

Section 4 concerns the special problems of treatment of the aged and of children. Although cautious, it suggests a continuing discrepancy in child psychiatry between practice in different countries, particularly on the subject of 'minimal brain dysfunction' and stimulant drugs.

The final section is of the widest interest, with discussion of topics such as placebo effects and their importance to the prestige of medicine, the impact that active drugs have made upon the care of the mentally ill, the areas of need for new drugs and the research methodology needed to identify them. A chapter on the relationship between psychotherapy and pharmacotherapy describes the defensive ways in which medicines may sometimes be prescribed or withheld, but the chapter fails, unfortunately, to provide a unifying model to link the two approaches.

Some will prefer a shorter book, but its scope is broad and it could be read through with profit by all psychiatrists in training. The final section has a wider appeal. It will be a reference book, useful for both theory and practice, to psychiatrists and others working in mental health.

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**Children in Foster Care: Destitute, Neglected . . . Betrayed.** By ALAN R. GRUBER. New York: Human Sciences Press. 1978. Pp 220. \$11.95.

This is an emotive title for a soberly factual book. Its 60 tables present a disquieting array of data on nearly 6,000 children who were living in foster homes in Massachusetts on a certain day in November 1971. It is a sad story of bureaucratic muddle and professional ineptitude. Foster parenthood can be a daunting task when the child is physically, mentally or emotionally handicapped; it becomes almost impossible when recruitment is as casual as the subsequent provision of supporting services. Adoption would have been a realistic goal for many of these children, of whom less than 30 per cent had seen their natural parents within the past six months, yet it was being actively pursued for only one child in six. And so on. The obstacles are partly legal and administrative, yet many social workers are handicapped as much by their limited experience of life as by heavy case loads.

For the child care specialist this rather dry account may be worth perusing. Other readers of the *Journal* would receive the same message even more cogently from a nation-wide study of British children in care, also conducted a few years ago but equally ineffective in promoting rapid change despite wide publicity at the time. Until the interests of the child can be

allowed to take genuine precedence, on either side of the Atlantic, there will be little chance to prevent these deprived children from becoming inadequate parents in their turn.

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**The Heart Patient Recovers.** By S. H. CROOG and S. LEVINE. New York: Human Sciences Press. Pp 432. \$14.95.

The psychogenic contributions to disability in physical illness have been relatively neglected by psychiatrists although they could be expected to have much to offer in improving routine care, in the treatment of psychosocial complications and in basic research. This book is therefore welcome. Drs Croog and Levine set out to describe the reactions of 345 patients to myocardial infarction and to test out a number of explanatory hypotheses. The project was of impressive complexity, with patients identified over two and a half years at 26 hospitals and requiring many collaborators concerned with organization or with interviewing. It has taken a further ten years to analyse the results which are now presented in this densely written book in which results and discussion are intermingled to the considerable confusion of the reader. One completes the demanding task with mixed feelings. It is satisfying that a single illness has been scrutinized in such rich detail and that attempts have been made to identify basic principles, but disappointing that the nature of the observations is such that relatively few clear conclusions are apparent. It is a book to stimulate thought and improve research methods rather than either a definitive study or a detailed review for clinicians (be they psychiatrists or cardiologists).

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**Psychotherapy in Chronic Ulcerative Colitis.** By AARON KARUSH, GEORGE E. DANIELS, CHARLES FLOOD and JOHN F. O'CONNOR. Eastbourne: Holt Saunders. 1977. Pp 148. £11.50.

This book deals with factors, or many of them, that influence success or failure of psychotherapy in ulcerative colitis.

The authors report a moderately favourable outcome of a trial in which 57 patients (Series B) who were treated by a 'more sophisticated group of psychotherapists' compared with 50 patients from an earlier study (Series A) whose psychotherapy was less

sophisticated. The authors conclude that 'dynamic therapy'—derived from psychoanalytic concepts, but briefer and with more modest ambitions for altering personality, was the therapy of choice, and was within the competence of an internist equipped with necessary psychotherapeutic skills. Reasons for the limitation of psychoanalysis for these very emotionally dependent people (symbiotic) are not explained as clearly as they might have been, e.g. their 'poverty of emotional expression'; difficulty in free association, non-reporting of dreams, etc. The importance of 'choosing a good match between the personality style of the therapist and the patient' is emphasized, with psychoanalysis considered optional for the few. The book fails to discuss why patients with ulcerative colitis are so sensitive to quarrelling and verbal aggression (i.e. characteristic childhood), the psychopathogenetic importance of their failure to develop adult coping mechanisms, and the educative role in psychotherapy to alter these. There is no mention that most of these patients have a cancer phobia at some time, which unless recognized and dealt with in therapy will block progress. References are extensive, but in a book concentrating on the effectiveness of psychotherapy previous reports on the same subject might have been mentioned.

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**Dyspareunia: Aspects of Painful Coitus.** Edited by H. Musaph and A. A. Haspels. Utrecht: Bohn, Scheltema & Holkema. 1977. Pp 96. £6.00.

This small book is based on a symposium at the University of Utrecht. It begins with a review of psychogenic pain and then has a short chapter on hormonal aspects which concerns principally the problems of oestrogen withdrawal. There are sections on vaginismus, dyspareunia as encountered in general practice and in obstetric/gynaecological practice and finally on dyspareunia after gynaecological treatment. A fairly comprehensive general view of both physical and emotional aspects is given at a level which would be most useful for the medical student, general practitioner or the specialist in a field outside obstetrics and gynaecology. It could be useful to the psychiatrist wishing to have a summary of the physical aspects of this subject. There are moderately extensive bibliographies but a number of references are not in English. It is rather doubtful that the price is justified.

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**Changing Human Behaviour: Current Therapies and Future Directions.** Edited by O. LEE McCABE. New York: Grune & Stratton. 1977. Pp 253. \$16.00, £11.35.

Readers who expect from its title that this book is concerned with behavioural therapies will be disappointed. So will many without this expectation. The book's authors were asked 'to outline recent developments (in various therapies) and to extrapolate from current trends the shape of the future'.

The first chapter bewails the fate of the world, the second, of personal freedom, and both, of relationship psychotherapy, the last seen as threatened by misguided attempts to evaluate it scientifically. Client-centred therapy provides the basis for extrapolations of astonishing optimism. Existential psychotherapy is related to the 'third force' in American psychology in a chapter providing several anecdotes and one reference.

The future is largely lost sight of in the rest of the book. Behaviour analysis is dealt with in what appears to be an after-dinner speech, complete with joke. An apologia is presented for aversive therapy and the hope expressed that it will go away. Historical accounts of biofeedback and neurosurgery are provided. Reading the latter, one is aware for the first and only time in the book of being in the presence of a critical intelligence. Chapters on pharmacotherapy, states of consciousness, hypnotherapy and LSD psychotherapy follow.

The prospective reader of this book can be reassured that it adds nothing to the information explosion.

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#### CORRECTIONS

**A Bibliography in Dynamic, Familial and Social Psychiatry.** Written for the Study Group of the Society of Clinical Psychiatrists by JOHN BIRCHNELL and SHEILA HAFTER GRAY. Pp 135. £1.00.

In the review of this book which covers psychotherapy, art therapy, anti-social behaviour, etc, it was erroneously stated (*Journal*, May 1978, 132, 520-1) that copies could be purchased from ICI Pharmaceuticals Division, whereas copies are obtainable from the Secretary of the Society, Dr M. T. Haslam, Clifton Hospital, York.

**Handbook of Psychiatry for Social Workers and Health Visitors.** By CHARLES BAGG. London: Constable. 1977. Pp 438. £9.00. Paperback edition available at £5.00.