

through the normal working week; they generally have therapeutic oversight (from psychiatrist, psychologist or social worker) elsewhere and will have given informed consent to the exchange of clinical information with the hostel; they will have a weekly session with a 'counsellor' (a residential care staff member) who is the "eye and ears of the social worker"; additionally, there are roles for the agency director (in periodic reviews) and, if necessary, other staff, including the consulting psychiatrist. The regime is fairly highly structured and staff-directed, but patients are expected to share the domestic chores, there is a weekly community meeting, and so forth. The ideology is one of encouraging the maximum individual autonomy, and the method focuses principally on "functional assessment in relation to environmental demands" – a level of behavioural analysis intermediate between the broader generalisation represented by a psychiatric diagnostic label and more detailed statements concerning individual psychopathology. An illustration is the description (in one of the numerous clinical vignettes which are an attractive feature of this book) of getting, in the space of three months, a 31-year-old woman with a 10-year history of schizophrenic disorder who was "worse than incompetent in the kitchen" to be able to cook a dinner for ten with "... comfort, competence and pride in her mastery".

This, then, is a useful training text; we can also see what it is not. It includes no evaluation; it is not comparative; and it is not as theoretically sophisticated or consistent as, for example, Jansen's *The Therapeutic Community* (Croom Helm, 1980). But such comments constitute as much a criticism of the contemporary state of residential theory and research as of this book; as such, they are also a prescription for the next decade of investigation in social therapeutics.

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Psychological, Neuropsychotic and Substance Abuse Aspects of AIDS. Edited by T. PETER BRIDGE, ALLAN F. MIRSKY & FREDERICK K. GOODWIN. New York: Raven Press. 1988. 279 pp.

Perhaps in no other disease process is the concept of holism (as opposed to reductionism) so vital as in the understanding of AIDS. The purist might, however, argue that a single human immunodeficiency virus (HIV), at the very moment of possible infection, is subject to laws of quantum mechanics. He or she might assert that whether or not a person becomes infected is dependent on the interaction of the gp120 molecule of the virus coat and the CD4 sites of the macrophages and lymphocytes, which in itself depends on molecules and atomic interaction, which in turn may depend on the uncertain behaviour of electrons or their leptons.

This book contains 23 chapters on a wide variety of AIDS-related issues, and is edited by three distinguished members of the National Institute of Mental Health in Bethesda, Maryland. Many of the authors are household names in the psychoneuroimmunology field.

Some of the chapters seem at first to have little bearing on AIDS and HIV disease. They discuss various neuro-receptors (e.g. transferrin, insulin, *raf* proto-oncogenes) in different brain sites. It is a little difficult to understand the relevance of 'Acetylcholine reception and the rabies virus' to this book's subject. Yet another chapter is devoted to the theoretical use of event-related brain potentials in HIV disease.

There are a number of chapters on psychological aspects of AIDS and the immune system, with a fascinating and relevant chapter on Voodoo, stress, and AIDS. Other chapters are devoted to the effects of nitrites on HIV disease, the effects of various drugs of addiction and alcohol on HIV progression, and a thought-provoking chapter on the psychoimmunoneurology of HIV disease. The short chapter on neuropsychological testing of HIV does not discuss the other much larger studies on this topic that were presented as long as two years ago at the international AIDS conference.

Finally, there are chapters on classical conditioning and immunomodulation, and on stress, life events and types of behaviour that put people at risk of HIV disease.

This book is on the whole well written and exciting. All psychiatrists should read it.

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Facts, Fallacies and Frauds in Psychology. By ANDREW M. COLMAN. London: Hutchinson Education. 1988. 224 pp. £6.95.

As a change from an edited book of papers by other people, Colman has selected seven contentious areas in psychology to discuss himself. The benefit of a single author is in the continuity of style, but the debit is that the attempt to cover an exceptionally wide canvas is inevitably touched by his personal outlook. Progressing through the book, one guesses more and more accurately which perspective he will take on his next subject, his overall view being somewhat left of liberal.

For example, Colman begins with a clear view of the complex ideas involved in intelligence tests, but is fashionably against their use. In fact, he describes the I I Plus exam as more divisive than social class or money, and "a notorious use of psychology". Of course, Cyril Burt is said to be a scoundrel and much of the evidence of intellectual differences between individuals "mere superstition". Having spent two chapters discussing IQ and its relationship to race, he ends lamely that we can

only "suspend judgement". In support of this non-conclusion, it is argued that non-verbal and verbal intelligence tests are equally culture-bound, which is why American black children do less well than white children on both kinds. Colman makes a few disconcerting mistakes, such as calling the Ravens Progressive Matrices an IQ test, thus missing its point as a percentile ordered test of logical thinking.

The book is particularly frustrating to read because the author does not come clean about where he stands. He uses the academic ploy of apparently balanced argument to present his selected references, but balks at drawing each chapter together, either in a way which could provide practical pointers, or even to a succinct conclusion. However, he does occasionally offer shyly, "My own view, for what it is worth . . .".

On anorexia nervosa and bulimia, Colman argues that depression is brought about by them, but not that it forms the basis of the eating disorder. Although he outlines the theory that the current urge to slimness underlies the disease, he recognises its existence in earlier times, and "the question remains open". You know before you read the chapter on ESP that he will not accept any evidence for it, but in his balanced way, he says that one day it may be proved to exist. Yet he does accept that hypnosis works, and describes vividly how he has seen it in action.

Perhaps the task of presenting dispassionate evidence in a authoritative manner, and in just a chapter apiece on subjects bubbling with intellectual friction, is simply too much to ask of any mortal.

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Physical Treatments in Psychiatry. By L. G. KILOH, J. S. SMITH and G. F. JOHNSON. Oxford: Blackwell Scientific Publications. 1988. 490 pp. £49.50.

Physical treatment in psychiatry has had only a small share of the written word. Most textbooks say little about the problems which clinicians really face, and the more numerous reviews of published work need much skill in preparation to maintain interest. This work deals with the common and important treatments used in psychiatry today, and the authors set their limits early, enhancing the value of the work both in emphasis and for reference.

The book is divided into six sections. Four of these are extensive and cover ECT, psychopharmacology, psychosurgery, and medico-legal matters. A surprisingly short chapter deals with questionable treatments, and few nowadays will object to the applied epithet 'dubious'. The information in each section is practical, detailed, and well supported by copious but unobtrusive documentation in the style of a review. The text is generous with common experience, lending a sense of

authority and common sense. Despite the considerable range of topics, interest never dwindles, and for its size the book is easy and enjoyable to read. Inevitably there are a few controversial points.

After a stimulating foreword by Sir Martin Roth, there is an absorbing account of the historical background; a scene to reflect on when trivial conflicts over present-day methods of treatment generate political sway. This aspect is maintained throughout the work, as each main section has its own historical prelude. The chapter on psychotropic drugs is divided into subsections which cover the important current issues, and for each drug group an outline of pharmacokinetics is followed by a clear description of their current use in clearly defined illness categories.

The section on ECT is outstanding, presenting a cogent review of practical issues and research findings relevant to modern practice. Areas such as electrode placement, duration of current, modification, premedication, relaxation, neurobiological effects, and mode of action precede a discussion on simulated treatment, a full account of indications in specific conditions, and recommendations for procedure. Similarly, psychosurgery is treated thoroughly and carefully, revealing a rich source of interesting information and giving the impression, repeatedly felt while reading this book, that the authors have searched well for additional facts, viewed them in a fresh light and presented them in a novel way.

The chapter on legal considerations is, at first glance, aberrant, an impression quickly dispelled by its content. There is an interesting account of the evolution of the process of patient consent to treatment, and a well-researched history of the gradual increase in constraint to the use of physical treatment. This chapter illuminates in an indirect and uncontrived way the aim of the book, fully met, which emphasises the importance when appropriate of knowing the physical treatments well, choosing the appropriate measure, explaining to the patient, and gaining proper consent.

This book is warmly recommended as a sound classical guide to modern effective physical treatment. The presentation and finish complement the worthy contents to make the price reasonable by today's standards.

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Treating Chronically Mentally Ill Women. Edited by LEONA L. BACHRACH and CAROL C. NADELSON. Washington: American Psychiatric Press. 1988. 184 pp. £9.95.

Hearing throughout this book recurrent echoes of the feminist movement, your reviewer felt he was getting something of a hard sell. Most readers are likely to be sympathetic to the view that "gender role stereotypes