

the need for scientific attitudes and scepticism in the field of mental health, questions the assumption that the community mental health centre is the ultimate therapeutic community that will change the pattern of mental illness, and stresses that treatment, training and research are as indivisible as they are interdependent.

This collection of papers can be strongly recommended as a pot pourri to satisfy the appetite of any psychiatrist seeking to widen his interest in the social field, which is clearly the matrix in which we are all involved.

MORRIS MARKOWE.

BEHIND THE WALL

Imprisoned Tongues. By ROBERT ROBERTS. Manchester University Press. 1968. Pp. 214. Price 37s. 6d.

This small book attempts to fill an important gap in our understanding of society. The author, who has spent many years as a tutor to the educationally backward in a large Northern gaol, tries to give a glimpse of the sociology of such an institution by describing some of the men he has met and the problems which confront them. Unfortunately he doesn't entirely succeed because the book lacks form. He has interesting anecdotes about the particular teaching techniques involved, and he has eminently reasonable views about improving the management of the large numbers of inadequate, deprived men he has been working with. More's the pity, therefore, that the chapter divisions seem arbitrary, the reader is treated to pointless, boring, long passages of prison vernacular, and the book itself does not develop its themes adequately.

Nevertheless, books such as this are urgently required. As the author no doubt perceives, one of the greatest problems confronting the prison and its place in society is communication. For society to fully understand the profit and loss of treating those it dislikes and rejects by imprisonment it needs information. Public access to and involvement in the mental hospital has reduced the phantasies about this institution; presumably the present misunderstandings about the prison system will be removed only when the public ear and eye is fully informed.

The author quotes examples of prison poetry and self-documented case histories of a few of the initially illiterate clients and some of these are illuminating in themselves, but for the psychiatrist there is a message which threads its way throughout. Roberts claims:

'Generally neither officer, psychiatrist, priest nor welfare worker has anything like the same opportunity as the daily tutor for really getting to know a prisoner.'

Later he describes a clear lack of communication with the prison psychiatrists by giving good descriptions of severe behaviour abnormalities—marked withdrawal, probable delusions and hallucinations, suicidal threats—all of which were tolerated as eccentricities. A man with anxiety about urinating in public was helped to 'copious success' by advice from his tutor. The moral in all this is plain.

Although the dust-jacket tells us that about one-third of the one hundred thousand people who spend some part of each year in prison are educationally backward, one in ten being illiterate, we are not told how these statistics are arrived at. More facts and figures would have been welcome, but for all its deficiencies this little book is a splendid attempt at crossing a wide gulf. Those who are not yet familiar with the extraordinary and isolated life behind the high walls will find much to interest them in this book.

JOHN GUNN.

CONSCIOUS ADDICTION

Addiction and Opiates. By ALFRED R. LINDESMITH. Chicago: Aldine Publishing Co. 1968. Pp. 295. Price \$7.50.

A re-written edition of the general theory of opiate addiction which Lindesmith first presented in 1947. Based on a detailed knowledge of the behaviour of large numbers of addicts as well as an extensive study of the literature, he concludes that the essential element of addiction is not the positive pleasure derived from the effects of the drug but rather the conscious avoidance of the distress occasioned by the withdrawal symptoms. Many case histories are quoted to support this view, especially those of addicts who, having previously received drugs for physical illness, had not become addicted because they were not aware that the discomfort following the drug's discontinuance was a drug withdrawal illness. Subsequently these patients had again experienced opiates, and when informed of the reason for their distress during withdrawal had become confirmed addicts. The author does not dismiss other factors as contributing to the process of addiction but regards them as only of secondary importance. A necessary consequence of his theory is that animals and young children cannot become addicts within his definition of the term. Although claimed as a general theory of addiction, no account is taken of the frequent dependence on other drugs shown by narcotic addicts. It has been noted, for instance, that the relapse rate amongst amphetamine-dependent patients is extremely high despite the absence of a significant physical withdrawal illness.

The historical perspective of this book is unique for

its information and detail. Apart from the simple pleasure of reading the numerous quotations from a world literature on drugs stretching back to the sixth century B.C. Lindesmith places the present epidemic of drug abuse in a historical perspective. This part of the book should recommend it to any reader interested in more than the superficial momentary sensational aspects of drug taking.

MARTIN MITCHESON.

LAY THERAPY IN ALCOHOLISM

The Drinker's Addiction: It's Nature and Practical Treatment. By FRANCIS T. CHAMBERS, JR., Springfield, Illinois: Charles C. Thomas. 1968. Pp. 143 + xix. Price \$7.00.

Unlike this country, in the U.S.A. non-professional 'lay therapists'—often recovered alcoholics—have taken an active part in the treatment of alcoholics, and some of them have written good books about their experiences. F. T. Chambers, Jr., the author of this little volume, is a recovered alcoholic who has worked since 1935 at the Pennsylvania Hospital, Philadelphia, in collaboration with psychiatrists, such as the late E. A. Strecker with whom he cooperated 25 years ago in writing a popular book: *Alcohol, One Man's Meat* . . . The terms used by the author are sometimes at variance with the ones more usually employed; he rejects the term 'alcoholic' as 'nothing but a label', preferring the terms 'abnormal drinker' and 'addict', 'because to me they mean a divergence from normal, no more and no less'. The term 'addiction' is used by the author not in the sense of 'physical dependence' as suggested by Jellinek who restricted it to his gamma and delta varieties of alcoholism: 'To me', the author writes, 'alcoholic addiction indicates an inability to avoid using alcohol in spite of the fact that it threatens the structure and foundations of the existence of those who use it abnormally . . .' Chambers does not regard addiction to alcohol as a disease in itself: 'Instead, it is always a symptom of a given individual's difficulty in making an adequate emotional adjustment to himself and to reality at certain periods in his life.' The causes of alcohol addiction are 'psychological not physiological'; and he finds 'ego deficiency . . . in all cases of addicted drinkers'. Therefore he prefers to carry out his treatment in a series of (often a great number of) interviews in association with a psychiatrist, although in cases where for some reason or other the patient objects to a psychiatrist Chambers carried out all the 're-educational' treatment himself. Criticizing, shaming and threatening the alcoholic have to be avoided; and he emphasizes that 'a single, rigid, preconceived treatment plan designed

to fit all patients will be faulty' and therapy should be based on an understanding of the personality involved.

This book, as the author himself remarks, is not a scientific treatise but a practical, informative volume written by a man with many years of experience in this field, first as a practising alcoholic, later as a lay therapist working as a member of a medical team. It aims at providing information to the alcoholic himself, his family, friends and the family doctor. One may hope that by now medical men already know a great deal of the ground covered, but nevertheless the book is full of sound information and advice, and for anyone desiring an introduction into the practical aspects of the subject this book should certainly fulfil its aim.

M. M. GLATT.

UNWANTED PREGNANCY

Unerwünschte Schwangerschaft. Seelische Entwicklung nach abgelehntem und nach durchgeführtem Schwangerschaftsabbruch aus psychiatrisch-neurologischer Indikation. (Unwanted Pregnancy. Emotional sequelae of refused and completed abortion on psychiatric-neurological grounds.) By WALTER SCHULTE, MECHTHILD SCHULTE and SOLVEIG SCHULTE. Stuttgart: Georg Thieme Verlag. 1969. Pp. 114. Price DM. 16.80.

Professor Schulte and his co-workers give us a very good description of a number of emotional difficulties arising from terminations of pregnancy on the one hand and post-partum difficulties in unwanted pregnancies on the other hand.

His findings are more or less the same as we would expect in this country. For instance, suicides, both attempted and successful, following refusal of termination are extremely rare. In Switzerland as well as in Germany apparent contra-indications for continued pregnancy become less once alternative solutions are discussed and the woman concerned receives support. Even in pregnancies resulting from incestuous relationships, children were subsequently accepted into the family group.

At the danger of being called a square and behind the times, Professor Schulte obviously shares the reviewer's reluctance to interpret the abortion Acts, Swiss or English, too liberally. Professor Schulte's book makes interesting reading, but, as mentioned above, he confirms what the most serious-minded amongst us and those who have a modicum of conscience have felt for a long time, namely that termination of pregnancy is much too serious a matter to be left to the decision arising from a discourse between a