

work. This is a book which should be referred to by group therapists, but would be of less general interest to other psychotherapists.

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The Prefrontal Cortex; Anatomy, Physiology and Neuropsychology of the Frontal Lobe (2nd edn). By JOAQUIN M. FUSTER. New York: Raven Press. 1989. 255 pp.

This is a second edition of Fuster's well-timed text on the prefrontal cortex, originally published in 1980. Psychiatrists have had an interest in the frontal lobes ever since the classic descriptions of the personality changes that occurred to Phineas Gage after his frontal lobes were destroyed by an iron rod which passed through his skull following an explosion. The sequelae of frontal lobe syndromes has continued to be investigated since that time, and many of the consequences of frontal lobe destruction have direct bearing on psychiatric practice. More recently, the extensive evidence that frontal lobe changes may be seen using modern imaging techniques in such common psychiatric conditions as schizophrenia has re-emphasised and rekindled the psychiatrist's necessity to understand this extensive area of the cerebral cortex.

Those possessing the first edition will want to know the extent to which changes have been made. The majority of these, while having relevance for clinical practice, do not directly bear upon it. Thus, many of the additions have had to do with the neurophysiology and neurochemistry of the frontal areas, much of which is derived from animal investigations. There is thus an additional chapter on neurotransmitters, and that on neurophysiology has expanded by some 40%. The chapter on human studies has been restructured, although there are very few references that date beyond 1980. The 1986 monograph by Stuss & Benson (*The Frontal Lobes*) is quoted liberally here, and there is a new section on imaging studies, which derives largely from the studies of cerebral blood flow, especially with PET technology. The author supports the data suggesting hypofrontality in schizophrenia, and is impressed by the increased metabolic rates noted in orbital prefrontal areas of obsessive-compulsive patients.

Like others who have tackled the issue of the frontal lobes, Fuster has his own theory of the function of the prefrontal areas. He discusses the principle of the indissoluble union of perception and movement, based on a neural hierarchy which possesses circular connective patterns forming the basis of the perception-action cycle of cognition. It is central to his thesis that the prefrontal cortex is critical in the temporal structuring of behaviour, co-ordinating in particular provisional

short-term memory, anticipatory preparation, and control of interference of behaviour by suppression of external and internal disruptive influences.

For those who do not possess the first edition of this book, the second is refreshingly easy to read, and provides much valuable insight into our experimental knowledge of the prefrontal cortex. It is perhaps less clearly clinical than the monograph by Stuss & Benson, but can be viewed as complementary to it.

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The Schizophrenias. Edited by FREDERIC FLACH. London: W. W. Norton. 1989. 233 pp. £20.95.

The aim of this multi-author book is to update the reader on a wide range of issues. Its title is a declaration of the contributors' allegiance to the concept of schizophrenia as a group of heterogeneous disorders. Appropriately, the first chapter is by Manfred Bleuler, who gives a lucid distillation of a lifetime of research and careful observations of the course and outcome of schizophrenia, with brief discussions of the criteria of recovery and the changes in prognosis in recent decades. The chapter is a masterpiece.

Andreasen reviews the historical development of the concept of schizophrenia, with Kraepelin as the starting point, and she raises some of the dilemmas in establishing a system of subtyping. A summary of her 1982 operational definitions is given. There are two excellent chapters, by Patterson and Spohn, on the contributions of neurosciences to the understanding of psychophysiology. Their review of the methodological advances in this complex research field attempts to link up-to-date findings with directions in the subclassification of schizophrenia. In another chapter, Linn endorses the view that supportive psychotherapy, with emphasis on relieving environmental stresses and encouraging the acceptance of realistic goals, has an important role in treatment. Information on maintenance medication and the issues of dosage, discontinuance, and relapse rates are reviewed by Linden *et al.* The development of the concept of expressed emotion and its application to studies of family interventions are summarised in a clear review by Leff. Social skills training aimed at improving interpersonal relationships and promoting community adjustment is described by Falloon.

Most of the papers emphasise a holistic approach to the understanding and management of schizophrenia, and, as review articles, they are of a high standard. However, even allowing for the long gestation period preceding publication, some of the information is dated and few references go beyond the early 1980s.

In spite of some outstanding contributions, this is not a book to be strongly recommended to the *Journal's* readers.

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Fantasy, Myth, and Reality: Essays in Honor of Jacob A. Arlow, MD. Edited by HAROLD P. BLUME, YALE KRAMER, ARLENE K. RICHARDS and ARNOLD D. RICHARDS. Madison: International University Press. 1988. 538 pp. \$55.00.

This book is a collection of papers written in honour of Jacob Arlow, an eminent North American psychoanalyst. His particular interests were in unconscious fantasy, mythology, 'modernisation' of the structural theory, and matters of psychoanalytic technique. The contributors are training analysts, professors of psychiatry or psychology and others. The writings are of the highest standard and should appeal particularly to those working within the framework of ego-psychology. There are 28 papers, all of which take as their starting point one or other of Arlow's areas of interest.

I found a number of the papers of interest, mainly in the clinical area; three particularly. The paper titled "Self-mutilation and father-daughter incest" describes a young woman's conflicts over an incestuous relationship, which are acted out in self-mutilating behaviour. "Dynamic aspects of homosexual cruising" gives a vivid and lively account of the analysis of a bisexual patient. "Unconscious fantasies: the hidden agenda in treatment" illustrates most clearly just why unconscious fantasy is so important and needs to become explicit in therapy.

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Melatonin: Clinical Perspectives. Edited by ANDREW MILES, DAVID R. S. PHILBRICK and CHRISTOPHER THOMPSON. Oxford: Oxford Medical Publications. 1988. 288 pp. £40.00.

This book is unusual in that its title belies its actual usefulness in practice. All the psychiatrist contributors, except one, conclude that there is little evidence for the involvement of melatonin in the major psychiatric disorders. It is also unusually catholic in approach, including chapters on ageing, reproduction, sleep, seasonal affective disorder, thyroid disease, and a host of other topics. In fact, only four of the fourteen chapters deal directly with issues of interest to psychiatrists.

This book is not for the fainthearted. One of the difficulties is the detail with which the major experiments leading to the current "state of the art" are

described. Many of these are of relevance to veterinary rather than human clinical practice. The style of writing varies enormously; some of the chapters, mainly those dealing with non-psychiatric disturbances, are somewhat turgid, while others are more easily comprehended. The chapter on 'Melatonin and the human circadian rhythm' is easily absorbed and makes the reader aware of the complexity of this intriguing hormone. The chapters on seasonal affective disorder and schizophrenia are also models of clarity and succinctness. The authors themselves are obviously perspicacious in nature and frequently pose questions of their own, thereby pointing out directions for future research. The book is also well referenced.

It is striking that this book should draw so much from so little, since in the authors' final words, "No investigators have yet been able to positively identify a clinical syndrome clearly caused by disordered pineal function." Inevitably, the financially constrained library will not consider this book, nor will general psychiatrists derive much by way of clinical acumen from it. However, those who have an interest in neuropsychiatry will find it engrossing, but will in a few years be forced to dig into their pockets again for the second edition if the pace of research into this hormone continues as it has started.

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Selective 5-HT Reuptake Inhibitors: Novel or Common-place Agents? Edited by M. GASTPAR and J. S. WAKELIN. Basle: Karger. 1988. 108 pp. £44.60.

The new generation of selective inhibitors of 5-HT uptake represent a significant addition to our therapeutic armamentarium, and a clinically-orientated book on the subject would be a useful addition to any psychiatric library. Unfortunately, this book does not provide what the clinician needs.

It does contain one excellent review by Bech of the available evidence on the therapeutic efficacy of these drugs. He makes the point that although there are some studies in which the new drugs are inferior to the reference compounds, there are none in which they are superior in efficacy. He concludes from this that the case for therapeutic equivalence of new and old drugs has yet to be established. The efficacy of the new ones is not in doubt – the question is whether they are worth the price.

The other jewel in this collection of papers is an account of the action of the drugs on the electrophysiology of 5-HT neurones. Two adaptive processes are described which lead to increased 5-HT neurotransmission. Down-regulation at cell body 5-HT autoreceptors keeps the cells firing in the presence of high 5-HT levels, and down-regulation at 5-HT autoreceptors on nerve terminals keeps the terminals releasing 5-HT even in the presence of high intrasynaptic 5-HT concentration.