

Road to Utopia

Progress in Mental Health. Proceedings of the 7th International Congress on Mental Health held in London 1968. Edited by Hugh Freeman, M.A., B.M., B.Ch.(Oxon.), D.P.M. (Pp. 346+xiv; 60s.) London: J. & A. Churchill 1969.

"Congresses are like cocktail parties" writes Griffith Edwards in his witty epilogue to the book under review. A very apt analogy. But as we all know, cocktail parties are social occasions where everybody talks and nobody listens. If, then, the transactions of congresses are to be preserved, how can this be done? The editor is faced with at least two thorny problems. Is he to publish every paper read *in extenso*, ending with a compilation weighing a ton and costing the earth? Or is he to be ruthlessly selective so that the product is supportable within our physical and financial resources?

Here, Hugh Freeman adopts the latter course, but unhappily he does not quite bring it off. He has selected 50 (and seemingly abridged or rigorously edited some of them) from the very large number of papers presented, and among them are a number of bits and pieces by representatives of a wide variety of what might loosely be called the social sciences, of which psychiatry is but one. They range, for example, from "Recognition and Treatment of Depression," by Edwin Dunlop, to "Human Relations in the Education of Architects" by M. L. Abercrombie. There are also longer papers by members of the *echt* international jet-set, such as Margaret Mead, John Bowlby, and Paul Halmos, that would grace any publication.

Throughout the book there is anxiety expressed as to what is meant by "mental health" and here contributions by two of our wisest academic psychiatrists are particularly valuable. G. M. Carstairs in his presidential address writes with commendable modesty and honesty "One of the major sources of hostility and opposition to our movement has been our too-hasty assumption that we already know all the answers; that we can define the attributes of mental health, and how they can be attained". Sir Dennis Hill in similar vein writes "There is an important distinction to be drawn between the idea of a society which is mentally healthy and the individual who has this quality". Mike Gorman's paper "Soviet Psychiatry

and the Russian Citizen" gives the perfect demonstration of the importance of this differentiation. He waxes almost lyrical in his praise of the Soviet mental health services, and he may well be right in his appraisal of what was shown him there, but he makes no attempt to reconcile what he saw with the background in which it exists.

To make confusion worse confounded Leon Eisenberg baldly states "The central and overriding problem for mental health and human development at this point in time is the Vietnam war". What about the fratricidal holocaust in Nigeria, the boiling cauldron of the Middle East, the violence in our cities, etc., etc.? Alas, on the road to mental health (it used to be called Utopia), progress has been painfully slow. And what impetus is provided by these mammoth parties is anybody's guess.

HENRY R. ROLLIN

The Short Sad Life of a Smoker

Tobacco and Your Health: The Smoking Controversy. By Harold S. Diehl, M.D. (Pp. 271+xvi; illustrated. 48s.) London: McGraw-Hill. 1969.

Cigarette smoking would have been abandoned years ago if *Homo sapiens* were the rational creature his self-awarded title suggests. At the worst, as Dr. Harold Diehl shows in this layman's guide, the cigarette could be causing as many deaths each year as the annual toll of all infections, all accidents, diabetes, homicide, and suicide combined. Of course, such comparisons are becoming familiar. Virtually everyone now knows that cigarette smoking is just an extremely expensive way of ruining your health. We know it, but do we really believe it? Like the man who gave up buying newspapers when he read about the dangers of smoking, the average cigarette smoker simply doesn't want to believe that the risk applies to him.

Dr. Diehl is a first-rate corrective for this dangerous self-delusion. Without undue scare-mongering, he sets out the hazards in clear and readable fashion, always explaining technicalities, and doing the best that can be done to present the appalling mortality statistics in comprehen-

sible form. Having thus disposed of "it can't happen to me," he proceeds to demolish the smoker's second line of defence—"we've all got to die of something; a short life and a happy one for me." The account of chronic disability attributable to his habit should convince even the most hardened cigarette smoker that the life remaining to him may be anything but short and happy. Even distrust of statistics, the smoker's final refuge, is denied him in these pages. Cause and effect are established beyond reasonable doubt by the overwhelming weight of evidence linking cigarette smoking with serious disease. It seems too much to hope that Dr. Diehl's sound advice on giving up smoking can succeed where so much else has fallen on stony ground. But his book should effectively reinforce the movement which must one day turn public opinion against the cigarette, or stimulate the development of a safe one.

The author is a self-confessed campaigner whose enthusiasm for his cause lends emotional colouring to a well-documented case. As a result, some of his generalizations are too sweeping, and not all recent research is included. But these are minor disadvantages of a book for the American layman that might be studied with profit by both doctors and their patients in Britain.

GEORGE BIRDWOOD.

The nature of faith and holiness and their relationship to healing are examined by the Rev. Hugh Trowell, M.D., F.R.C.P., in a booklet *Study Notes on Faith Healing* (pp. 52; 12s. 6d. net; free to members of the Institute of Religion and Medicine, 54A Wimpole Street, London W.1). After practising medicine for 30 years in Uganda Dr. Trowell became ordained. In this booklet he draws on his experience of practising among the people there, some of whom believed in witchcraft, to look at miracles as a Christian and a doctor. His view is epitomized in the following words: "Religious persons are not concerned to prove an alleged miracle to demonstrate as a scientific fact the intervention of God. Rather is it that certain events, set within the complex stream of happenings that constitute life for the individual and history for the group, convey a sense of wonder, of the numinous, and of the living God. These events are miracles."

Books Received

Books noticed here may be reviewed later.

H. J. Conn's Biological Stains. 8th edition. By R. D. Lillie. (Pp. 498+xii; illustrated. 140s.) Baltimore: Williams & Wilkins, 1969. Edinburgh: E. & S. Livingstone.

McLachlan's Handbook of Diagnosis and Treatment of Venereal Diseases. 5th edition. By A. S. Grimble, M.D., M.R.C.P. (Pp. 221+vii; illustrated. 50s.) Edinburgh & London: E. & S. Livingstone. 1969.

Physical Principles of Ultrasonic Diagnosis. By P. N. T. Wells. (Pp. 282+viii; illustrated. 80s.) London: Academic Press. 1969.

Under the Cherry Tree. By Robert Hughes Parry. (Pp. 163; illustrated. 25s.) Llandysul: Gomerian Press. 1969.

Medicine in Three Societies. By John Fry, M.D., F.R.C.S. (Pp. 249+ix; 45s.) Aylesbury, Bucks: MTP. 1969.

General Pathology. 4th edition. Edited by Lord Florey. (Pp. 1259+xv; illustrated. 160s.) London: Lloyd-Luke. 1970.

Immunological Methods in Brucellosis Research. Part I: "In vitro" Procedures. By A. Olitzki. (Pp. 249+ix; 144s.) Basle: S. Karger.

Prima of Histopathologic Technique. By Geoffrey G. Brown, A.I.M.L.T. (Pp. 224+xiii; illustrated. 52s.) London: Butterworths. 1969.

Fundamentals of Radiation Protection. By Hugh F. Henry. (Pp. 405+xviii; illustrated. 170s.) Chichester, Sussex: John Wiley. 1969.

Experience in Hepatic Transplantation. By Thomas E. Starzl, Ph.D., M.D. (Pp. 553+xxi; illustrated; 319s.) London: W. B. Saunders. 1969.

Neurosurgery of Infancy and Childhood. 2nd edition. By Donald D. Matson, M.D. (Pp. 934+xv; illustrated. \$38.50.) Springfield, Illinois: Charles C. Thomas. 1969.

Advances in Enzyme Regulation. Vol. 7. By George Weber. (Pp. 447+xiv; illustrated. 140s.) Oxford: Pergamon Press. 1969.

Hypertensive Cardiovascular Disease. Edited by Albert N. Brest, M.D. (Pp. 332+xi; illustrated. 60s.) Oxford: Blackwell. 1969.

Numerical Taxonomy. Edited by A. J. Cole. (Pp. 324+xv; 65s.) London: Academic Press. 1969.

Progress in Experimental Tumor Research. Vol. 12. Edited by F. Homburger. (Pp. 176; 100s.) Basle: S. Karger. 1969. U.K.: Academic Press.

Annual Review of Genetics. Vol. 3. Edited by H. L. Roman. (Pp. 585+vi; \$8.50.) Palo Alto, California: Annual Reviews Inc. 1969.

packing, as well as the transparencies in a strip. Details may be obtained from T.A.L.C. (Teaching Aids at Low Cost), Institute of Child Health, 30 Guilford Street, London W.C.1.

New Director, Institute of Cancer Research

Professor THOMAS SYMINGTON, aged 54, has been appointed the first overall director of the Institute of Cancer Research. It includes the Chester Beatty Research Institute, from which Sir Alexander Haddow retired last March as director, and is associated with the Royal Marsden Hospital.

At present Professor Symington is St. Mungo-Notman professor of pathology at Glasgow University, a post he has held since 1954. He is consultant pathologist to the Royal Infirmary, Glasgow, and to the Western Regional Hospital Board. After qualifying at Glasgow University in 1941 he was in general practice from 1942 to 1944. He was a major in the R.A.M.C. and deputy assistant director of pathology (Malaya) from 1947 until 1949, when he was appointed senior lecturer in pathology at Glasgow University. Professor Symington is a member of the Medical Research Council, a member of the Scientific Advisory Committee of the British Empire Cancer Campaign, and chairman of the Testicular Tumour Panel. His main interest has been endocrine pathology, especially of the adrenal gland. In addition to research work he has been particularly interested in the training of young men in scientific pathology. Professor Symington is the author of more than sixty publications, most of which have been on problems of the human adrenal gland in health and disease.

Publicity and the Pill

The Association of the British Pharmaceutical Industry states that it is disturbed at the premature release of information on the safety of oral contraceptives. It says that the pharmaceutical industry entirely shares the view of the Committee on Safety of Drugs that this information should be given to doctors before being released to the press and the public.

New Editor of "JAMA"

On 1 January Dr. HUGH H. HUSSEY became Editor of *JAMA* and Director of the American Medical Association's Division of Scientific Publications. He succeeds Dr. JOHN H. TALBOTT, Editor since 1959, and now appointed Editor Emeritus. Dr. Hussey, born in 1910, graduated M.D. from Georgetown University in 1934. Subsequently he was professor of medicine and dean at the medical school there. During 1951-9 he was Medical Editor of *GP*. Since leaving Georgetown University in 1963 he has been Director of the A.M.A. Division of Scientific Activities.

Coming Events

Society for Drug Research.—Symposium, "Non-steroidal Anti-inflammatory Drugs," 20 January, Chelsea College. Fee £1 10s.

Applications to the Honorary Secretary of the Society, Chelsea College, Manresa Road, London S.W.3 (Tel. 01-352 6421).

Dundee University.—Details of the postgraduate medical education programme for January–March 1970 are obtainable from the Director of Postgraduate Medical Education, Faculty of Medicine, The University, Dundee.

Neath Postgraduate Medical Centre.—Details of programme for January–March are obtainable from the Postgraduate Organizer at the Centre, Neath General Hospital, Neath, Glam.

Tuesday, 6 January

BOLTON AND DISTRICT MEDICAL SOCIETY.—At Bolton Medical Institute, 8.15 p.m., Professor C. I. Phillips: Recent Advances in Ophthalmology.
CROYDON MEDICAL CENTRE.—At Mayday Hospital, 8 p.m., Dr. J. Fry: Future of General Practice.
KINGSTON-UPON-THAMES MEDICAL CENTRE.—12.30 p.m., General practice seminar with film: *Dyspnoea*.
CAMBRIDGE MEDICAL SOCIETY.—At Jesus College, 7.15 p.m., jointly with Law Society, Professor R. Y. Calne: Organ Transplant in Man.

Wednesday, 7 January

GWENT POSTGRADUATE MEDICAL CENTRE.—At Royal Gwent Hospital, Newport, Mon., 5 p.m., surgical meeting.
INSTITUTE OF DERMATOLOGY.—4.30 p.m., Dr. L. Fry: The Gut and the Skin.
INSTITUTE OF DISEASES OF THE CHEST.—5 p.m., Dr. P. Stradling: Diagnostic Bronchoscopy (illustrated).
INSTITUTE OF ORTHOPAEDICS.—At Great Portland Street, London, W.1, 9.30 a.m.–12 noon, 6 p.m.–7 p.m., and 8.15 p.m., instructional course: Growth and Metabolic Disorders.
INSTITUTE OF PSYCHIATRY.—5.30 p.m., Professor W. Einfeld Rees: Drug Treatment of Psychiatric Illness.
KENNEDY INSTITUTE OF RHEUMATOLOGY, LONDON.—5 p.m., Dr. Sheila M. Stewart: Isolation of Diphtheroid Bacilli from Synovial Membrane and Fluid in Rheumatoid Arthritis.
MIDLAND MEDICAL SOCIETY.—At Birmingham Medical Institute, 8.30 p.m., Dr. A. M. Geddes: The Use and Scope of Antibiotics.
PHARMACEUTICAL SOCIETY OF GREAT BRITAIN.—7 p.m., Miss Joan M. McAlister: Use of Radioactive Nuclides in Diagnostic Procedures.
ROYAL COLLEGE OF SURGEONS OF ENGLAND.—4 p.m., Erasmus Wilson demonstration by Dr. N. Woolf: Thrombosis and Evolution of Atherosclerotic Plaques.
STOKE MANDEVILLE HOSPITAL.—1 p.m., medical films; 6 p.m., Dr. G. Davies Jones: Peripheral Neuropathy.

Thursday, 8 January

LIVERPOOL MEDICAL INSTITUTION.—8 p.m., joint meeting with R.C.G.P.: Use of Business Management in Medicine.
ROYAL COLLEGE OF PHYSICIANS OF LONDON.—5 p.m., Marc Daniels lecture by Professor P. J. Lawther: Air Pollution—Some Clinical Aspects.
ROYAL COLLEGE OF SURGEONS OF ENGLAND.—5 p.m., Hunterian lecture by Professor A. M. N. Gardner: Surgery in Prevention of Fatal Pulmonary Embolism with some observations on Morbid Anatomy of Veins.

Friday, 9 January

CROYDON MEDICAL CENTRE.—At Mayday Hospital, 1 p.m., Dr. H. E. M. Kay: Current M.R.C. Trials in Leukaemia.
INSTITUTE OF LARYNGOLOGY AND OTOTOLOGY.—5.30 p.m., Mr. W. McKenzie: Vertigo.
NUFFIELD DEPARTMENT OF ORTHOPAEDIC SURGERY.—At Nuffield Orthopaedic Centre, Headington, Oxford, 6.30 p.m., Dr. A. S. G. Hill: Current Views on Aetiology of Rheumatoid Arthritis.
ROYAL POSTGRADUATE MEDICAL SCHOOL.—10 a.m., Staff round; 11 a.m., profile on the Use of Plastics in Surgery by Mr. B. Simpson, Dr. W. M. Muir, Mr. C. Lordon.
WEST KENT MEDICO-CHIRURGICAL SOCIETY.—Mr. W. R. O'Flynn, Dr. C. Mallinson: Gastroenterology.

Saturday, 10 January

NUFFIELD DEPARTMENT OF ORTHOPAEDIC SURGERY.—At Nuffield Orthopaedic Centre, Headington, Oxford, 8.30 a.m., Mr. J. C. Cullen: Experimental Arthritis; 9.45 a.m., Dr. K. Rajan: Role of Lyso-somes in Inflammatory Joint Disease.

Universities and Colleges

CAMBRIDGE

M.D.—J. W. H. Doar.
Appointment.—Dr. M. A. Message (reappointed university lecturer in anatomy).

ABERDEEN

Appointment.—Dr. P. Akpom (research assistant, obstetrics and gynaecology).

SHEFFIELD

Appointments.—Dr. R. J. Guyer (honorary part-time clinical lecturer in haematology); Dr. A. L. Horton, Dr. B. Ross (honorary part-time clinical tutors in radiology); Dr. E. Worthy (honorary part-time clinical lecturer in chemical pathology).

LONDON

The title of professor of radiation biology has been conferred on Dr. Patricia J. Lindop in respect of her post at St. Bartholomew's Hospital Medical College.

The title of professor of chemical pathology has been conferred on Dr. G. R. Webster in respect of his post at Guy's Hospital Medical School.

Dr. J. F. Tait, F.R.S., has been appointed to the Joel chair of physics as applied to medicine tenable at Middlesex Hospital Medical School.

Professor J. E. Desmedt, of Brussels University Faculty of Medicine, has been appointed Belgian visiting professor for the session 1969–70.

PH.D.—In the Faculty of Medicine: D. A. Kitchen.

DUBLIN

SCHOOL OF PHYSIC, TRINITY COLLEGE
M.D.—J. A. D. Clinch, J. J. Dinn, K. Sinanan.
M.B., B.Ch., B.A.O.—D. M. Bowie, K. M. Doran, A. J. Evans, S. G. Hunter, B. Miller, T. Nayer-Nouri, J. C. Otoo, R. J. Ward.

Notice to Authors

When original articles and letters for publication are not submitted exclusively to the *British Medical Journal* this must be stated.

Correspondence on editorial business should be addressed to the Editor, *British Medical Journal*, B.M.A. House, Tavistock Square, London W.C.1. Telephone: 01-387 4499. Telegrams: *Aitiology*, London W.C.1.

Authors wanting reprints of their articles should notify the Publishing Manager, B.M.A. House, Tavistock Square, W.C.1, on receipt of proofs.

Subscriptions

Members' subscriptions should be sent to the Secretary of the British Medical Association, B.M.A. House, London, or to the Scottish Secretary, B.M.A. Scottish Office, Drumsheugh Gardens, Edinburgh.

Doctors who are not members of the B.M.A. can subscribe to the *B.M.J.* The rates for doctors resident in the United Kingdom and abroad are given on the first page of the classified advertisements. These include the rate for the *North American "Air Express,"* which is available to both members and non-members of the B.M.A.

Classified Advertisements

Doctors Abroad.—Copies of the appointment vacancies advertised in the *B.M.J.* can be sent by airmail on request. Members' rate: the minimum cost is 40s. for six weeks' supply, for which copies of vacancies in up to five sections of the classified advertisements will be sent. Non-members' rate 60s. minimum for six weeks' supply of five headings or less. Additional headings (for members and non-members) 10s. each for six weeks' supply. Orders for specific grades in any section cannot be accepted. Payment must be prepaid and enclosed with the application.

Details of rates, etc., for classified advertisements appear on the first page of the classified section.