

ulcer, amblyopia, hepatic cirrhosis and the accident rate, admitting doubt where this exists but finding it less frequently than some would have the world expect.

The detailed evidence on which conclusions are based forms the second part of the book and this, together with the chapters describing the setting up of the study, is a fascinating account of epidemiology on a world scale to which all of medicine and many other sciences too have made their contribution. The care manifest in the second part increases the authority with which we must regard the first.

How valuable will this report be? Will it, together with the report of the Royal College of Physicians, suffice to awaken the civilized world to the public health problem which it has created, resulting in the remedial and preventive steps which followed when other comparable hazards were recognized? Will there be legislation based on the report? Will there be any other observable effect than the absence of the blue haze that once hung brooding over any well-attended meeting of doctors.

The committee may itself suggest an approach to the answer when it says "the overwhelming evidence points to the conclusion that smoking—its beginning, habituation, and occasional discontinuation—is to a large extent psychologically and socially determined . . ." Not until forces are brought to bear on the mind of the individual and the habits of the group which are quite irresistible will a hazard be eliminated, a hazard the greater for the affection in which its votaries hold it.

General practitioners should be the first to read this book and to share its conviction, those who smoke cigarettes still, those who now smoke pipes, those who smoke no longer and those who never smoked. It will help some to come to terms with their addiction, and all to relieve the same addiction they find in their patients.

Mental Health and Environment. LORD TAYLOR and SIDNEY CHAVE.
London. Longmans Green & Co. Ltd. 1964. Pp. xii + 228. Price 40s.

This is a detailed account of a survey of mental health in a new township. Consideration was given to two other projects which to some extent acted as controls, one in a housing estate 12 miles from London, and the other in a London borough from which many of the new township population had originated. The survey was like a pyramid, and it was divided into four sections. The wide base was made up of persons who complained of 'nerves', depression, undue irritability, and sleeplessness, but who were not ill enough to seek medical advice from their family doctor. This section was studied by means of a field survey, and the findings showed that about one-third of the new township had such symptoms and were suffering from what was called a subclinical neurosis syndrome. By working in the homes of a random sample of the population, important new ground has been covered. Many surveys have studied the 70 per cent of the population who visit their family doctors each year, but little is known of the other 30 per cent who don't go to see him. Here

this section of the community has been investigated for psychiatric morbidity. The second slice of the pyramid consisted of a study of persons who saw their general practitioners because of some psychiatric illness. All the local family doctors co-operated, and as is usual in the statistics of mental illness, there was a wide divergence of figures. One doctor found some 1.6 per cent of his patients suffered in this way, and another 14.1 per cent. The average for all the practitioners was 6.8 per cent. In spite of this spread, the authors make a convincing argument in favour of the overall validity of their figures. The third slice of the pyramid consisted of all the patients who were referred to the psychiatric outpatient department, a matter of 0.44 per cent of the population. The small apex consisted of all who were admitted to a mental hospital during the survey year (0.19 per cent). The whole book is well printed, with many useful tables and appendices. It is written in the pleasing and readable style we have come to associate with the works of Lord Taylor. It is a fine piece of research which will be of interest to all workers in both general practice and psychiatry, who are interested in epidemiology. The details of how the work was done will be invaluable to others who plan to study total morbidity.

Lysergic Acid (LSD 25) and Ritalin in the Treatment of Neurosis. THOMAS

M. LING, M.A., M.D., M.R.C.P., and JOHN BUCKMAN, M.R.C.S., L.R.C.P., D.P.M. London. The Lambarde Press. 1963. Pp. i + 172. Price 21s.

Psychiatry. E. W. ANDERSON, M.D., M.Sc., F.R.C.P., D.P.M. London. Baillière, Tindall & Cox. 1964. Pp. vii + 296. Price 16s.

An Outline of Psychiatry. F. J. FISH, M.B., M.R.C.P., D.P.M. Bristol. John Wright & Sons Ltd. 1964. Pp. 280. Price 32s. 6d.

Psychiatry is the most personal of all medical disciplines and perhaps the most interesting. The general practitioner is interested in the family and the interpersonal relationship of the members of the family in health and disease. Here are three books, one written by two psychiatrists concerning themselves with a special kind of treatment; the other two are written by teachers.

The book on LSD 25 in the treatment of neurosis has a short description of anxiety, followed by reviews on the practical aspects of treatment and the added advantage of ritalin. Case histories of migraine, sexual disorders and psoriasis are given and successfully treated. There is also one interesting description of a patient cured of compulsive gambling. Small doses of lysergic acid diethylamide (Sandoz 1942) produced a transient confused psychotic state during which unconscious early childhood memories may emerge. Ritalin (Ciba 1954) is a central nervous stimulant with an action somewhere between that of amphetamine and caffeine. Ritalin modifies LSD and enables smaller doses of the latter to be used. LSD is one of the more extensively used hallucinogens for psychotherapeutic purposes. Ever since I read Aldous Huxley's *The Doors of Perception* and later, *Heaven and Hell* I always gang warily when treatment with one of the hallucinogens is described. Huxley was of course referring to mescaline, when he said: "I was seeing what Adam had seen