Book reviews

Jellife's conversion to psychoanalysis requires interpretation but Professor Burnham is reticent in this respect. Equally absent from the book is an assessment of the real effect that his psychoanalytic proclivities had on American neuropsychiatry. Nothing is said either on Jellife's flawed version of the psychosomatic view and on how it relates to the demise of the American psychosomatic school of between the Wars.

Professor Burnham manages, however, masterly to depict the chilling politics behind the medical journalism of this period. The history of the origins of the Chicago "Archives of Neurology and Psychiatry" is however uncomfortably reminiscent of that of some of its British counterparts. This book should be obligatory reading for editors of journals that try to serve, like the "Journal of Nervous and Mental Diseases" under Jellife once did, different specialisms at the same time.

The second part of the book contains about 77 letters, of varied length and relevance, from the Freud, Jung and Jellife Correspondence. They corroborate early insights into the personalities of Freud and Jung but say a great deal more about Jellife himself. The book ends with a complete and useful list of Jellife's writings.

The central contribution of this restrained biography is to the history of early 20th century American neuropsychiatry and psychoanalysis. It is less adequate on the history of the European scene which Jellife is supposed to have painstakingly translated for his contemporaries. Be that as it may, it has prepared the terrain for later researchers who will have to deal with the question of the extent of Jellife's contribution (or lack of it) to American neuropsychiatry.

GE BERRIOS

Biofeedback: Principles and Practice for Clinicians. 2nd Edition. Edited by John V Basmajian. (Pp 390; £29.00). London: Williams & Wilkins. 1984.

This is the second edition of a collection of contributions by North American authors of different theoretical persuasion ranging from behavioural to psychodynamic, amongst whom are some prominent biofeedback clinicians and researchers. In this new edition, the book has increased in size from the original 21 chapters and 282 pages to 30 chapters and 390 pages and is divided into six parts: Introduction and Neuroscience, Neurology and Rehabilita-

tion, Psychotherapeutic Applications, Special Applications, Technical Considerations and Envoy.

The new chapters cover applications of EEG biofeedback, use of biofeedback in pain management, in dentistry and in the treatment of Raynaud's disease, and also employment of computers and construction of goniometers for biofeedback. The chapter on the scientific basis of biofeedback from the first edition has been divided into one on striated muscle and another on the autonomic nervous system.

The chapters from the first edition have been altered to varying degrees, but the references have not always been updated and a large proportion are unpublished papers presented at scientific meetings. There are inevitable overlaps in the content of chapters and selective reading of chapters on applications of biofeedback to particular problems may be more fruitful.

In the majority of chapters in parts 2, 3 and 4, which cover the diverse applications of biofeedback, the authors' approach to and practice of biofeedback in their own clinics or laboratories is outlined. These sections of the book especially part 2 (Neurology and Rehabilitation) are therefore a "gold mine" of practical suggestions by experienced biofeedback clinicians and researchers. Part 5 of the book is also recommendable reading, as the contributors manage to convey technical information on biofeedback circuitry and instrumentation in simple and understandable language.

One criticism is that in some chapters, besides presentation of unsystematic case reports no attempt has been made to substantiate the author's approach to and claims for the efficacy of biofeedback. Adler and Adler (Chapter 17) even go as far as suggesting that "the practical observation of experienced clinicians can be trusted more than the superficial and potentially deceptive data produced by studies which use only biofeedback. If the experience of many clinicians concurs, the evidence becomes more compelling". This apparent discouragement of systematic evaluation of biofeedback is likely to undermine future prospects of biofeedback's legitimacy as a valid treatment which can only be established through rigorous research.

In the preface to the second edition, the editor claims that this book on biofeedback is the "state of the art and science today". The book does reflect the art of practising biofeedback treatment but does not include enough empirical evidence to allow

an evaluation of the scientific position of biofeedback in terms of specificity and somatic vs cognitive mediation of its effects and its cost-effectiveness.

As the editor indicates the possibility of a third edition, inclusion of chapters on biofeedback outcome and process studies may be a worthwhile addition. Also a further chapter on single-case methodologies would be a step towards encouraging Schwartz' recommendation in part 6 for the adoption of a research-oriented problem-solving approach to therapy.

MARJAN JAHANSHAH

Effects of Aging on Regulation of Cerebral Blood Flow and Metabolism. (Vol. 11 of Monographs in Neural Sciences series)—2nd Satellite Symposium, San Remo, June/July 1983. Edited by C Fieschi, CW Loeb & GL Lenzi. (Pp 258; \$98.25.) Basel: Karger, 1984.

As the proportion of the population in the higher age groups increases, interest in ageing (spelt in the title of this book as aging) grows. This volume presents the 39 papers given at a symposium held at San Remo in 1983 with an introduction by Sokoloff. Emphasis is very much as the title implies on the changes in cerebral blood flow and metabolism which accompany advancing years. This is very much a book for the person with a special interest but as such is a useful summary of current activity in the field.

JOHN MARSHALL

Controversies in Neuro-urology. Edited by David M Barrett and Alan J Wein. (Pp 549; £64.00.) Edinburgh: Churchill Livingstone, 1984.

The editors of this book state that its purpose is to present topics, dealing particularly with the evaluation and management of voiding and sexual dysfunction, in such a way that opposing viewpoints can be seen in context. The editors have interposed brief comments at relevant points between chapters. This rather unusual format results in an attractively readable book. Most of the authors state not only their views and opinions but describe the methodology of the techniques under discussion in their chapters so that the book contains much that is useful not only to experts, but also to those not professing to

great knowledge of bladder disorders. Many neurologists regard the nervous control of the bladder as a fairly mysterious subject and they will be relieved to learn such is also the opinion of many urologists. Measurement is a fundamental requirement for understanding, but the nervous control of the bladder seems not to have been greatly enlightened, at least thus far, by the availability of accurate measurements of bladder and urethral pressures, and urine flow rate during voiding. The role of the autonomic and somatic nervous systems in the control of continence and voiding remains controversial and ill understood and much of the controversy discussed in the book reflects this lack of basic understanding. Even the classification of voiding disorders reflects fundamental ignorance and the chapter on pharmacological aspects is refreshingly frank in its admission of the failure of modern pharmacology to find effective methods of managing detrusor instability and minor degrees of incontinence, despite a large and expanding literature on this subject.

The early chapters are concerned more with the methodology and interpretation of cystometrograms, videocystometrograms, urethral pressure profiles, and EMG of the urethral striated sphincter muscle and it is clear that there is yet much to be learned from developments of these techniques in clinical practice. The neurological reader will be struck by the relative absence of reference to the results of careful investigations of patients with defined neurological lesions, since this would seem to offer a way of approaching the more common and equally ill-understood disorders of continence believed not to be due to disorders of the nervous system. All things considered this is a much better introduction to the understanding of urinary continence, and the neurology of the bladder, than most books setting out to discuss these problems in monograph format. Most of the chapters are well referenced and the book is generally attractively produced and well illustrated. Despite the title there is a conspicuous poverty of neurologists amongst the contributors. Perhaps this explains our ignorance of this subject!

MICHAEL SWASH

Introductory Neurology. By James G McLeod and James W Lance. (Pp 276; £9-80.) Oxford: Blackwell Scientific Publications, 1983.

The preface to this useful volume states

"the present book is designed to help the undergraduate medical student relate already acquired knowledge of the basic neurological sciences to the examination of the patient and to diseases of the nervous system. There has been no attempt to discuss in detail all the conditions seen by a neurologist and their treatment since there are many excellent comprehensive books readily available which can and should be consulted". Though I find this book the most useful book to date for medical students by virtue of this approach, the clarity of the authors' style, and the use of diagrams, it still, in my opinion, contains too much detailed information for the average medical student.

With this comment, I shall recommend the volume, which is appropriately priced, to medical students without hesitation.

IMS WILKINSON

Clinical Transcutaneous Electrical Nerve Stimulation. Edited by Jeffrey S Mannheimer and Gerald N Lampe. (Pp 636; \$46.25.) Philadelphia: FA Davis Co. UK Distrib: Quest Publishing Agency, 1984.

This book bears some resemblance to a Sunday newspaper: it is large, easy to read, comparatively inexpensive and extensively illustrated. Unfortunately the resemblance does not end there: much of the content is superficial or oversimplified, and it is hard to see who would really benefit from it despite its aim to be "a comprehensive text on pain management that emphasizes the adjunctive role and limitations of one modality within the available armamentarium of the informed clinician". The title is misleading; whilst it surely implies the contents are related or relevant to the technique of transcutaneous electrical nerve stimulation, in fact little in the field of pain escapes attention. There are chapters from the six contributors dealing with neurophysiology, psychology, structures in the "neuromusculoskeletal" system producing pain, consideration of numerous painful conditions, and so on. Some of these topics appear very out of place, whilst others such as a useful discussion on tender points are certainly pertinent.

The book is at its best when it deals with the subject in hand, and useful sections include the history of electrical stimulation, electrode placement techniques, varieties of electrodes and machines, types of stimulation, and precautions and contraindications. It is pleasing to see extravagant claims are not made for TENS; for

instance, few would disagree that electrical stimulation is rarely of use for thalamic pain. Although there are hundreds of references, some interesting and unusual, others banal and merely references to standard textbooks, this is not the authoritative book to be consulted for its basic scientific content. Moreover it is probable that much of the information on electrical stimulation is better and more quickly learnt by practical experience in this essentially practical field. Nevertheless, like a Sunday newspaper, perusal will sometimes reveal information of real interest which would be hard to obtain elsewhere.

GD SCHOTT

Proceedings of the International Workshop: New Trends in Multiple Sclerosis Research March 27-28 1982. Edited by CL Cazzullo, D Caputo and A Ghezzi. (Pp 153; £20-00.) Milan: Masson, 1983.

This short volume reports the Proceedings of the International Workshop: New Trends in Multiple Sclerosis Research held in Gallarate in March 1982. Our Italian colleagues have kindly translated into English their work and views of the state of the art at that time. Thanks to an agreement between Gallarate Hospital and Milan University the Italians have access to 2,400 patients who are being studied with the usual immunological, virological and epidemiological techniques. Reviews of lymphocyte subpopulations, CSF immunoglobulins and the controversial E-UFA test are provided by Arnason, Delmotte and Field, as invited guest speakers. The passage of time leaves the inevitable impression that in 1984 these pages are valuable only as a historical record of the occasion.

RAC HUGHES