

dismissed in two lines, and *ethology* in one; the Rorschach and TAT receive lengthy and honourable mention whilst the MMPI is ignored; I.Q. "... indicates approximately the relationship of a person's mental age to his chronological age..." There is no definition of *elation*, and under the entry for *mania* only the various self-indulgent obsessions are listed (including *trichotillomania*). There is the usual semantic confusion between *paranoia*, *paranoid state*, and *paranoid schizophrenia*.

One could argue with many entries, but the all-purpose psychiatric glossary, designed to satisfy all tastes, will never be written. Within its chosen limits, this is a very good book. Most of the definitions are models of clarity and incisiveness, related concepts are differentiated with little ambiguity, and cross-reference is easy. Whether or not one agrees with the content of the definitions, they are easy to comprehend without painful re-reading. The format is particularly attractive.

In this country the glossary will naturally have less popular appeal than it has in the United States. It will be regarded by some as presenting a one-sided view of psychiatry, understating many of our eclectic pretensions and underlining much that is tenuous in the assumptions of those whose faith lies exclusively in the psychoanalytic mythopoeia. Others may feel that psychodynamic theories would more effectively be promoted by more critical reference than they receive here. But few will dispute the excellence of this book as a dictionary of some of the terms relevant to dynamic psychiatry. It would therefore be a valued addition to the reference shelves of most psychiatrists and allied workers, whatever their seniority.

R. H. CAWLEY.

Depressive Disorders in the Community. By C. A. H. WATTS. Bristol: John Wright & Sons Ltd. Pp. 174. Price 35s.

During the past twenty-five years, general interest in the topic of depressive illness has waxed and waned in a manner reminiscent of the natural history of the illness itself, being phasic, often intense, and frequently precipitated by circumstances. Advances in treatment have been a precursor to the widening interest in depression recently, and in this book Dr. Watts adds to knowledge of the disorder by writing from his observations in general practice over many years. He also gives his views on matters of general concern, and covers several aspects in documented reviews.

The early part of the book concerns the nature of depression and its causes; the question of classification is considered and the endogenous and reactive categories are used. The discussion of the magnitude of the problem is well illustrated with diagrams and statistics. These show that in a rural general population, 12 new cases of depression per thousand population can be expected each year, that roughly 1 in 50 will become chronic, in the sense of lasting more than three years, and that over a period of twenty years 10 per cent. of a general practice population will have reported with a depressive illness of some kind. It is estimated that over 8 per cent. of women at the menopause are likely to present with a depression, and that no less than 150 patients per thousand population suffer from sub-clinical syndromes with depressive features and never seek medical advice.

The clinical description of varieties of depression are clear and difficulties in diagnosis are emphasized. The discussion turns to the longitudinal view of individual cases, the full histories and comment illustrate the clinical and social facets of long or recurrent illnesses. Symptomatology is dealt with statistically, but from the findings the reader is left in no doubt to what extent the criteria used to classify cases have determined the frequency with which symptoms appear in the tables. It is confusing to see that as many as 12 per cent. of reactive depressives awoke early, whereas only 25 per cent. of endogenous depressives did so; also that diurnal mood variation was found relatively more frequently in cases of reactive depression than in endogenous illnesses.

A description of motives for suicidal attempts is followed by a statistical review of suicide and suicidal attempts. The treatment section is well done, and emphasis is placed on facets of particular value in general practice; details of management, symptomatic and curative therapy are given. In this context, the discussion on the use of antidepressant drugs could be amplified.

A bold final chapter deals with both the problems of depressive illness and the difficulties to be met by the community and medical men in solving these problems. Dr. Watts is well aware of the basic difficulties and medical attitudes inhibiting progress.

This book shows not only how much can be done to help depressives, but also how great is the need. It is a particularly timely publication to alert general practitioners to real questions and effective remedies and to show psychiatrists depressive illness from the general practitioners' viewpoint. It is focused on the patient, and is refreshingly free from fruitless discussion.

JOHN POLLITT.