

permeate all areas of our lives" and need to be challenged. But not all will be convinced that the relentless pursuit of the "gender differences in patient careers" is finally a constructive exercise. Both male and female long-stay patients have so many unsolved problems in common that emphasis on the special needs of women may well risk the wider thrust of reform.

Yet this is an attractively produced book, and it has a number of important things to say about mentally ill women and their care. For example, in the USA, women constitute nearly two-thirds of the chronically mentally ill; they are said to have a later onset of schizophrenia and require smaller doses of neuroleptics in early adult life; and it is suggested that the roles of oestrogen and brain laterality play a part in gender differences in the major psychoses. The so-called 'greying of America' is also mentioned – i.e. the increasing number of elderly with disproportionately more women – and this phenomenon is already causing problems in other countries.

Some unhappy results of 'deinstitutionalisation' and 'admission diversion' are discussed and illustrated with examples. The all-too-familiar inadequacy of community resources is highlighted, and there is criticism of services marked by excessive regulation and rigidity which therefore fail to meet the needs of those mentally ill women who are pregnant, suffer from physical disabilities, or abuse drugs or alcohol.

This book, then, provides a worthwhile survey of the service needs of chronically mentally ill women and will not be read by male psychiatrists without an occasional stab of guilt. Unfortunately, some of the writing tends to be turgid and jargon-ridden. There are impressive lists of references.

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Diagnostic Issues in Anorexia Nervosa and Bulimia Nervosa. Edited by DAVID M. GARNER and PAUL E. GARFINKEL. New York: Brunner/Mazel. 1988. 228 pp. \$25.00.

Anyone who has attempted research into eating disorders will be aware of the difficulties of diagnosis or classification of these problems, particularly for bulimia, which at one end of the spectrum merges with anorexia and at the other becomes similar to compulsive eating in obesity. A volume which addresses these and other diagnostic issues is therefore welcome, and Garner and Garfinkel, themselves eminent in the field, have put together a useful selection of papers. Russell begins with a discussion of bulimia nervosa as a diagnostic entity, pointing out the limitations of classifications based on symptomatology alone and the difficulty of applying a strict dividing line between anorexia and bulimia. The

next chapter briefly reviews the thinking behind the recent revision to DSM-III criteria for bulimia, before Fairburn and Garner's two chapters which stress the central role of attitude to shape and weight and go on to argue that anorexia should be distinguished from bulimia on the basis of whether there is a complete restriction of eating, rather than the extent of weight loss which results. The remaining three chapters review the links between depression and eating disorders, the influence of personality factors and the occurrence of anorexia and bulimia nervosa in males. Finally, there are useful appendices which detail the diagnostic criteria which have been proposed by various authors and bodies over the years.

At the end of this fairly short book, questions still remain about the most useful way to classify individuals with eating problems. However, one at least has the sense of being clear about the issues involved, the definitions proposed to date, and the potential value of greater unanimity in the field of diagnosis.

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The Psychobiology of Bulimia. Edited by JAMES L. HUDSON and H. G. POPE. Washington: American Psychiatric Press. 1987. 267 pp. £15.00.

Medical Aspects of Anorexia Nervosa. By S. BHANJI and D. MATTINGLY. London: John Wright. 1988. 150 pp. £22.00.

Although the editors of *The Psychobiology of Bulimia* have a strong reputation for views about the links between bulimia and depression and the use of antidepressants, I was impressed by the lack of polemics in this review of the biological factors in bulimia and by the individual authors' refreshing frankness about the limitations of their hypotheses. I found the chapters to be well written and easy to read. The book covers its title subject well, and in 14 chapters gives a balanced view of the present state of knowledge. This includes a review of abnormalities of neurotransmitter function, endocrine changes, and metabolic disturbance. Contrasts are drawn between bulimia and anorexia nervosa, depressive disorders, seasonal affective disorders, and anxiety states.

Searching for criticisms of this book, I would perhaps have to comment on its concentration on DSM-III bulimia, with no contrast drawn with bulimia nervosa. In addition, the book completely ignores social and psychological aspects of bulimia, although admittedly such factors are outside the scope of the title.

In contrast, *Medical Aspects of Anorexia Nervosa* is a book which tends to stray from its title. The central nine chapters can be applauded for covering the medical findings in anorexia nervosa with a detailed and complete review of the literature, and with the authors'

study of their own series of 155 cases providing continuity between chapters. Unfortunately, I felt that the initial chapters on the history, aetiology and clinical features of anorexia nervosa were rather superficial, and seemed to be written for the sake of completeness.

This book is concluded by chapters covering the management and prognosis of anorexia nervosa, and one chapter on bulimia nervosa. Here again there is a tendency towards superficiality and over-simplification. The chapter on psychiatric management was rudimentary, and that on medical management restricted itself to pharmacology, tube feeding and total parenteral nutrition. Information on oral food supplements and dietetic approaches were sadly absent. The authors included a chapter on their own management regime, which consisted of liberal nursing together with neuroleptics and low dose insulin injections. Although I would not criticise this approach, I would not like a reader of this book to be left with the idea that this is the treatment choice of most centres.

Taken as a whole I enjoyed this book, but at £22.00 it seems expensive.

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Location and Stigma: Contemporary Perspectives on Mental Health and Mental Health Care. Edited by CHRISTOPHER J. SMITH and JOHN A. GIGGS. Boston: Unwin Hyman Ltd. 1988. 331 pp. £35.00.

It may appear strange that a psychiatrist should review a book edited by two geographers. Two other members of geography departments and five scholars in urban and regional studies have joined with six contributors to this volume representing social policy and finally three mental health professionals. The result is a historical and contemporary account of the development of institutional and community services for the mentally ill on both sides of the Atlantic. Numerous and largely unsuccessful attempts by society to cope with the challenge of the long-term mentally ill are presented dispassionately. The result is a convincing account of a world in which medicine has had a remarkably minor role.

The first section concerns the development and dissolution of the asylum era. Financial aspects are particularly well detailed, and the generosity of our 19th century forebears will come as a surprise to those new to the subject. The second section begins with the somewhat misleading title 'Some clues about aetiology . . .'. However, the chapter by Giggs is a compelling argument for the inclusion of the geographic or 'spatial' perspective in studying the incidence of mental illness: a helpful introduction to the subject for the student of psychiatric epidemiology. The third and fourth sections

take the reader into the cities and towns where the formerly institutionalised, long-term mentally ill are to be found in increasing numbers. Two important contemporary myths are brought into question. The idea that property values suffer when patients are rehoused in a residential neighbourhood is shown to be largely unfounded. Recent research is quoted to refute the idea that the rising tide of homelessness in the United States is due entirely to the closure of state mental hospitals. The economic policies of the Reagan Presidency are condemned. Evidence indicates that the majority of the new urban homeless are simply poor victims of a society that has virtually abandoned the civilised safety net of a social welfare and insurance system.

Readers who are not familiar with political, social, and economic theory will find this a demanding but nevertheless rewarding collection. It is not flawless, but it does gather together a body of writing that is pertinent to the role of psychiatry in our society today and as such deserves careful, critical attention.

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Chronobiology and Psychiatric Disorders. Edited by ANGELOS HALARIS. Amsterdam: Elsevier. 1987. 272 pp. \$49.50. DM135.

Movements of flowers and plants in response to fluctuations in daylight have been noticed ever since the 5th century BC. The movement of plants guided by an internal clock was discovered more recently. In 1960 Aschoff could confirm the existence of a circadian clock functioning without external time cues in volunteers who were living in underground caves for several days.

Considering the title, one might expect a description of the chronobiological aspects of at least the major psychiatric disorders. Rather disappointingly, only circadian rhythms in normal persons and in patients with affective disorders are described. Most of the book is devoted to the disturbances in circadian rhythms in depressive patients, as reflected in the REM sleep, temperature regulation, neurotransmitters, etc. The most interesting chapter is 'What is wrong with circadian clocks in depression?' by Detlev von Zerssen. According to this, the circadian pacemaker is well preserved in depression. In another interesting chapter entitled 'Infradian rhythms and affective disorders', chronobiology is described as more than merely the circadian rhythms.

This is a valuable book; it has a fund of information on research on the chronobiology of mood disorders.

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