

references. As well as being a valuable record of the views prevailing in 1965, this volume provides a convenient source of information.

Schadewaldt writes on the European medical history, von Baumgarten and Rubia, and Noelle, on metabolic processes, and Oberdisse, Solbach and Zimmermann on endocrinological investigations. Dührssen describes the neurotic traits associated with anorexia nervosa, Tolstrup, its natural history. The psychodynamics are discussed by Palazzoli Selvini, by Feldmann and by Richter. Bruch discusses the differential diagnosis, Kay and Schapira, the prognosis. Frahm reports on the somatic treatments, Fleck, Lange and Thoma on the psychoanalytic treatment. Theilgaard, and Hiltmann, each discuss the findings from psychological tests. The disorder of the body image is described by Bruch and by Gallwitz. Pflanz, von Baeyer, Ishikawa, and Sperling, each discuss the family processes.

Certain impressions emerge from the clouds of uncertainty surrounding the disease. The crucial symptom is not the compulsive pursuit of slimness, but the failure during the 'teen years to achieve independence and to assume the social roles and obligations of adult life. Few of the patients marry; if they do so, they tend to be frigid. The daughter does not emancipate herself and remains under the influence of her mother, who, disappointed in her own life, will not leave her alone and makes great demands on her. Her father, who plays a minor role in the family, tends to be inadequate and indifferent and to show little sympathy for her. Often a grandmother dominates the family. In samples of patients, middle-class families tend to be over-represented, who are sound economically, although not wealthy. The disease appears to be rare among negroes. The parents tend to sabotage the patient's treatment, each in a characteristic way.

D. RUSSELL DAVIS.

**Lecture Notes on Psychiatry.** By JAMES WILLIS.  
Oxford: Blackwell. 1964.

The blurb says that the booklet "was written specifically for the undergraduate medical student, though also for interested laymen and mental health workers." Dr. Willis says he was prompted to write it because "whilst teaching medical students he found that their curiosity about psychiatric concepts was often blunted by the lack of plain answers to their questions . . .". But psychiatry is not a subject which lends itself easily to a "plain" presentation and to do just that within 86 little pages is an undertaking of unusual ambition. Too often brevity and simplicity are achieved at the expense of accuracy, and by thus

misleading the student defeat their original intention.

The reviewer feels that in this booklet this pitfall has not been successfully avoided and the student who has been primed by it would require very thorough unlearning and re-learning if he really wanted to know something about psychiatry. Will his frail curiosity stand up to that?

J. HOENIG.

**The Nurse and the Mental Patient.** By MORRIS S. SCHWARTZ and EMMY LANNING SHOCKLEY, New York: John Wiley & Sons, Inc. Science Editions, 1956. Paperbound edition 1965. Pp. 284. Price \$1.65.

The authors aim in the book at helping nursing personnel to deal with the mentally ill, and the chapters on incontinence, sexual behaviour, extreme anxiety, understanding the patient, communicating with him and relating to him, fulfil the expressed purpose. Those chapters, clear, concise and well written, make this book worth reading, but the rest of the book, probably because it was published a decade ago, does not portray modern outlook or situations existing in the progressive psychiatric hospital in the era of therapeutic progress and success.

The psychological needs of the patient are not mentioned clearly enough, and he is pictured as being continuously violent, causing the nurse to perform her duties with fear and with the thought of violence uppermost in her mind. She is hardly credited with commonsense and ability to deal adequately with everyday situations, and it is doubtful whether a trained nurse would permit herself to express or act out her emotions so freely.

The book is designed to help in discussion groups with nurses and attendants, but while it may be used for this purpose by the trained and experienced nurses, the students will find only the chapters mentioned above helpful in their training.

W. WOLLEN.

## 2. MENTAL HEALTH

**Mental Health in a Changing World.** Editors: KENNETH SODDY and ROBERT H. AHRENFELDT. London: Tavistock Publications. 1965. Pp. 192. Price 35s.

This is the first of a three-volume report of the International Study Group of the World Federation for Mental Health which met at Roffey Park from 12 to 24 June, 1961, under the chairmanship of Professor Rümke of Utrecht. The Group comprised twenty-five experts from fifteen professional disci-