

childhood fantasies about interpersonal relationships it is important that the individual be desensitized to the current anxieties which preclude effective functioning in adult roles.

He warns that one should not simply look at either psychoanalytic or behavioural approaches and re-interpret the activity in the language of the other practitioner. The differences are more than semantic and represent differing attitudes, emphases and approaches.

His main argument is that observation of experienced practitioners in either field demonstrates that consciously or unconsciously they are using techniques which are perfectly familiar to their counterparts. What is necessary is a recognition of these techniques and dissemination to all the practitioners so that they can be used in the best interests of the patient.

The ideas expressed in this book are of interest and importance to anyone who has not committed himself irrevocably to one point of view—and who amongst us will be prepared to admit to such prejudiced tunnel vision?

Sad to say the book is by no means easy to read. It may be that it is only this pedantic British reviewer who is irritated by having to *continually reintegrate* the split infinitives, worry about practicing his techniques and deciphering M & M*, but surely most readers would find that the flow of the narrative was impeded by the many explanatory footnotes of great length (occasionally extending on to the next page); there were 32 on the first 60 pages and this rate continued throughout the book.

This is a book well worth reading and thinking about and would provide an ideal introduction to a series of seminars on the theme.

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* I understand that M & M's are the American equivalent of 'Smarties'. As is well known, footnotes are compelling reading and obsessively difficult to reject.

Self-Help and Health: Mutual Aid for Modern Problems. By DAVID ROBINSON and STUART HENRY. London: Martin Robertson. 1977. Pp 164. Price £5.85.

'Self-help' has been hailed by some as a veritable health revolution, the beginnings of a new social movement or as the forerunner of a new era of self-determination. It has been described as an alternative movement opposed to the professional health care services which are charged, by Illich for example, with 'expropriating the power of the individual to heal himself or to shape his own environment'.

The authors, both sociologists at the Institute of Psychiatry, on the basis of interviews and correspondence with members of self-help groups, observation of meetings, informal discussion and evaluation of groups' literature as well as that of other commentators, have compiled this study of the activity of self-help and its relation to health and illness. The groups discussed range from Alcoholics Anonymous and Depressives Associated to Paedophile Information Exchange. Forces behind the establishment of such groups are examined. Disillusionment with health care agencies, particularly where long-term problems not susceptible to a rapid 'cure' are concerned, together with a recognition of the value of mutual help and the role of the media in assisting groups to grow are prominent themes. The considerable problems of definition are discussed and the authors conclude that essentially 'self-help' means 'self-run'.

An interesting paradigm for 'normal' and 'abnormal' problems is presented and a series of chapters trace the experiences of individuals and the processes they seem to share before, during and after their involvement with self-help organizations. The culmination of this participation for some amounts to a transformation where self-help becomes a way of life.

The concluding chapter examines the social and political implications of self-help and its relationship to the professional health services. The ambiguities and potential for conflict therein are well assessed. An intriguing paradox is described where the essence of self-help groups can be undermined when official patronage and money are bestowed upon them, with a consequent need for evaluation and then control to ensure that the money is well spent. The limitations of self-help are considered in response to the question: 'Are self-help groups the vanguard of the health revolution or the rear-guard of the medical establishment?'

This book is succinctly written and well argued, and will interest those who have a concern for the place of health care in society.

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Rape Intervention Resource Manual. Compiled by PATRICK MILLS. Springfield: C. C. Thomas. 1977. Pp 287. \$14.75.

Anyone who has had the task of helping to establish a voluntary project using untrained staff will know what a daunting task it is. Currently in the United States there is the widespread growth of Rape Crisis Centers, organizations set up wholly or partly to advise women who have been raped. This book sets

out to provide assistance and information to the established centres (54 U.S. ones are listed) and to individuals thinking of starting one. It is compiled by an educationalist who has collected training manuals and suggestions from as many RCCs as he can and advises on the formalities of setting up a Center, establishing a training programme which includes teaching counsellors how to interview, suggested medical and legal procedures, and 'hints on self protection'. Unfortunately the book is very American and it is doubtful whether some of its advice can be transferred overseas; it is also tedious to read. Nevertheless it is a mine of information, a book with a very circumscribed function and anyone setting up courses for volunteer counsellors of any type might find useful information in it.

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Manic-Depressive Illness: History of a Syndrome. Edited by E. A. WOLPERT. New York: International Universities Press. 1977. Pp 586. \$22.50.

Kraepelin held that manic-depressive insanity was due to an innate predisposition and that external influences played only a very small part. Freud, while accepting a probable physiological basis, believed that distressing events might also be important. In Dr. Wolpert's view, distressing events are causally important only when the patient's psychological development is inadequate, and in such cases psychotherapy or psychoanalysis will be needed in addition to lithium carbonate in order 'to remove the psychogenic trigger'. And because, in Dr. Wolpert's view, the classical psychoanalytic explanation of depression cannot formally be extended to account for mania, he considers that manic-depressive illness should be limited to cases where both mania and depression occur, and indeed that bipolar depressive illness is a better name for that condition.

Apart from a short epilogue and brief connecting passages, this book consists of re-printed papers, selected by the editor to illustrate his theme. A hundred pages are allotted to Kraepelin, 230 to Freud and other psychoanalysts, 100 to papers on lithium, 80 to manic-depression in childhood, and the rest to genetics and biochemistry. The editor's praiseworthy intention is to harmonize the medical with the psychological approach. But his medicine is concerned only with lithium, and his psychology only with psychoanalysis. This is a book primarily for Freudian psychotherapists and will bring comfort to those who may have feared that lithium prophylaxis

would deprive them of their part in the treatment of manic-depression. To the historian, hoping from its title to learn something of the history of the concept of manic-depressive illness, the book will be a disappointment.

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The New Psychology of Dreaming. By RICHARD M. JONES. London: Pelican Books. 1978. Pp 221. £1.00.

In this slim volume Jones re-evaluates Freud's original theory of dreams in the light of the current use of sophisticated laboratory instruments which examine the neurophysiological patterns occurring in the process of dreaming. He brings together the contributions of a number of people whose ideas developed more or less in separation and, in some instances, did not receive the attention they deserve.

It is certainly right that at this time we should subject the past psychodynamic theories to those methods of scrutiny which are now available, and we may ponder how those early pioneers might have progressed had such means been at their disposal. As Jones questions—What if I were Freud and could sit before an electroencephalograph and observe the utterly predictable comings and goings of a remarkable constellation of neurophysiological patterns? And, if I were Freud, how would I change my theory of dreaming?

Jones is primarily concerned with the physiological function of dreaming itself. He draws from the data certain conclusions as to the place which this phenomenon has in the life of every man. The implication would be that any form of therapy which made use of dream material should be directed towards furthering these normal purposes.

The impact of this experimental approach arising from modern research into the process of dreaming should result in a reappraisal of our theories of interpretation and open the way to a more effective use of dreams in all forms of therapy.

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Freedom to Die: Moral and Legal Aspects of Euthanasia. By O. RUTH RUSSELL. New York: Human Sciences Press. 1977. Pp 352. \$14.95.

If, somehow, you have escaped the propaganda for euthanasia, this book presents it coherently and well. It is the product of extensive research, marshalled with a bias. The author won the Humanist Pioneer