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ably comprehensive and it is by far the most up to date compilation of neurological treatment of which I am aware. Additions include chapters on AIDS, DNA markers applied to genetic counselling in Huntington's chorea, urinary and sexual problems of spinal cord disease, sleep disorders and the post concussional syndrome.

Chapters vary considerably in quality and clarity. A few disappoint the reader with no more than a few superficial paragraphs on pharmacotherapy of drugs used for intractable conditions such as spasmodic torticollis, without the author giving the "feel" of the disorder or providing clear guidelines for management. There are many controversial points which will raise some eyebrows: prolonged febrile convulsions are not seen as possible antecedents of temporal lobe epilepsy; an indecently short section on cluster headache has oxygen inhalation and running exercise as the first two measures; "antivertiginous drugs" are used in chronic recurrent vertigo. Confusion is still the order of the day in TIAs where anticoagulants, thromboendarterectomy and aspirin are used rather more aggressively or rather less critically than on this side of the Atlantic: "carotid endarterectomy is the most common vascular procedure performed in the United States and is one of the most common surgical procedures overall." Such differences of emphasis and of drug names and selection are inevitable and do not detract from a stimulating and provocative text.

Other sections are superb, balanced, detailed surveys, for example those on Parkinson's disease (Lieberman), cerebrovascular disease (Kistler and Roh), viral encephalitis (Johnson), chronic non-inflammatory polyneuropathy (McCleod), Reye's syndrome (Huttenlocher), failed back syndrome (Long) and many others. There is much of interest for both neurologist and neurosurgeon. It is refreshing to find so much attention given to the acute and emergency situations so common in a balanced practice, for these have been neglected in certain neurological institutions to the cost of trainees later launched into the thick of everyday neurological medicine.

Lavishly illustrated with practical information condensed in tables and thankfully, not too many algorithms, the text is clear and attractively presented, and for all its mass of useful information spans only 356 pages. There are no references. This second edition will fill a real need as a volume for frequent reference to be placed in the ward or office. I strongly recommend it.

JMS PEARCE

The Hyperventilation Syndrome: Research and Clinical Treatment. By Robert Fried. (Pp 165; \$16.95.) Baltimore: The Johns Hopkins University Press, 1987.

We are told in the foreword to this book that Dr Fried's review of hyperventilation will become a medical classic. Is this bold claim justified? The author is a psychologist and the book is aimed more at the behaviour therapist in private practice than the physician in medical out-patients faced with a breathless patient. Some of the early chapters on the anatomy and physiology of the respiratory system are clearly written, but the statement that the diagnosis of hyperventilation can be made on the basis of symptomatology alone is highly contentious. Hyperventilation implies hypocapnia, and this must be measured: breathless patients may be normocapnic. The author also has an aversion to the hyperventilation provocation test, which is widely used in clinical practice as a diagnostic aid. The test has its limitations but in general it is a safe procedure unless the patient has established coronary heart disease or epilepsy.

The relation between hyperventilation and anxiety is a complex and topical issue. The author endorses the fear-elicitation theory, although acknowledges that a variety of as yet unknown organic factors may predispose an individual to react to arousal by hyperventilation. An idiosyncratic model of panic is proposed, which is based on the premise that hyperventilation induces hypoxia which leads in turn to the reduction in cerebral blood flow and depressed mood. Subsequent "afferent and central signals of anoxia for which the patient has no adequate labels" lead finally to asphyxia and the release of endogenous opioids. This biological model has the same shortcomings as other unitary explanations of panic anxiety, that is, the complex relation between subjective anxiety, somatic symptoms and cognitions is ignored. None of the recent work by Clark, Beck and Margraf and his colleagues is described in this book. The author rightly criticises the tendency of some American researchers to ignore the impact of chronic hyperventilation in anxiety and panic patients, but the claim that panic patients have abnormal sensitivity to CO₂ has not been supported. The author also ignores a considerable body of Dutch work, some of which has demonstrated that CO₂ inhalations may be panicogenic or anxiolytic depending on *prior instructions to the patient*.

The final two chapters deal with treat-

ment, much of which is based on bio-feedback training during which attempts are made to induce a meditative state. This is confirmed by concurrent measurement of end-tidal pCO₂ and EEG recordings. No controlled studies of the efficacy of this treatment are cited.

In summary, this book will be useful for psychologists and behaviour therapists who need to assess and treat patients with symptoms attributable to hyperventilation, but is unlikely to appeal to physicians or psychiatrists working in a general hospital. The latter need to know about the wide range of organic disorders that may be associated with hyperventilation. Other shortcomings include an idiosyncratic view of the aetiology of panic anxiety and an uneven and unbalanced review of recent work which emphasises the importance of cognitions in anxiety and panic syndromes.

CHRISTOPHER BASS

Notices

Movement Disorder Society. A Symposium on High Technology in the Quantitation of Movement Disorders will be held 5 June, 1988 preceding the IXth International Symposium on Parkinson's Disease in Jerusalem, Israel. Information may be obtained from Dr S Fahn, Neurological Institute, 710 West 168th Street, New York 10032, USA.

IVth International Headache Congress held in Sydney, Australia, 14-18 October, 1989.

Contact: Conference Action Pty Ltd, Mrs Eleanor Loveridge, P.O. Box 925, Crows Nest, NSW, 2065 Australia.