

provoking and based on the author's wide clinical experience.

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Principles of Psychopharmacology. 2nd Edition. Edited by WILLIAM G. CLARK and JOSEPH DEL GIUDICE. London: Academic Press. 1978. Pp 976. £17.85.

Clinical Pharmacology of Psychotherapeutic Drugs. By LEO E. HOLLISTER. Edinburgh: Churchill Livingstone. 1978. Pp 239. £11.

During the past 30 years the world of psychopharmacology has expanded rapidly. Its subgroups are already clearly defined, and these books, with titles which might have been interchangeable in many clinicians' minds a few years ago, are for very different readerships.

The smaller of the two, Professor Hollister's book, is essentially for clinicians and it provides a balanced account of the clinical use of psychotropic drugs, selecting as main themes anti-anxiety drugs, hypnotics, antidepressants, antipsychotics and lithium. Each group is discussed in terms of chemistry, pharmacology, clinical indications and effects, side-effects and toxicity. Clinical conditions are equally well defined and explained and the whole work is a helpful guide, particularly for those in training, to the range of useful drugs available in relation to the work of the average psychiatrist.

The larger work, by no less than 72 authors, is a textbook for pharmacologists, a reference work for most psychiatrists and a companion for those whose special interest in this field is keen and continuous. As might be expected from a large group of experts, there is much fine detail in each chapter, and the work is fully annotated. There is a useful, voluminous guide to the literature for deeper study of all aspects discussed, and one of six appendices contains an extensive practical guide and gazetteer to training centres for basic and clinical psychopharmacology throughout the world. The span of topics is wide, much wider than in many general pharmacology texts. Among 42 sections are historical and introductory chapters, full treatment of lithium, neuroleptics and antidepressants, and a host of relevant but seldom discussed topics which include "pediatric psychopharmacology, psychopharmacogenetics, ethnopharmacological significance of psychotropic drugs of 'vegetal' origin and transmitter based mapping of central neurons".

One field of growing importance for future consideration is the field of epidemiology of iatrogenic

reactions, but many will murmur assent at Professor Hollister's comment, "What we now need is less methodology and better drugs".

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Innovation in Patient Care. Edited by DAVID TOWELL and CLIVE HARRIES. London: Croom Helm. 1978. Pp 227. £8.95.

When I Went Home: A Study of Patients Discharged from Hospital. By PAT GAY and JILL PITKEATHLEY. King Edward's Hospital Fund for London. 1979. Pp 82. £3.00.

Creating Community Acceptance for Handicapped People. By ROBERTA NELSON. Springfield, Illinois: Charles C. Thomas. 1978. Pp 220. \$14.75.

These three books describe ways of extending and improving hospital services to the psychiatrically and physically ill through the participation of the public, volunteers and 'grass roots' staff in the hospitals.

In *Innovation in Patient Care* under the joint editorship of David Towell and Clive Harries, members of staff at Fulbourn Hospital, Cambridge, describe the Hospital Innovation Project (H.I.P.). The H.I.P. encourages nurses and other staff to examine their current practices and then make changes based on their findings. Such change, from the 'bottom up', seeks to realise and utilise the contribution of staff at all levels. The necessary conditions for such change and the methods of implementation are outlined and a few of the numerous major and minor projects which were undertaken over five years are described. There seems little doubt that staff experienced greater job satisfaction, although evidence that this led to better staff or patient performance is lacking.

In a theoretical chapter, Eric Miller makes the point that hospital nurses have to extricate themselves from their patients' immature dependency. A nurse can only do this if she has a new relationship with the consultant and can exercise greater authority across the boundaries of the system. He believes that the H.I.P. provides the conditions which make this change possible.

When I Went Home by Pat Gay and Jill Pitkeathley is, by contrast, a very modest account of the experiences of 257 patients discharged from hospitals in Oxfordshire. This number included forty patients discharged from a psychiatric hospital. The presentation is anecdotal, but in a span of seventy-five pages it gives a vivid impression of the difficulties faced by patients sent home from hospital, often at

very short notice. The authors make some interesting suggestions for ways in which volunteers could relieve the resulting hardship. However, the speed of the general hospital 'conveyor belt' seems to require that discharge plans should be made before the patient is even admitted.

Finally, Roberta Nelson in *Creating Community Acceptance for Handicapped People* describes the barriers found in the United States to community acceptance and reintegration of disabled people. Many of these barriers, but not all, are found too in the United Kingdom. She goes on to outline ways of surmounting these obstacles in what is really a handbook of community organisation. It describes in detail, ways of fund raising, communicating with the public, dealing with the media, enlisting volunteers and so on. It is not medicine, it is not psychiatry, but it plays a significant part in the resettlement of the disabled.

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International Review of Research in Mental Retardation: Volume 9. Edited by N. R. ELLIS. London: Academic Press. 1978. Pp 301. £14.95.

In one of the better papers in this volume Heal and his colleagues report on research on community residential alternatives for mentally retarded people. Their review steers a careful course between documenting the shortcomings of available research and useable findings. Scheerenberger's report on institutions for the mentally retarded serves a similar though more superficial function. Gorman and Gottlieb discuss mainstreaming for educable mentally retarded children and indicate the possible contribution of research to this important educational process.

At a more fundamental level Guskin provides an excellent review of the effect of labelling on mentally retarded individuals, while Isaacson and Van Harteveltdt discuss "The biological basis of an ethic for mental retardation". This article is basically a reaction against the influential concept of normalization in the education of the retarded, but a reaction based on a misunderstanding of what is entailed in the process.

Reviews of experimental research balance the papers noted above. Discussions of information processing (Ross and Ward, and also Stanovitch) are included, and confirm the growing judgement that the experimental psychology of mental retardation has become peripheral to the main thrust of retardation research. Clausen reviews work on sleep and

evoked potentials notably in Down's syndrome and non-retarded groups. Martin considers the application of mediational processes to the teaching of reading in the retarded; while Hill produces a fascinating analysis of the nature of the savant.

This volume is hardly 'international'; it is a USA review and should be acknowledged as such. Nevertheless all those concerned with retarded people should acquaint themselves with its contents, variable though these are.

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Cognitive Defects in the Development of Mental Illness. Edited by G. SERBAN. New York: Brunner/Mazel. 1978. Pp 404. \$25.00.

It has been slowly dawning on thinking psychologists over the past two decades that they are not alone in thinking—people think. Even when you call them 'organisms' or 'subjects' they insist on thinking. This startling realization has led to a boom in 'cognitive' psychology. The tide seems now to have flowed into psychiatry so that cognitive defects are less seen as *one* aspect of *some* psychiatric conditions and are tentatively seen as a way of defining mental illness. One sign of this progression is the present volume which consists of papers from the 1977 Kittay Foundation Symposium.

The book ranges abroad over autism, brain damage, schizophrenia, neurosis and related topics. A great deal of it is self-congratulatory, neurophysiologizing of the simple correlational type. Thus a minimal correlation is found between the presence of sloppy talk and buggerdilitethylene in the piddle system and though the finding is said to be extremely tentative much is hoped for it. Like many American texts, it is parochial with for example thirty-five American authors to three British, which is hardly in line with professional population ratios.

Much is blandly missing from the volume. Virtually no reference is made to psychotherapy which is, after all, our most massive attempt so far to ponder and deal with what are here being called cognitive defects in the development of mental illness. For example, the cognitive origin of neurotic thinking is discussed entirely without reference to the work of Ellis or Kelly or Rogers. All in all, a book in which revolutionary intentions have paved the way to professional platitudes.

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