

Basic interviewing skills are not adequately covered, and there is no clear guidance on, for example, how to take a drinking history, how to plan what investigations you might wish to carry out, or even on how to draw up a psychiatric formulation. It is also rather weak in the areas of psychiatry appropriate to general medicine, and would have benefited from a chapter on dealing with psychiatric emergencies.

Nevertheless, despite these omissions, it is an excellent resource text and is likely to appeal to the student with a keen interest in psychiatry who wants to read and know more about the subject. As such, it will complement other student textbooks that reflect the relevance of psychiatry to other branches of medicine. It would serve the newcomer to the specialty well into the first few months of his or her Senior House Officer training.

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HLA in Narcolepsy. Edited by Y. HONDA and T. JUJI. Berlin: Springer-Verlag. 1988. 298 pp. DM156.

The title of this book at first sight appears daunting, combined with the fact that the authors are unfamiliar and the book is yet another conference compilation. However, delving deeper we find that just over 100 years ago Jean Gelineau published the first paper proposing the term narcolepsy, clearly differentiating it from epilepsy and linking the intractable daytime sleepiness with cataplexy. There is a valuable chapter on the Japanese experience of the disorder, picturesquely called the 'napping disease'. The vivid sleep hypnogogic hallucinations, sleep paralysis, and poor nocturnal sleep are emphasised, as well as the distinction between narcolepsy and other types of daytime somnolence – attempts to combat napping being crucial in the former. General management and the worldwide founding of a network of 'narcoleptic societies' organised by patients is mentioned.

The book provides an overview of the human leucocyte antigen (HLA) system. The narcoleptic HLA disturbance DR2 and DQw1 positive was discovered in Japan and has been confirmed worldwide. There is a near 100% association reported, which is not found in other forms of daytime sleepiness. Indeed, it is the strongest association for any HLA-related disease. This is therefore a disorder of special importance for the rapidly advancing molecular biology field which is currently adding immensely to the understanding of disease genetics. Its complexity is apparent from the fact that the HLA system is concentrated only on the short arm of chromosome 6, and the proteins encoded by use of these genes. The disappointment is the failure to demonstrate immunological disorder in narcoleptic patients. The most acceptable hypothesis is that the HLA gene itself, or one nearby, encodes an essential protein for normal sleep.

Clearly this admirable book is specialised, but of value to those with interests in sleep disorders. It shows clearly that a new laboratory technique must be accompanied by a careful re-examination of diagnostic criteria for the disorder under study.

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New Developments in Clinical Psychology Vol. 2. Edited by FRASER N. WATTS. Chichester: Wiley and BPS Books. 284 pp. £29.50.

The second volume in this series lives up to standards set in the first. Watts is to be congratulated on bringing together another useful, varied, and well-presented collection of chapters.

The 16 chapters provide the reader with a well-completed selection of current topical issues in the field, mostly orientated towards therapy issues. Clarke & Greenberg open the volume with an interesting review of research on the two chairs method derived from Gestalt therapy. This is followed by the usual scholarly review from Brewin on attribution theory and therapy and a chapter by Marx on problem-solving therapy. Watts' own chapter covers some of the problems and developments in behaviour-based therapies for agoraphobia, and offers a short but useful review of the evidence for and against the role of the spouse. The emphasis on safety issues is also appreciated.

Parry gives an up-to-date account of social support. I especially liked her effort to highlight the fact that the current emphasis on autonomy and individuality as a therapeutic goal may be out of step with what we know about mammalian evolution. Hanley provides a discussion of treatments for emotional disorders in the elderly. With the growing shift in population demography this area is likely to become more urgent. The role of social factors as preventive variables requires further consideration. MacCarthy provides us with a view of the often neglected area of ethnic minorities. She highlights the point that some of the assumptions of our cognitive-based therapies may be culture-specific. As in Parry's chapter, there is a challenge to the assumption that self-determination and autonomy are always the pillars of good mental health. This may only be true in some cultures.

Dunn Smith explores the topical area of child sexual abuse, highlighting the fact that there is much we still do not know. Aldridge alerts us to the importance of applying psychological knowledge to prevent difficulties in children. Richer's chapter on the role of nutrition on mood and behaviour acknowledges the generally poor methodologies in this area, but offers a reasonable plea not to throw the baby out with the bathwater. Tyerman & Humphrey offer a very good review on the findings relating to the consequences of head injury and rehabilitation. They point out that there has been neglect of