

I particularly liked Burns' catalogue of reasons why conventional clinical staff found the ideas of community psychiatry and working in multidisciplinary teams something of a threat. His chapter should be essential reading for would be psychiatrists, psychologists and psychiatric nurses.

Frank Holloway discusses the wider implications of home treatment as an alternative to admission, a chapter of use to mental health managers as well as clinicians. Til Wykes produces an acerbic chapter provocatively titled "Toxicity of community care" which challenges the notion of treatment research into community care suggesting that confusion exists between specific treatments offered and the specific organisation of care in which treatment is provided. He suggests a central register of key elements in community service and frequent reports of failures and successes.

The penultimate chapter is an in-depth analysis "towards an understanding of cost effectiveness" by Martin Knapp. This suggests that costs should be measured comprehensively, taking into account variation between service users, facilities and areas of country, comparing like with like and urging integration with information on user and other outcomes to ensure we move to cost effectiveness. His mathematics lost me on the way but his debate provides a chilling reminder of what the National Health reforms are about.

This book is essential for those engaged in the restructuring of psychiatric service delivery – not an easy read – but an important one.

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**150 Years of British Psychiatry 1841–1991. Volume II, The Aftermath.** Edited by Hugh Freeman & German Berrios. 630 pp. £45 (hb). London: Athlone Press. ISBN: 0485-11506-9.

On first looking into Freeman & Berrios Part 2

'O what can all thee, Shrink-at-large,  
So haggard and so woe-begone?  
The squirrel's granary is full  
And the harvest's done.'

'I met a Lady by the Thames,  
Formidable, a grocer's child;  
Her hair was blonde, her handbag hard,  
And her eyes were wild.

'She promised me a Great Reform,  
Of changes which would never stop,

A busy market, selling health  
Like her father's shop.

The handbag swung. I fell. I dreamt  
Of falsehood, secrecy and crap,  
And wailing Fundholders, who cried  
*Ah beware the trap!*

'And then I woke. You found me here.'  
'Cheer up,' I said. 'A nice hot bath  
Will put you right – and read this book  
Called *THE AFTERMATH*.'

It was the subtitle which set me into doggerel mode, with its intimations of a misty, declining autumn. Part I was indeed a deliciously full squirrel's granary. An aftermath, a second mowing, might indicate a deterioration – historical gleanings, or even silage. But not a bit of it. It is full of good things, even though it does, in many articles, get very close to the unhistorical present day. For instance, in David Healy's article on 'The History of British Psychopharmacology', we reach the 1930s by the fourth paragraph. His account has the autumnal gusto of the hunt, with hares and cubs and a pack of very young hounds baying loudly at each new scent. He discusses one current development, the marketing of nosological entities in tandem with a drug – encouraged by DSM-III and IV, the biggest marketing enterprise in psychiatry – 'atypical depression and MAOIs', 'clomipramine and OCD' for instance. He omits a modern worm in the bud, scientific fraud, by no means confined to psychopharmacology: but it is no accident that one of the two authors of the main British book on the subject was, for many years, the Medical Director of the Association of the British Pharmaceutical Industry. In contrast, the Parry Jones's scholarly review of eating disorders is based on 360 cases covering the years 1500–1936. I learn that 'bulimia' was described in the 17th century, and that two disorders: *mercyism* (rumination) described by Harvey's Paduan teacher, and *malacia* (*Pica*), described by Hippocrates, remain to be rediscovered and raised to a higher profile.

The 29 chapters – all informative and well written – are grouped under three headings: 'Clinical practice'; 'Professions, areas and institutions', and 'People' – but these are arbitrary and not particularly enlightening. Another approach might be 'national': there are good accounts of developments in Ireland and Scotland, and another on the contributions of immigrant German psychiatrists in the 1930s. A persistent theme is the effect of war, and particularly the two great European wars, on every aspect of psychiatry and its related professions, such as psychology and nursing. The contributions on this theme all make for fascinating reading, none more so than Ben Shephard's account of the

origins of Maghull Military Hospital, where an able and frustrated psychiatrist pathologist, R. G. Rows, was put in charge of a 'brilliant band' of people to treat 'war neuroses' by psychological techniques. This included a Professor of Anatomy, a neurologist, a psychiatrist, two psychologists and a doctor turned anthropologist - W. H. Rivers, who moved on to the officers-only hospital at Craiglockhart. 'Great was it in that dawn to be alive' - and it was not an entirely false one, although it did fade a bit in the light of common day, and poor Dr Rows faded away altogether.

The publishers claim that this volume, together with its predecessor (published by Gaskell in 1991), 'constitute the definitive history of British psychiatry since its formation during the 19th century'. Fortunately, no history is definitive, as the writing of it is an art form, where what is left out is just as important (and as based on personal choice) as what is left in. These two volumes make a fine pointillist picture (with a number of its best dots on Irish psychiatry), but it is not difficult to find bare areas of canvas. There is nothing on the effect of the accounts and reports by patients (apart from Clifford Beers), nor of the influence of voluntary organisations such as relatives' groups, nor of the 'media' - from the *Yorkshire Herald* in 1814 to Yorkshire Television in 1991. Perhaps the time has come to put the 'new biological psychiatry' into its historical context. Much of the thinking, if not the techniques, are akin to phrenology, as described in Dr Beveridge's excellent article in this recent volume. And what about developments in classification, the conceptual infrastructure which affects our thinking as much as the drains affect our health?

I have some criticisms. This volume costs £45, three times the price of Volume I - issued free to all the fortunate attenders of the Brighton meeting in 1991. It is essentially a browser's book, but beyond a browser's purse. At that price (plus a contribution from Zeneca) one would expect a high level of proof-reading. But alas, there are many minor errors, and, particularly, discrepancies between the references given in the texts and those at the ends of the chapters.

I must mention one: the 'chilling portent of the murder of mental patients under the Nazis' by Binding, a jurist, and Hoche (1922). 'The Sanctioning of the Destruction of Lives Unworthy to be Lived': this 'rationalisation for an apocalyptic euthanasia', is mentioned by Gottesman and McGuffin in their article on Eliot Slater. They express gratitude to Professor Peter Propping, Head of the Institute of Human Genetics at Bonn University, 'for calling our attention to this rare source'. But this rare source is not mentioned in their reference list. It is in fact easily available and

fully discussed in Michael Burleigh's searing and scholarly book (1994) which should be compulsory reading for all psychiatrists.

We have escaped the Nazi eugenic regime, and benefited greatly from its refugees. But, as I write, a notorious public relations agent is handling the £1 million given to a pregnant woman, bearing eight foetuses. The more she bears to term, the more money she will get, and the more likely she and they are to die. 'Let's face it, that's market forces', he says. Beware the handbag. Perhaps its arguments and its effects on psychiatric care - both 'long-term' and 'managed' - will be a topic in Vol. III, or Vol. IV - a regular harvest, eagerly awaited.

BURLEIGH, M. (1994) *Death and Deliverance. Euthanasia in Germany 1900-1945*. Cambridge University Press.

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**Asylum Days - A Psychiatrist's Casebook.** By PETER J. BLOCKEY. London: The Book Guild Ltd, pp 131. ISBN 107 3.

The dust cover of this book states: "The words 'padded cell' and 'ECT' fill most of us with dread but Dr Blockey finds much to praise in the old institutions and much to regret in their passing. Above all, he shows that enlightened mental hospitals provided care, attention and company - an alternative community for those who could not cope in society at large". From this you would imagine that Dr Blockey's book is a strong defence of the old type mental hospital and in turn possibly an attack on present trends in psychiatric care. Reading the book does not confirm this view.

Peter J. Blockey is the pseudonym of a psychiatrist now retired, who has worked in psychiatric hospitals in both Scotland and the north of England. Not only is the author's name an assumed one but the assumption of names extends to the hospitals in which he worked and the people whom he met, be they psychiatrists, administrators, nurses, social workers etc. He does refer to a number of psychiatrists *en passant* but only gives one his real name and that is Aubrey Lewis. He clearly describes Will Sargant but does not give him a name and some of the places and people with whom he worked are, I think, recognisable, but I do not intend to chance my luck by mentioning any examples.

Dr Blockey has written an account of a gentle, nostalgic meander through psychiatry as practised in the now rapidly disappearing psychiatric hospitals. Sometimes the meander takes the reader into a maze in which it is difficult to find the way but on the whole it is a pleasant and