

study of their own series of 155 cases providing continuity between chapters. Unfortunately, I felt that the initial chapters on the history, aetiology and clinical features of anorexia nervosa were rather superficial, and seemed to be written for the sake of completeness.

This book is concluded by chapters covering the management and prognosis of anorexia nervosa, and one chapter on bulimia nervosa. Here again there is a tendency towards superficiality and over-simplification. The chapter on psychiatric management was rudimentary, and that on medical management restricted itself to pharmacology, tube feeding and total parenteral nutrition. Information on oral food supplements and dietetic approaches were sadly absent. The authors included a chapter on their own management regime, which consisted of liberal nursing together with neuroleptics and low dose insulin injections. Although I would not criticise this approach, I would not like a reader of this book to be left with the idea that this is the treatment choice of most centres.

Taken as a whole I enjoyed this book, but at £22.00 it seems expensive.

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Location and Stigma: Contemporary Perspectives on Mental Health and Mental Health Care. Edited by CHRISTOPHER J. SMITH and JOHN A. GIGGS. Boston: Unwin Hyman Ltd. 1988. 331 pp. £35.00.

It may appear strange that a psychiatrist should review a book edited by two geographers. Two other members of geography departments and five scholars in urban and regional studies have joined with six contributors to this volume representing social policy and finally three mental health professionals. The result is a historical and contemporary account of the development of institutional and community services for the mentally ill on both sides of the Atlantic. Numerous and largely unsuccessful attempts by society to cope with the challenge of the long-term mentally ill are presented dispassionately. The result is a convincing account of a world in which medicine has had a remarkably minor role.

The first section concerns the development and dissolution of the asylum era. Financial aspects are particularly well detailed, and the generosity of our 19th century forebears will come as a surprise to those new to the subject. The second section begins with the somewhat misleading title 'Some clues about aetiology . . .'. However, the chapter by Giggs is a compelling argument for the inclusion of the geographic or 'spatial' perspective in studying the incidence of mental illness: a helpful introduction to the subject for the student of psychiatric epidemiology. The third and fourth sections

take the reader into the cities and towns where the formerly institutionalised, long-term mentally ill are to be found in increasing numbers. Two important contemporary myths are brought into question. The idea that property values suffer when patients are rehoused in a residential neighbourhood is shown to be largely unfounded. Recent research is quoted to refute the idea that the rising tide of homelessness in the United States is due entirely to the closure of state mental hospitals. The economic policies of the Reagan Presidency are condemned. Evidence indicates that the majority of the new urban homeless are simply poor victims of a society that has virtually abandoned the civilised safety net of a social welfare and insurance system.

Readers who are not familiar with political, social, and economic theory will find this a demanding but nevertheless rewarding collection. It is not flawless, but it does gather together a body of writing that is pertinent to the role of psychiatry in our society today and as such deserves careful, critical attention.

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Chronobiology and Psychiatric Disorders. Edited by ANGELOS HALARIS. Amsterdam: Elsevier. 1987. 272 pp. \$49.50. DM135.

Movements of flowers and plants in response to fluctuations in daylight have been noticed ever since the 5th century BC. The movement of plants guided by an internal clock was discovered more recently. In 1960 Aschoff could confirm the existence of a circadian clock functioning without external time cues in volunteers who were living in underground caves for several days.

Considering the title, one might expect a description of the chronobiological aspects of at least the major psychiatric disorders. Rather disappointingly, only circadian rhythms in normal persons and in patients with affective disorders are described. Most of the book is devoted to the disturbances in circadian rhythms in depressive patients, as reflected in the REM sleep, temperature regulation, neurotransmitters, etc. The most interesting chapter is 'What is wrong with circadian clocks in depression?' by Detlev von Zerssen. According to this, the circadian pacemaker is well preserved in depression. In another interesting chapter entitled 'Infradian rhythms and affective disorders', chronobiology is described as more than merely the circadian rhythms.

This is a valuable book; it has a fund of information on research on the chronobiology of mood disorders.

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