

**Biological Treatments in Psychiatry.** By LOTHAR B. KALINOWSKY, HANNS HIPPIUS and HELMFRIED E. KLEIN. New York: Grune & Stratton. 1982. Pp 424. \$49.50.

**Drugs and Behaviour.** By FRED LEAVITT. New York: John Wiley. 1982. Pp 515. £29.75.

These substantial works might appear to cover similar fields, but the content reveals immediately their different approaches and aims.

The first, a treatise on the chemical and physical treatments in psychiatry has had a distinguished career, already spanning thirty-six years. It has expanded from the early work of Kalinowsky and Hoch, in which the rivalry of ECT and insulin was debated, to the present form, a highly polished, fully documented and comprehensive description of the present status of all approaches likely to be encountered. A useful historical introduction sets the scene.

As might be expected, a substantial part is concerned with chemical treatment, but it is written with a clinical purpose, and the reader is also introduced to the clinical trial, pharmacology and the fate of drugs and the relevance of plasma levels. The descriptions of psychotropic drugs and their application are exhaustive, while the broad view of compulsive therapies contains a wealth of detail, particularly relevant as a transatlantic view of a much criticised and well defended treatment. There is a thorough review of psychosurgery, and the concluding section embraces the treatment of alcoholic and drug dependence. There is brief mention of less commonly used agents. Among the many approaches included are haemodialysis, megavitamin treatment, electrical self stimulation of the brain, refrigeration, endocrine treatment and sleep deprivation.

The title of *Drugs and Behaviour* could with truth be inverted. The approach in this book differs from that of most works on psychopharmacology, for the primary point of reference is to varieties of behaviour, from which the substances influencing it are discussed. This parallels the order of clinical thinking in chemical terms, and brings to prominence the underlying mechanisms and relevant growing points in research. About half the book is concerned with principles of effects of drugs on behaviour, and drug dependence and its treatment. The remainder, *inter alia*, deals with perception, learning, sexual frustration, aggression, sleep and creativity in considerable depth. In every section down-to-earth analogies are used, and there is a periodic injection of special interest often related to little known applications relevant to clinical psychiatry. The result is stimulating and it must be difficult to read this book without finding a new field worthy of personal pursuit.

In presentation and documentation both works represent the best in medical publishing tradition. Both can be regarded as classics likely to remain usefully in the forefront of attention of psychiatrists, psychologists and pharmacologists for a considerable time.

JOHN POLLITT, *Physician in Psychological Medicine, St. Thomas' Hospital, London*

**Foundations of Clinical Psychiatry.** By JOSEPH M. STRAYHORN, JR. London: Year Book Medical Publishers. 1982. Pp 590. £26.50

This is a clear and easy to read introduction to psychiatry aimed at the level of the medical student or early trainee.

A reasonable overview of the major psychiatric disorders is given but the organisation of the book is such that to attempt to learn about the management of particular kinds of patients is quite difficult. Differential diagnosis is also not made easy although the separate chapter on organic disorders producing psychiatric symptoms is comprehensive and clear.

The DSM III diagnostic criteria are used as the basis for description of the main psychiatric disorders which is a useful approach but not entirely compatible with psychiatry in the U.K. The introduction to statistics is clear and easily understood and the chapter on criterion techniques with concrete examples is excellent. However the almost complete absence of coverage of community psychiatry, psychogeriatrics and subnormality would not be regarded as providing adequate foundation of clinical psychiatry in the U.K. For an English audience the book suffers from the inevitable shortcomings inherent in an American textbook, for example I find it unhelpful that all disease statistics quoted are North American. Others are major such as the relative backwardness of clinical therapeutics in the U.S. Some antidepressants in use in the U.K. for many years are newly introduced or not yet available in the U.S. For example referring to clomipramine as a compound having only research usefulness is misleading to a European readership.

An easy to read book as an introduction for American medical students but not one that is recommended for students in the U.K.

STUART A. MONTGOMERY, *Senior Lecturer & Hon. Consultant in Psychiatry, St. Mary's Hospital Medical School, London*

**Modern Synopsis of Comprehensive Textbook of Psychiatry.** 3rd edition. Edited by HAROLD I. KAPLAN and BENJAMIN J. SADOCK. 1981. Baltimore: Williams and Wilkins. Pp 973. \$35.75

The editors of the three-volume *Comprehensive*