well-stocked library. However, as the only guide to neurology in the hands of a junior resident or a medical student it would hold its own with many of the others. As the author points out in his preface, his opinions may not be shared by all other authorities, and this is reasonable. However, like all single author texts, there are occasions when his views may not be accepted by any other authorities. The reviewer, for instance, would have preferred to have had greater emphasis on the frequency with which vertigo may occur as a symptom of carotid artery disease, and a mention at least of the value of 24 hour recording of the ECG in the elucidation of transient ischaemic attacks. One would have liked greater emphasis on the benign nature of much multiple sclerosis; all areas of common neurological practice. Finally the statement that classical myxoedema is easy to recognise is perhaps true, but should be accompanied by the observation that it is rarely classical and almost always missed. Apart from this there is really little that one could quarrel about in what is, as the author states, clearly a construct of personal experience, literature search and much opinion-seeking from others.

RE KELLY

Sleep Disorders, Insomnia and Narcolepsy. By Henry Kellerman. (Pp 250; \$27.20.) New York: Raven Press, 1981.

The total value of medical book sales in 1979 in the USA was over \$110,000,000 (*New Engl J Med*, 1981 July 9, p 113). A large part of these sales was due to popular medical publications and in the last decade many patients have become as knowledgeable as their physicians about their ailments. The present book is in the borderland between psychiatry, medicine and the patient, for example—"How to understand your cancer" or "Sex and old age". Does the reader get his money's worth? Almost certainly the book is worthless. Lacking any firm diagnostic criteria or any kind of critical approach the author attempts to relate sleep problems to interpersonal phenomena. This policy leads him to the conclusion that secondary dependant persons are symbiotic and not well enough differentiated. Such people may be potential problem sleepers and do not know where their parents begin and they end. In a second section the distinction between Narcolepsy, Hypnosis and Schizophrenia is

considered. Freudian views are discussed at length; thus for example we learn that sleep paralysis may accomplish the avoidance of masturbation. The final section discusses the importance of psychotherapy in the treatment of insomnia and is of more value but this book will not appeal to physicians and should not appeal to their patients.

JD PARKES

Fundamentals to a Pharmacology of the Mind. By Corneliu E Giurgea. (Pp 415; \$37.75.) Illinois: Charles C Thomas, 1981.

To most Western psychiatrists and neurologists Pavlov is known for his salivating dogs and the introduction into psychology of such terms as conditioned reflex. What, however, is not often appreciated is that studies of the physiological basis of mental activity by the Russian scientists in particular has continued for over 100 years. Based on the reflexology of Sechenov, and receiving experimental confirmation with the work of Pavlov, it has been continued by such authors as the Bechterevas and Kupalov, and taken to the United States most prominently by Horsley Gantt. It is to the latter that the book is dedicated, Professor Giurgea having produced, in his own words, a "hybrid Janus-like volume which is neither a textbook nor a real essay but something that touches both of them". In it he sets out to lay down the theoretical and experimental foundations of psychopharmacology with particular reference to our knowledge of the physiological basis of the mind based in particular on the theories of those mentioned above, but integrating these ideas with the author's own profound knowledge of the neurophysiological and neurochemical ideas that have developed in the West. He emphasises the Sherringtonian concept of "integrative action" of the nervous system, and attempts to unite the organic with the so-called functional. In particular he notes how the neuroses in humans have been poorly investigated, and indeed are looked upon pejoratively by many doctors. He however compares human neuroses to the experimental neuroses, as developed from the work of Pavlov, and introduces us to such words as "cortico-visceral" as a replacement for the word "psychosomatic". Analysis of such experimental phenomena as supraliminal inhibition, in which behavioural inhibition is seen to take place when too strong a stimulus

is applied, short-acting conditioned stimuli and shortened conditioned reflexes, in which only a change in the functional state of the brain as opposed to a specific external reaction takes place following a stimulus, and autokinesis or "incubation during which an experimental neurosis does not manifest itself until some time after the experimental challenge", are all seen to have clinical counterparts.

The extension of these ideas, that the mental state, and particularly disturbances of it, have a physiological foundation, leads to the second main thesis of the book, namely that such processes can be influenced by psychotropic drugs. It is here that I think it deserves some criticism for an over-extended presentation of data on one drug, namely piracetam, consideration of which takes up some 80 pages. While it may turn out to be the best thing since sliced bread, it could have been considered, in the overall context of this book, in a far shorter space and the book would have been all the more readable for such an exclusion.

At a time when the psychiatric establishment in this country is trying to cut itself off from all contact with its Russian counterparts, this book is a notable reminder of the great contributions to psychology that have stemmed from many authors within the Eastern bloc which have relevance for neuropsychiatrists, particularly those interested in understanding and developing a physiologically-based approach to the mind and mental disorders. I would recommend the book to anyone who has an interest in such subjects.

MICHAEL TRIMBLE

Antidepressants: Neurochemical, Behavioral and Clinical Perspectives. Edited by SJ Enna, Jeffrey B Malick and Elliott Richelson. (Pp 272; \$43.52.) New York: Raven Press, 1981.

Many new anti-depressant drugs have been introduced into clinical use since the advent of imipramine therapy in the mid 1950s. Accompanying the wide variety of compounds introduced has been a great deal of research into the underlying cause of the illness and the mechanism of action of the drug used to treat depression. Much of this has been spurred on by the lucrative markets for such compounds. This volume contains a relatively up-to-date summary of our present knowledge of the mechanism of action of anti-depressant drugs. In