

The Mind: Its Origin, Evolution, Structure and Functioning. An Independent Study of the Basic Mental Processes. By MALCOLM I. HALE. Pittsburgh, USA: Hale van Ruth. 1989. 225 pp. \$7.95.

This book is no exception to others on the subject of the mind in that it attempts to grapple with the intricacies and functioning of this most complex human phenomenon. The book embraces four main sections. Part I explores the evolutionary origin of those aspects of the brain functioning which are inextricably bound up with one another to form a functionally single apparatus, the mind. Part II outlines the basic influences determining the evolutionary development of the mind from the approximate level of present-day apes. Part III is concerned with a detailed analysis of the different subfunctions of the mind in terms of the complex relationship between physical structure and psychological function. Part IV examines the basic functioning of the mind with particular reference to the higher processes of language, reasoning, understanding, etc. and the ways in which these processes are generated and stored.

The stance taken by the author is very much a biological one. Hence, he argues: "Such philosophical and psychological ideas of mind suffer from a crucial weakness: they equate the *products* of the apparatus with the apparatus itself. . . . Yet how the brain thinks and how it understands are purely biological processes: the functioning of energy-consuming living tissue" (p. 107). His argument for a biological basis of consciousness makes for quite interesting reading, but as with most books on this challenging subject it raises many more questions than it answers.

TRIAN FUNDUDIS, *Top Grade Clinical Psychologist, Fleming Nuffield Unit, Jesmond, Newcastle upon Tyne*

Management of Normality. By ABRAM DE SWAAN. London: Routledge. 1990. 234 pp. £9.99.

Subtitled *Critical Essays in Mental Health and Welfare*, this book examines how definitions of 'normality', reinforced by reductionist research methodologies, are used to justify 'protoprofessionalisation', a process whereby everyday problems are increasingly seen as the province of specialists. It is argued that society is, by this means, shielded from the suffering, and encouraged to avoid struggling with the political, moral and social issues inherent in the distress of others. De Swaan further dissects the complexities of the relationship between 'helper' and 'help seeker' – how they are interdependent and yet contain inherent conflicts of interest. Processes whereby the various professions stake out and defend their developing territories are examined.

The first section explores these ideas in relation to the medicalisation of extensive areas of life, leading to an increasing preoccupation with physical health and diet

rather than, for instance, character formation and social conflict. The existence of a covert agreement between doctor and patient to discuss certain issues and not others is well illustrated in a chapter on "Affect management in a cancer ward". This examines in detail the defensive strategies used to protect both staff and patients from being overwhelmed with anxiety at their shared predicament.

The second section focuses on the complexities of the relationship between psychotherapist and client, and the ground rules and mystique inherent in the process which, it is argued, serve to allocate power and control to the therapist. A final section examines the social contexts of 'agoraphobia', 'jealousy', 'intimacy' and 'the survivor syndrome'.

By exploring 'normality' through the dual perspectives of sociology and psychotherapy, De Swaan has produced a thought-provoking, densely argued and important book which raises issues which deserve to be widely considered and debated, particularly by those in the helping professions. It is well produced and extensively annotated, although a larger typeface would have made it more comfortable to read.

MARGARET R. HILTON, *Consultant Clinical Psychologist, Department of Forensic Psychiatry, St George's Hospital, London*

Handbook of Psychooncology: Psychological Care of the Patient with Cancer. Edited by JIMMIE HOLLAND and JULIA ROWLAND. 1989. 785 pp. £85.00.

The development of psychooncology has paralleled the growth of general liaison psychiatry in the United States and considerable clinical and research work has been done in the last 20 years. It is timely and appropriate that a review of this work has now been compiled by psychiatrists and allied mental health professionals at the Memorial Sloan-Kettering Cancer Centre, who are pioneers in this field. Overall, their book is well written and comprehensive. In those areas of interest where there is still a paucity of established data, the authors have provided sensible and practical information based on their clinical experience.

The section on factors which influence psychological adjustment to cancer pays considerable attention to the role of medical variables and rather less to personal ones. This is perhaps surprising when current evidence suggests that patients' psychological response to illness is determined more by their thoughts and beliefs about illness, social support and past history of psychiatric illness than by the symptoms, severity or treatment of the disease itself.

There are useful accounts of the psychiatric disorders associated with cancer and the psychological management of pain, nausea and vomiting, and anorexia. The