

gems from the treatment literature. He is successful in my view in then offering "a rational and sequential approach to making decisions about treatment". The book reflects his own eclectic style and his own admirable belief that "the treatment of alcoholics needs to be personal, professional and scientific". He is so right when he says "workers in the field of alcoholism treatment know a great deal about treatment, but often only from the perspective of their own facility, clientele and methods". There is good sense here about disulfiram, AA, the role of coercion, the importance of the first contact and the running of group therapy and counselling services for problem drinkers.

The book would have been broader if there had been suitable papers from the French or Scandinavian literature, and it does not mention early intervention. Nevertheless, I strongly recommend all alcoholism treatment centres to make a copy of this book available to their staff.

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**Heroin Addiction.** By GERRY V. STIMSON and EDNA OPPENHEIMER. London: Tavistock. 1982. Pp 267. £16.00.

This book is a useful contribution to the rather dismal British literature on heroin addiction. It is based on interviews and research conducted from 1969 to 1977, with 128 heroin addicts, all initially patients at London drug clinics. It follows their lives through their addiction, their attendance at clinics and afterwards. It makes a number of important points that need to be emphasized to counteract the widespread ignorance and horror associated with addicts. It describes addicts who lead normal lives and are successful in their work, e.g. as company directors, and it gives us glimpses into the minds of addicts in ways which make it easy to empathize (and sometimes to sympathize) with them. It provides a sound historical background. The changes in prescribing policy which took place in the drug clinics in the late 1970s are cogently described together with the unconvincing scientific evidence that is said to have led to these changes. The widespread and increasing criticism of clinics is described together with the reasons for it. The authors claim that the clinics no longer reach the heart of the drug scene, that they are 'acting as if they can ignore the wider setting of drug abuse' and are in fact withdrawing from the field.

The book analyzes problems but, unlike Professor Arnold Trebach's recent book *The Heroin Solution*, it makes no suggestions. Its conclusion is no more challenging than 'We seem to be facing the start of a

new balance being argued between treatment and control'. Considering that there is an acute crisis of heroin addiction, that exciting changes are taking place and that there is a real possibility that Britain could lead the world in solving it, this seems rather a feeble end to an interesting book.

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**Working Men and Ganja: Marihuana Use in Rural Jamaica.** By MELANIE CREAGAN DREHER. Philadelphia: Institute for the Study of Human Issues. 1982. Pp 216. \$18.50.

This book is an interesting, and at times fascinating, account of the everyday use of marihuana in three Jamaican communities which differ in respect of economic base and internal organisation. Brief mention is made of the increasing interest in marihuana use in the sixties and the consequent setting up of several large multidisciplinary studies. Dreher was involved in one of these studies and subsequently returned to Jamaica to make a more detailed study of marihuana use and marihuana-linked behaviour at the community level. She was particularly interested in the use of marihuana in working situations.

The three communities chosen for the study are compared and contrasted and a detailed account is given of the cultivation, distribution and consumption of marihuana, viewed as a social institution. In the socio-economic perspective the use of marihuana appeared to be accepted and expected (although illegal) for the lower social classes but regarded as inappropriate for the upper levels of society. Recently however there have been indications of increased use in university circles, artist groups, and certain upper class groups. This section is largely anecdotal, with several case histories.

The organisation of work in sugar production, banana and coconut groves, and copra factory is described, with a discussion of the various alleged advantages and disadvantages of marihuana in these situations.

Dreher is careful to point out that findings in one culture cannot be safely extrapolated to another, and perhaps her most confident statement is in advocating this type of broad-based cultural research rather than the more narrow study of individual users of cannabis. In this respect any attempt to formulate a "model marihuana user" may produce misleading conclusions, and miss many important aspects. She also states that her research does not support the idea of an amotivational syndrome, as has been suggested elsewhere, but rather that the use of cannabis in these communities is a participatory, pro-social and self-advancing activity.

Hardly required reading for your general psychiatrist but a worthwhile description of life in a different culture.

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**Psychobiology.** Edited by D. M. WARBURTON and A. SUMMERFIELD. London: Churchill Livingstone for the British Council. 1981. Pp 206. £9.50.

This book contains 18 reviews of neural and physiological topics inspired by a somewhat utopian concept of psychobiology that is strictly behaviouristic. Chapters on 'biological' aspects of motivation and cognition here include reports of current understanding in *Drosophila* behaviour genetics (Burnet and Connolly), electrophysiology and anatomy of the cat and monkey visual systems (Ratcliff and Ross), self-stimulatory motivation 'centers' (Redgrave and Dean) and neurophysiological mechanisms of thirst or hunger (Rolls and Rolls) in rodents. Where humans are the principal research species, the effort to explain the psychological in terms of the physiological or organic results in confusion and awkward exaggerations. Fulker's study of genetic factors in human personality and its disorders assesses behaviour entirely by school performance (for cognitive development) and Eysenkian measures of extraversion/introversion (for social personality). An excellent chapter by Bancroft on human sexual behaviour and hormones leaves a clear impression of the influence of non-humoral psychic factors in a field where the evidence is "contradictory or conflicting". Human autonomic functions (Brenner) and appetite for food (Booth) are both shown to be under direct or indirect learned psychological or cognitive control.

Competent synopses of the anatomy of the mammalian (principally primate) motor pathways (Iversen), visual fields in the monkey brain (Ratcliff and Ross), social behavioural development in birds, rodents and monkeys (Bateson) sample advances in these diverse fields.

Neuropsychology which currently contributes important insights to correspondences between functions of the mind and anatomical systems of the brain, is represented passingly in a chapter on the experimental psychology of memory systems (Oakley) and in a chapter which attempts to fit disorders in cognition due to brain trauma to a modular information processing model (Shallice). A review of the use of evoked responses, skin potentials and speed or accuracy of reaction to repeated stimuli to study attention in schizophrenics finds suggestive evidence for a defective left temporal lobe in this disorder which may in

turn result from a failure of the right hemisphere 'preattentive' processes (Venables).

In short, this a potentially useful synopsis of certain fields of research in British universities that have some importance in relation to behaviour, and an introduction to the relevant literature. A strong bias is characteristic of this research. There is a poor synthesis of understanding with respect to primary practical concerns of clinical psychology or psychiatry.

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**The Psychiatrist's Guide to Diseases of the Nervous System.** By RICHARD LECHTENBERG. New York: John Wiley. 1982. Pp 478. £27.25.

In the last few years there have been several books which seem to have been written with the idea of teaching the psychiatrist some neurology; this is undoubtedly one of the better ones.

Following a brief introduction on neurological problems in psychiatry, there is a section devoted to investigative and diagnostic techniques, which is helpful to all those who process or order neurological investigations in the course of their clinical practice. Thereafter the sections cover patients' symptoms rather than specific disease entities, affective disorders, sexual and urinary problems, movement disorders, sleep disorders, weakness, sensory abnormalities and pain. Neurological problems, likely to be of interest to psychiatrists, are well explored and the clinical descriptions with appropriate accounts of treatments are satisfactory. Myths, such as that which suggest that tension headaches are usually due to chronic muscle contraction, are discarded, and relatively newly introduced techniques of treatment in Western medicine at least, such as acupuncture and biofeedback are mentioned where appropriate.

The author has done well not to be entirely dualistic in his approach to the differences between neurology and psychiatry, although some statements such as "a movement disorder not yet assigned to strictly neurologic or psychologic causes is the Gilles de la Tourette syndrome", does raise to question how far the author is prepared to go to integrate neuropsychiatric problems into a comprehensibly understandable whole.

The production quality of the book is high, and the publishers should be complimented for producing an attractive well laid out volume.

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