

the other hand, in the common neuroses, the bulk of whose management falls to the lot of the family doctor, psychotherapy is the best tool we have.

Psychiatry is concerned with largely undiscovered country, into which explorations are still being made; doubtless new aspects will be disclosed in years to come. The complete map will be soonest made when all explorers, rather than discredit the methods and discoveries of each other, unite to increase the sum of knowledge.

**Aspects of Psychiatric Research.** Edited by D. RICHTER, J. M. TANNER, LORD TAYLOR, and O. L. ZANGWILL. Lond., N.Y., and Toronto. Oxford University Press, 1962. Pp. v + 445. Price 63s.

The research committee of the Mental Health Research Fund and the editors of this comprehensive volume are to be congratulated on the uniformly high standard of the book. It is by no means easy to produce a series of chapters by different authors in which the balance is preserved, and repetition avoided, but this has been achieved. The wide field covered in the comparatively short space of 439 pages is most creditable. Sir Geoffrey Vickers opens the series by a challenging chapter on the problem of mental illness in our British culture. Striking facts are produced. Mental illness costs the country about a quarter of the N.H.S. income: 44 per cent of the hospital beds are in mental institutions; schizophrenia is responsible for more bed-years of hopeless illness than any other disease. It is not possible to summarize each of the twenty chapters, but the taste is catholic. The reviewer who has had no psycho-analytic training, was captivated by Dr John Bowlby's thesis on childhood bereavement and its relationship to psychiatric illness, carefully worked out step by step. Psycho-analytic arguments on schizophrenia in one chapter are countered by observations on biochemical factors of the disease as shown in the plasma and serum of schizophrenic patients. One is gently introduced to the complex subject of neuropharmacology, and such technical chapters as this and one on chromosome abnormalities are eminently readable. Besides the chapters already mentioned there are others on the evolution and meaning of the Mental Health Act; epidemiology, crime, industry, and genetics, to mention only a few. The book is well printed with an excellent list of references at the end of each contribution. The reader feels that he is being brought up to date in many divergent fields of psychiatry, all for the cost of three guineas. The book is recommended to all who are interested in social medicine, psychiatry, and psychiatric research.

**A Short Textbook of Medicine.** First edition. J. C. HOUSTON, M.D., F.R.C.P., C. L. JOINER, M.D., M.R.C.P., J. R. TROUNCE, M.D., M.R.C.P. The English Universities Press Ltd. 1962. Pp. x + 564. Price 25s. paper bound. 35s. board bound.

This book strikes a very happy medium between the text-book and the synopsis and has been written mainly for medical students. The editor's foreword claims, "It is a concise account of the subject with more than