to draw it to the attention of those who have so far managed to remain in ignorance of the existence of the services. The authors have maintained the high standard of the previous volumes and have presented a fascinating mixture of original work and review articles, the latter in particular, having long and useful lists of references.

Which articles are singled out for comment depends on one's own personal interest and orientation as they range from studies on infant observation to the aetiology of child abuse and include a consideration