Anorexia Nervosa: a Multidimensional Perspective. By Paul E Garfinkel, David M Garner (Pp 320; \$40.80) New York: Brunner/Mazel Inc. 1982.

A multitude of texts on anorexia nervosa have appeared in recent years, many of them circumscribed in their approach or aimed primarily at the lay reader. This book comes from Canada and is both more ambitious and more substantial.

The authors write with the authority derived from having themselves made important research contributions to the subject. Among their best known work is a carefully designed study on the prevalence of anorexia nervosa in ballet students and fashion models. They found a high frequency (7%) of the illness among young women in these two occupational groups. This is the best evidence so far that increased attention to acquiring a slim body increases the risk of anorexia nervosa. The obvious implication of this finding is that cultural attitudes which promote thinness in women as an aesthetic ideal have played a part in the increased incidence of anorexia nervosa during the past thirty years or so. In another reported study the authors asked anorexic girls to estimate their body size by the use of a projected photograph which could be distorted along its horizontal axis. A proportion of them overestimated their body size, an observation which was a strong predictor of a poor prognosis.

The authors' personal studies form a small but important part of this book which surveys broadly the clinical and experimental research which has exploded into print in recent years. The main strength of this survey is the balanced analysis of present knowledge in anorexia nervosa derived from several hundred sources which are succinctly and carefully reviewed. From this analysis emerges a theoretical model of anorexia nervosa as a multi-dimensional disorder. Whereas its exact causation remains unknown, there occurs an interplay of forces contributing to its genesis. This approach enables the authors to review side by side causal factors pertaining to the individual patient, her family and her social environment. Having been initiated, the illness is sustained through self-perpetuating mechanisms including the patient's disturbed thinking, secondary gain or the starvation itself. Justice is also done to the role of physical and biochemical factors, with an appropriate emphasis on disordered hypothalamic function which gives rise to the symptom of amenorrhoea

in anorexia nervosa. In the authors' view the hypothalamic disturbances are generally reversible.

A most valuable feature of this book is the detailed discussion of patient management which ranges from hospital treatment to different psychotherapeutic approaches. A detailed account is given of "reality-oriented feedback", a term used to describe the method of helping patients to become more aware of what they are doing, feeling and thinking. The aim of this treatment is to correct their distorted sense of reality.

The style of this book is clear and direct. There are several useful diagrams and tables, and the bibliography is full. For the reader who wishes to learn about recent advances in the understanding of anorexia nervosa and bulimic disorders, this book is unrivalled. The discussion of practical therapeutic measures also makes it valuable to the practising clinician.

GERALD RUSSELL

Computed Body Tomography. Edited by Joseph KT Lee, Stuart S Sagel, Robert J Stanley (Pp 608; \$99.20) New York: Raven Press, 1982.

This is a completely new and comprehensive text book on the application of computed tomography to the extracranial regions of the body. The editors and the many contributors are all associated with The Edward Mallinckrodt Institute of Radiology, Washington University School of Medicine, St. Louis, Missouri. Each contributor has established his own interests and expertise in a specific area and yet the whole book has been blended together to give an overall picture of the way in which computed tomography has become a vital and integral part of the diagnosis and management of patients in that Institute, which was one of the two centres chosen in the United States for the clinical evaluation of the prototype EMI Body Scanner (the EMI 5000).

Dr Ronald G. Evens, Chairman of the Department of Radiology, introduces the book with a short historical review of computed tomography and its role in modern medical care. He has also written the final chapter on the economics and politics of computed tomography in which he stresses that studies of the efficacy and the economic value of new technologies should be started at the same time as medical studies in order that they should receive public acceptance; a lesson learned from

CT experience. There is a short chapter on the physical principles and instrumentation involved and a longer one on techniques in which there is a comprehensive description of image manipulation, the use of contrast medium and advice on CT guided interventional procedures such as needle biopsy and the drainage of abscesses. Detailed protocols are given for thirteen different regions of interest. These are intended to serve as guidelines and to provide a basic approach that can be further modified according to the clinical question to be answered and the findings of the initial scan.

The main part of the book is divided into chapters dealing with individual organs or anatomical regions. There are also chapters on paediatric applications, comparative imaging and radiation oncology. Throughout the book the normal anatomy with common variations is clearly described, usually as seen in sequential scans. The main indications for computed tomography are discussed together with the limitations of the technique and its relationship to other forms of radiology.

Throughout the book the illustrations are of the highest quality and are produced at about the same size as the scans are normally viewed on hard copy in clinical practice. The illustrations are well annotated and the long captions fully explain the points being illustrated. There is a full list of references at the end of each chapter.

This authoritative and impeccably produced book is made all the more valuable through being produced by a team which has a uniform approach to the practice and problems of computed tomography. Although it is intended primarily for use by the radiologist, other clinicians would benefit from the understanding about the relative value and indications for computed tomography of the body which this book imparts. It can serve equally well as a text book or a reference book and is highly recommended to all those interested in computed tomography.

JW LAWS

Monoamine Oxidase and its Selective Inhibitors (Modern Problems of Pharmacopsychiatry Vol 19) Edited by H Beckmann, P Riederer (Pp 354; \$118.75) Basel: Karger, 1983.

This volume contains papers presented at a satellite symposium of the International Brain Research Organization, Mannheim, 1982. The contributors are distinguished

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and include those who have added importantly to knowledge about monoamine oxidase (MAO) and its subtypes MAO A and B, to the discovery of their presence in the human brain and to the development of relatively selective inhibitors of MAO A and B.

The text is divided into three sections. The first, "Basic Aspects of MAO and its Selective Inhibitors" is perhaps the best. The chemical structural requirements for selectivity of MAO inhibitors are defined and conditions *in vitro* and *in vivo* for ensuring selectivity are examined. As yet, selectivity of the inhibitors is far from absolute and experiments are detailed in which effects of substrates of MAO A or B are enhanced more by inhibition of both enzymes than by either alone; the reverse of the coin, that is the limited substrate specificity of MAO A or B is also considered, a substantial amount of 5-HT (MAO A substrate) deamination being handled by MAO B *in vivo*. Inhibition of brain MAO A appears to be more crucial to antidepressant effect than MAO B, with the correlate that chronic treatment of rats with an MAO A but not an MAO B inhibitor, results in down-regulation of β -adrenoceptors and cyclic AMP responses to noradrenaline in cerebral cortex. The therapeutic importance of reversible selective MAO inhibitors is considered since these tend to have less tyramine potentiating properties than non-selective MAO inhibitors, an important additional aspect being their equi-effectiveness on brain and liver MAO compared to irreversible MAO inhibitors, more potent on liver than brain MAO. The clinical relevance of this is the smaller potential for the "cheese" effect complicating therapy. The recently discovered endogenous urinary monoamine oxidase is discussed together with the evidence that excretion varies in a number of physiological and pathological states. The virtue of deprenyl, an MAO B inhibitor, as an aphrodisiac in jaded or faded male rats are extolled, the context being that long-term administration of small doses of deprenyl may improve the quality of life in senescence.

The two other sections, "Selective and Nonselective MAO inhibitors in Therapy" and "Monoamine Oxidase Inhibitors in Psychiatric Research" are of more variable quality. The basic and clinical data concerning tranlycypromine stereoisomers are discussed as well as the discrepant findings as to their value as antidepressants. The role of deprenyl in the treatment of Parkinson's disorder is also assessed. The limita-

tions of use of platelets for predicting psychiatric disorder or psychopathology are well considered as are the methodological problems involved in platelet preparations. There are minor inaccuracies. For example, while adverse interactions between MAO inhibitors and amitriptyline hardly ever occur it is incorrect to state none have been reported.

Those involved in amine oxidase research are bound to have the volume on their shelves. The book is well-presented, informative and can be recommended to clinicians and research scientists.

E MARLEY

Theory in Psychopharmacology. Vol 1
Edited by SJ Cooper (£19.50) London:
Academic Press Inc. 1981.

This first volume of what promises to be an extremely valuable series contributes authoritative and thought-provoking discussion of neurochemical and pharmacological influences in a wide range of animal behaviours, including social interaction, learning, aversion, reward and habituation. The outstanding quality of this book is the provision by each author not only of a substantial review of these areas, but of a critical appraisal of methodological problems and interpretation of animal behaviour. Particularly revealing chapters in this respect are those by File and Blundell who discuss some basic problems with common experimental protocols. This self-analytical approach exposes the naive reader to some of the pitfalls encountered in the interpretation of complex behaviours, which once revealed, seem disarmingly obvious. In contrast, some other chapters, such as those by Panksepp and Margulies which deal with brain opioids and the social integration of behaviour, are more speculative but equally enjoyable to read. The enthusiasm, level of discussion and depth of literature reviewed make the whole book a pleasure to read. If subsequent volumes continue in this spirit, the series will be a major contribution to psychopharmacology.

NMJ RUPNIAK

Genetics in Neurology. By Victor Ionasescu, Hans Zellweger. (Pp 520; \$73.50) New York: Raven Press, 1983.

This is a good book. It must therefore be disheartening for the authors to find that the publishers are asking 73 dollars for it.

Inevitably this is a book for the library (if they can afford it) and not for the individual neurologist or geneticist. The book has a strong biochemical bias with extensive chapters on the mucopolysaccharidoses, glycogenoses and other inborn errors of metabolism. These are well referenced and are more than sufficient for the clinician. The same is true for the chapters on epilepsy, basal ganglia disease and muscle disease. Rarities are not dealt with.

There are some areas in neurogenetics which present great difficulty. These include the hereditary ataxias, the neuropathies and the many eponymous syndromes of which those of Ramsay Hunt and Roussy-Levy are but two. Not all of these problems are resolved, but in general the clinician will feel well informed by experienced practitioners.

The reviewer tested the book at an average genetic clinic. The section on myotonic dystrophy was unhelpful on how to counsel potential gene carriers, but the coverage on a similar problem in tuberous sclerosis was instructive. In anticipation of a question on the biochemistry of Huntington's chorea, the reviewer found the summary of the pathochemistry most helpful but there was no information on how to advise a patient with a family history of multiple sclerosis in two generations.

Finally a rapid check on the risks to offspring of a single person with hereditary motor and sensory neuropathy, type II, was reassuring. It was in the end, despite minor omissions, exceedingly comforting to have had the book close at hand and the library should be persuaded to buy it.

M BARAITSER

The Clinical Management of Alcoholism. By Sheldon Zimberg. (Pp 264; \$41.00) New York: Brunner/Mazel Inc—Distrib: Raven Press, 1983.

Many of us grew up in a generation which was not taught much about the recognition and treatment of drinking problems, only to find over recent years that excessive drinking seems commonly and deviously to enter into our daily clinical work. For anyone wanting to repair previous gaps in education Zimberg provides a useful but not a complete answer.

Sections deal with such issues as diagnosis, the clinical interview, management of psychiatric and neurological complications, and varieties of approach to treatment. There are comprehensive references and a good index.