

by editors who pride themselves on their pursuit of objectivity.

I liked the historical accounts, particularly on industrial and vocational selection. There is a useful discussion on available attitude scales, and ideas on how to design such a scale. For me, the most interesting chapter was the one dealing with legal considerations for the psychologist. Overall, although I found the book useful on instruments, I found it almost unreadable on principles and kept wondering whether *my* education was at fault. I suspect that this American text will have a similar effect on other British readers who may not be familiar with quantitative personality theory.

BARBARA WILSON, *Senior Lecturer, University Department of Rehabilitation, Southampton*

**Sexuality and Medicine. Vol. II: Ethical Viewpoints in Transition.** Edited by EARL E. SHELPH. Dordrecht, The Netherlands: Kluwer. 1987. 279 pp. Dfl. 130.00, \$49.00, £38.95.

This is in the generally excellent *Philosophy and Medicine* series published by Reidel. It is the second of two volumes on aspects of sexuality; these can be read independently, and each is complete in itself.

This volume includes twelve essays by doctors, philosophers, and theologians whose concerns appear generally relevant to clinicians. I found three chapters particularly interesting. In 'An historical comment', John Duffy summarises the major changes in society's attitudes to sexuality since 1800, and notes how negative views which developed as 1900 approached have provided a legacy which remains. A century's presumed determinants and consequences of masturbation are a monument to medical, philosophical, and theological absurdity.

Chapters by R. Baker and N. Grose & E. Shelp include case material discussed in refreshing ways and cogently make the point that values and ethical questions are intrinsic to solving sexual problems. This is true for all helping activities, but is more pointedly so in the sexual field. Such issues should not be ignored, and this book is an interesting and cogent reminder of their importance.

J. P. WATSON, *Professor of Psychiatry, Guy's Hospital, London*

**1987 Year Book of Psychiatry and Applied Mental Health.** Edited by FREEDMAN, LOURIE, MELZER, NEMIAH, TALBOTT and WEINER. London: Wolfe Medical Publications. 1987. 499 pp. £36.50.

One of the most daunting tasks that faces clinicians is remaining in touch with advances in knowledge over an ever-widening area. The general psychiatrist may be

aware of current thinking about the organic substrates of schizophrenia, on which this Year Book reviews many papers, but not perhaps equally aware of the confusing claims for the advantages of recent antidepressants, as well as, perhaps, objective measures of transference. This book is most valuable in addressing this problem, and gathers together summaries of papers from 97 journals.

Each of the 17 chapters is introduced by one of the editors, outlining the main directions of research and placing the articles usefully in a historical perspective. These introductions, and the editorial comments on papers, may be somewhat idiosyncratic and even dogmatic, but nevertheless are stimulating. For example, to state (page 456) that "violence may be as American as apple pie" without levels of probability is refreshing in a learned journal. A few readers will be irritated by the emphasis on American journals, but this, I think, has the advantage of drawing attention to problems which will spread rapidly across the Atlantic. The current American fashion in substance abuse, for example, on which there are a number of papers, is now becoming apparent in Great Britain. Equally, several papers on the plight of the chronic psychiatric patient who is homeless in an urban society should underline our need for caution in the closure of psychiatric facilities for chronic disorders. I found this book useful and easy to consult. It should be in all postgraduate libraries, where it will be useful to psychiatrists and trainees alike.

BERNARD ADAMS, *Consultant Psychiatrist, University College Hospital*

**Insanity: the idea and its consequences.** By THOMAS SZASZ. New York: John Wiley. 1986. 414 pp. \$17.95.

Szasz first burst on the psychiatric scene as one of the stars of the anti-psychiatry movement in 1961 with the publication of *The Myth of Mental Illness*. Perhaps uncertain as to whether his message was clear, Szasz added a one-page summary of the main argument to the British paperback edition of 1972. This précis has always been useful, and students have frequently been referred to it. All praise to Szasz for brevity and clarity.

However, it would appear that Szasz has not been content to neglect the alternative strategy for selling his message: not brevity but prolixity, as book after book extolling the same basic theme has emerged in the past quarter century. The book under consideration here is no exception. "Insanity: the idea" might suggest something different – perhaps an historical look at how the word has changed its meaning and use over time; however, the nearest Szasz gets is to look the word up in a handbook of the history of ideas, and, finding it missing, to suspect another (psychiatric?) plot.

The first claim in Szasz's 1972 summary – and the basis of his work – is that illness can only occur in the

body, not in the mind. The argument is rehearsed again here: diseases of the body occur in nature; diseases of the mind, because of their lack of biological correlates, only in metaphor. Szasz, as usual, never doubts that the difference between a physiological bodily process and a pathological bodily process might be other than written in tablets of stone. Because he fails to see that "pathological" as referring to the body is a social construction ("nature" has only variety, it is humans who evaluate), just as it is when referring to the mind, he is only half right. He is also half wrong, and this ultimately spoils a passionate analysis which has its moments of insight. In this case, as with the others, potential readers might first be directed to the yet-to-be beaten one-page summary.

DAVID ARMSTRONG, *Senior Lecturer, Unit of Sociology, United Medical and Dental Schools of Guy's and St Thomas's Hospitals*

**Adolescence and Development Breakdown: A Psychoanalytic View.** By MOSES LAUFER and M. EGLE LAUFER. New Haven and London: Yale University Press. 1984. 225 pp. £6.95.

This book has now been published in paperback form. It is the result of the authors' experience of treating seriously disturbed adolescents in psychoanalysis. With the help of illustrative clinical material, the authors describe the adolescent's developmental task in integrating sexuality and aggression. They examine the complex pathological solutions adopted when development goes awry, and discuss suitability for analytic treatment and management of acting-out during therapy.

The authors have many important things to say in this book that contribute greatly towards illuminating an area relatively neglected in the psychoanalytic literature. The style of the prose does not make for particularly easy reading, but despite this I am sure that all those who adopt a psychotherapeutic stance in their work with adolescents will find the book extremely helpful and thought-provoking. For them it should be considered to be required reading, and it should be classified as recommended reading for adult psychotherapists.

DENIS V. CARPY, *Consultant Psychotherapist, Adult Department, The Tavistock Clinic*

**Helping Delinquents Change: A Treatment Manual of Social Learning Approaches.** By JEROME S. STUMPHAUZER. New York: The Haworth Press. 1986. 213 pp. \$24.95.

Stumphauzer is Clinical Professor of Psychiatry and the Behavioural Sciences at the University of Southern California School of Medicine. His career has focused on the behavioural treatment of delinquency, and he has

published extensively on the subject. The book is not intended to be a highly academic textbook or research review; nevertheless, three key references are provided at the end of each chapter and there is, in addition, a considerable bibliography at the end of the book. It is the reports of follow-up studies that are in short supply, leaving one wondering whether the long-term effectiveness of the approaches used matches the self-evident enthusiasm of the author.

The intention of the author was to produce an easily-read, non-technical guide for practitioners such as counsellors, teachers, and probation officers working with delinquents and using a social learning approach. The book is very successful in meeting its aims, and is easy to read. There are four introductory chapters devoted to understanding delinquent behaviour and social learning theory; the remaining chapters describe particular techniques applicable in different settings, e.g. probation and community programmes, and occupational skills training.

Whether many psychiatrists, especially those working with psychologists who routinely use behavioural methods in their approach to assessment and treatment, would use this book I am uncertain. However, for those with a busy case-load, who work as consultants to "mediators in the natural environment", it could prove to be valuable.

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**Caught in Crossfire: Children and the Northern Ireland Conflict.** By ED CAIRNS. Belfast: The Appletree Press. 1987. 179 pp. £5.95 (pb), £11.95 (hb).

This is a book about the children of Northern Ireland and how they appear to have been affected by the social and political situation there and by the violence which has been a feature of life in that province in the last decade. A few studies of a clinical kind by psychiatrists and psychologists are mentioned, but the majority of the investigations referred to can best be described as falling into the categories of social psychology and 'scientific' sociology. It would be unfair to reveal what conclusions the author comes to concerning rates of psychiatric disorder, criminality, truancy, and educational handicaps of the children in Northern Ireland; suffice it to say that the book is a good source of this information. A graphic account of the cultural divide is provided, and some of the efforts being made to breach it are mentioned. This is a useful contribution to the study of young people exposed to circumstances of exceptional stress.

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