

To indicate the flavour of the book's contents, Katherine Nelson describes ingenious studies into the adaptive functions of what young children remember. One function is to construct general event-schemas: particular experiences are remembered for a few months, but then, if not incorporated into an event-schema, tend to be forgotten. Nelson's work casts fresh light on the old problem of infantile amnesia. Wanda Wallace and David Rubin dissect the performances of traditional singers of American folk ballads and show clearly that their singing is not a matter of rote recall but, rather, of flexible remembering that is constrained by schemas for gist, poetics, rhythm, imagery, and music. Harry Bahrck and Elizabeth Phelps identify items of factual information that adults may once have known but have now forgotten, and demonstrate that minimal refresher courses on some of these facts have powerful effects in bringing the forgotten information back to mind. There are studies by William Brewer, Craig Barclay, and Peggy DeCooke of what adults remember of past experiences that they had recorded in diaries some time earlier. Lawrence Barsalou analyses the narrative forms in which adults recount their past experiences.

In the above contributions, and also in the others, there is attention to carefully gathered empirical evidence and, at the same time, regard for the functional roles of memory in the lives of people who are pursuing everyday purposes and developing their sense of a biographical self. Taken as a whole, this book registers substantial progress in extending the methods of experimental psychology so as to explore what most people would regard as the interesting questions about human memory.

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**Melanie Klein Today: Developments in Theory and Practice. Volume 1: Mainly Theory.** Edited by ELIZABETH BOTT SPILLIUS. London: Routledge. 1988. 358 pp. £29.95 (hb), £14.95 (pb).

This book consists of 18 reprinted articles written by the major Kleinian analysts from 1952 onwards. It includes three papers each by Rosenfeld and Bion, two each by Segal and Meltzer, and one by Steiner. As far as psychiatry is concerned, the Kleinian project is an attempt to understand psychosis in terms of an interlocking group of concepts which include splitting, projective identification, envy, narcissistic destructiveness, and the balance between the paranoid/schizoid and depressive positions. Of these, the most distinctively Kleinian is perhaps projective identification, a process by which unwanted parts of the self are projected into objects (usually but not always people) in the environment with whom these disowned impulses are then identified. Thus the paranoid persons' persecutors rep-

resent split-off aggressive parts of the self. In normal development it is the mother's role to contain these projections until the child's ego is strong enough to reintroject them. The analyst, or more likely hospital environment, has a similar task with the schizophrenic, as well as attempting, through words, to move these projections from the concrete to the metaphorical. All this is important, helpful, and too often forgotten in everyday practice with schizophrenic patients. However, as many of the pieces in this book illustrate, Kleinian thinking can in three ways suffer from the very difficulties which it purports to explain. Firstly, by omnipotently confusing *descriptions* of psychotic processes with their explanation, it ignores the example of Downs syndrome, which, until the discovery of trisomy in 1956, was confidently thought to be due to trauma in pregnancy, and stands as a *caveat* for any psychological accounts of psychosis. Secondly, the over-valuation of the over-inclusive concept of projective identification means that it is often, as in schizophrenic thinking, reified into a 'symbolic equation' (Segal's term) rather than a useful metaphor. Thirdly, in the attribution of agency to the patients' unconscious destructiveness the analyst can become, as one of Segal's patients described her, a humourless 'vampire' feeding on the patient's inner world, in order, perhaps, to defend against the incomprehension and chaos, so well described by Bion, that is engendered by contact with psychosis. Thus this book provides a profile of Kleinian thought, both in its strengths and weaknesses. Psychiatrists unaware of the work of Rosenfeld, Bion and Steiner are at a distinct disadvantage in their work with schizophrenic patients, and for that reason the book is to be recommended, but beware: it does not make easy reading for the uninitiated.

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**The Psychobiology of Bulimia Nervosa.** Edited by K. M. PIRKE, W. VANDEREYCKEN and D. PLOOG. Berlin: Springer-Verlag. 1988. 181 pp. Dm79.00.

This book is based partly on a recent international symposium, and presents up-to-date research and ideas on this challenging problem. It suffers the common disadvantage of such publications in being something of a hotchpotch, with frequent overlap among its 19 chapters. Nevertheless, it succeeds in demonstrating that there is much to be gained from a biopsychosocial analysis.

It is organised in four parts, preceded by an introductory chapter by Peter Beumont, who highlights the current controversy over the definition and classification of bulimic disorders. In Part I, nutrition and behaviour, the main theme is of culturally-mediated dietary restraint leading to a variety of abnormalities. Particularly interesting was Fichter *et al's* chapter, which describes

evidence that neuroendocrine disturbances may result from reduced caloric intake not just in eating disorders, but also in normal weight subjects and sufferers from depression.

Part II highlights the metabolic and endocrine aspects of eating disorders. Schweiger *et al*, for example, demonstrate that in spite of their weight status, bulimic patients are often effectively in a state of starvation. This state of nutritional deprivation seems to be responsible for a whole host of biochemical alterations. Laessle *et al* draw attention to the fact that depression in bulimics is no more common than in many other psychiatric conditions, and that it may be secondary to low carbohydrate intake. Similar themes can be detected in Part III, which describes a variety of hunger and satiety deficits in eating disorders.

In Part IV, on the treatment of bulimia nervosa, there is evidence that a variety of interventions can produce marked improvement in bulimic and related symptoms. I was particularly interested, if not a little surprised, by Chris Fairburn's contribution. In spite of his fame in developing the cognitive-behavioural approach, he recommends caution over the 'cognitive zeitgeist' and that due attention be paid to other views and approaches to treatment.

The overall message seems to be that, while psychosocial factors may be most pronounced in explaining the origins of bulimia nervosa, biological changes play an important part in maintaining the disorder. Although this book is unlikely to satisfy the appetite of the average practitioner, it can be recommended as a useful resource for specialist researchers and clinicians.

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**Annual Progress in Child Psychiatry and Child Development – 1987.** Edited by STELLA CHESSE, ALEXANDER THOMAS and MARGARET HERTZIG. New York: Brunner/Mazel. 1988. 632 pp. \$54.50.

This is the 20th volume in this series, a fact which surely attests to the value of the project. Moreover, the editors are probably right in suggesting that with the proliferation of journals and the great increase in published research, the need increases each year for a distillation of the most significant publications in their field. The editors currently monitor some 100 journals, and this time they have selected 32 papers for re-publication. The task of review and selection must be an increasingly taxing one, and to assist them the two original editors have now recruited Hertzig as co-editor.

How well have they performed their challenging task? Remarkably, but perhaps not surprisingly, they have kept up the high standard of previous volumes. They have selected an interesting mixture of review articles and papers describing original research. These cover a

wide range of topics. The book drew my attention to a number of important papers I had not seen, most of them published in journals I do not regularly read. (How many of us can even scan regularly the contents of 100 journals?)

It might be asked whether we need *Annual Progress* books in this age of computers and data bases which can swiftly search the published literature on any field for us. I believe that the answer is a resounding "yes". For one thing, computerised searches do not tell you where the important advances are occurring, in fields not closely related to one's immediate clinical or research activities, this can be hard to discover. For another, they are a poor guide to quality. Thirdly, they do not provide a well-produced, carefully edited and attractive volume you can browse through whenever you have a few spare minutes. This volume also has 20-year author and subject indexes, making it a useful reference source.

These books can only complement our regular reading in the fields of special interest to each of us, but for that purpose this volume, like earlier ones, is recommended.

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**Anorexia and Bulimia Nervosa: Practical Approaches.**

Edited by DEREK SCOTT. London: Croom Helm. 1988. 214 pp. £25.00.

This is a collection of 16 chapters intended both to provide a concise summary of available information on anorexia and bulimia and to give practical "how to do it" advice to the whole multidisciplinary team on caring for clients with such problems. This is a worthwhile aim, but is not fully realised by Scott and his contributors.

Certainly there are good chapters, such as those on self-help, ethics, dietary factors, and the sub-groups of male and child anorexics. However, there are also significant gaps in particular chapters, a patchy coverage of the whole field, and perhaps most significantly for a practical guide book, a lack of case histories or clinical illustrations of therapy approaches.

The book has three sections, beginning with an overview. Here I found some well-written material. However, I would have liked to see the disorders put into the context of normal eating behaviour, with some mention of the important body of research on restraint and counter-regulation. The discussion of diagnosis is brief, and does not include the latest revisions to DSM-III, while the chapter on assessment looks only at questionnaires and does not address the need for broader measures of behaviour, family dynamics, etc. The second section ('Some frameworks') is uneven, with the best chapter being on family approaches. Those on psychoanalytical/feminist and cognitive/behavioural approaches seem too condensed to do justice to their