

Care of our Senior Citizens

In the Service of Old Age. By Anthony Whitehead. (Pp. 159; 5s.) Harmondsworth: Penguin Books. 1970.

This book has been written by a thoughtful enthusiast. He describes the methods used at Severalls Hospital, near Colchester, to meet the needs of old folk who are confused or demented.

Care of the aged is usually a combined operation, which involves general practitioner, hospital staff, and welfare services in many cases. By domiciliary visiting from a geriatric unit, it is often possible to manage a confused patient without the added trauma of admitting him to hospital. A combination of day care together with community services is often sufficient. The essential factors of successful psychiatric work in hospital include careful organization, good communication, staff education, and stimulation of interest and involvement in the problems of the patients. When dealing with the aged, it is particularly important to maintain contact with the relatives, friends, and neighbours of the old people, if successful discharge is to be achieved. There is great benefit to be gained from formal or informal conferences with the family of patients. While some of these measures are logical extensions of the work of such pioneers as Marjory Warren, Cosin, Brooke, De Lary, and Monnica Stewart, their combination in psychogeriatrics is noteworthy.

The vision contained in this little book is worth careful study by all those who are concerned with the planning, administration, or treatment for our senior citizens.

TREVOR H. HOWELL.

Best Results for the Money?

Problems and Progress in Medical Care. Essays on Current Research. 4th Series. Ed. Gordon McLachlan. (Pp. 204 + ix; 35s.) London: Oxford University Press. 1970.

The cry that the Health Service needs extra money is commonplace these days. On the other hand, little is heard on whether the Service obtains the best results from the revenue it now receives. Over the past decade, the Nuffield Provincial Hospitals Trust has been encouraging workers, both from within and from outside the Service, to examine problems concerned with medical care.

Some of the results of this encouragement are set out in this volume of six essays. They range from a critical appraisal of the use of hospital beds in the Liverpool region to the management education of nurses as advocated by the Salmon committee. As must be expected, the computer is not

neglected. Knox and Dale from Birmingham present an erudite essay on the basic thinking in the computerization of medical records, while the operation of a computer with a linked system of child health records is demonstrated by the social paediatric group of the department of child health of the University of Glasgow and the health and welfare department of the Corporation of Glasgow. Another valuable contribution from Glasgow is a paper on the logistics of supporting service centres. Rationalization, particularly at regional level, can be economical.

As the excellent foreword points out, that in spite of the diversity of the subjects there are common factors running through all the essays. Each paper presents problems which have been recognized and defined, and solutions are suggested to resolve them. This volume is a worthy companion to the other three of the series.

JOHN REVANS.

Cyclothymic Disease

Manic Depressive Illness. By George Winokur, M.D. et al. (Pp. 186 + x; 59s.) St. Louis: C. V. Mosby. 1969. London: Henry Kimpton.

Emotional disturbances are the accepted concomitants of all forms of psychiatric illness. Every life situation makes its notch somewhere along a sad-glad continuum. Add the inexplicable, capricious fluctuations in mood of varying depth, experienced by us all, which poetic imagery locates at varying points on the spectrum from reds at one end to browns, blues, and blacks at the other. Consider the affective differences associated with temperament—for example, the characteristic gaiety of the Latin and the too, too solid phlegm of the Muscovite. Throw in the proposition that anyone suffering from melancholia will react to his misery with depression. Now in any given episode of emotional upset try and sort out what is endogenous and what is reactive. To me this is a well-nigh impossible and profitless task; and yet enough test-batteries have been devised in the attempt to light the highways and by-ways between Denmark Hill and Westminster Bridge from now to Kingdom-come.

I must, therefore, express my gratitude to the authors of this book for eschewing this psychological parlour game and retreating to a classic position in psychiatry, and indeed in medicine, which demands "a rigorous definition of an illness, a close perusal of specific symptoms, and knowledge of the cause of a disease as a starting point for a specific etiology and treatment." In so doing they pay tribute to one of the giants of psychiatry, Emil Kraepelin, who, in his precise differentiation of the major psychiatric illnesses, adhered strictly to this very same principle.

In refining the specific disease entity, manic-depressive psychosis, the authors show convincingly that it differs sufficiently from depressive disease to warrant the assumption that the two are quite separate. Using the terms devised by Perris, they call the first bipolar psychosis and the second unipolar psychosis. One important characteristic of bipolar disease, they point out, is its frequent early onset so that "serious attention should be given to the possibility that a psychologically ill adolescent may be suffering from the first symptoms of manic-depressive psychosis." The earlier the onset, indeed, the worse the prognosis.

Culled from the literature, which they review with great skill, and from a study in depth of their own patients, they give a solidly informative account of the signs and symptoms of the disease and its "natural history"—a phrase as scarce-remembered these days as is the name of Kraepelin. The hallmark at both poles of the disease is the change in mood. In mania it is elevated and can range from infectious cheerfulness to ecstasy or exultation; in depression it plunges down through layers of sadness and may in some cases end in depressive stupor. It is in the down-phase of bipolar disease that suicide attempts, particularly in females, are likely. The close temporal contiguity of manias and depressions, which are not ordinarily precipitated by life events, is a major characteristic of the disease. There is no disintegration of the personality as in schizophrenia, but the social results may be devastating.

The final chapter is concerned with treatment. The important point is made that spontaneous recovery from either the manic or depressive phase is the rule rather than the exception. Quoting Mayer-Gross the authors emphasize that the physician's primary obligation is to guard the patient from the dangers of his illness which, in the final analysis, are exhaustion in mania and suicide in depression. To this end electroconvulsive therapy or chemotherapy, or both in combination, can make a solid contribution. Prophylactically, lithium is the most discussed and controversial drug. The authors deliver a Solomon-like judgement: "A great deal more needs to be learned about manic depressive disease before predictions for favourable prophylactic response to lithium can be made. Until that time it is not unreasonable to try this treatment in patients who are severely disabled by their disease."

This excellent book is an important contribution to our understanding of one of the few as yet rigorously definable mental illnesses, one in which the emotional pendulum goes berserk, plunging the victim into an alternating world of black and white. It is this phenomenon which inspired a manic-depressive with tragic insight to entitle her autobiography *Magpie*.

HENRY R. ROLLIN.

Books Received

Books noticed here may be reviewed later.

The Principles of Human Biochemical Genetics. Harry Harris. (Pp. 328; 53s.) North-Holland Publishing. 1970.

Psychotherapy: A Dynamic Approach. 2nd edn. Paul A. Dewald. (Pp. 322; 75s.) Blackwell. 1970.

Immunobiology for Surgeons. J. Wesley Alexander and Robert A. Good. (Pp. 220; 102s.) W. B. Saunders. 1970.

Cardiology. D. G. Julian. (Pp. 325; 30s.) Baillière, Tindall & Cassell. 1970.

Pharmacology. R. G. Penn. (Pp. 284; 30s.) Baillière, Tindall & Cassell. 1970.

Bedside Cardiology. Jules Constant. (Pp. 347; 105s.) J. & A. Churchill. 1970.

Pharmacological Treatment in Organ and Tissue Transplantation. Symposium held in Milan 28 February-1 March 1969. Ed. A. Bertelli and A. P. Monaco. (Pp. 333; 188s.) Excerpta Medica. 1970.

Modern Trends in Gastroenterology. Vol. 4. Ed. W. I. Card and B. Creamer. (Pp. 373; 95s.) Butterworths. 1970.

Ultrasonography in Ophthalmology. Jan Vanysek et al. (Pp. 220; 76s.) Butterworths. 1970.

Histology. 2nd edn. Thomas S. Leeson and C. R. Leeson. (Pp. 525; 93s. 6d.) W. B. Saunders. 1970.

Scientific Foundations of Obstetrics and Gynaecology. Ed. Elliot E. Philipp et al. (Pp. 743; 168s.) Heinemann. 1970.

ROYAL COLLEGE OF SURGEONS OF ENGLAND.—4.30 p.m., Arnott demonstration by Dr. J. E. Eastoe: Some Vertebrate Building Materials.

ROYAL NORTHERN HOSPITAL POSTGRADUATE CENTRE, LONDON.—9.30 a.m., One-day course on Medical Ophthalmology.

ROYAL ARMY MEDICAL COLLEGE.—5 p.m., Dr. S. Mattingley: Rehabilitation after Injury.

ST. CHARLES'S HOSPITAL MEDICAL CENTRE, LONDON.—8.45 p.m., Dr. M. Wilkinson: Cervical Spondylosis.

WEST MIDDLESEX HOSPITAL.—4 p.m., Dr. G. I. M. Swyer: Secondary Amenorrhoea.

Wednesday, 20 May

GWENT POSTGRADUATE MEDICAL CENTRE.—At Royal Gwent Hospital, Newport, Mon., 2.15 p.m., gynaecology and obstetrics meeting; 2.15 p.m., medical meeting.

INSTITUTE OF BIOLOGY.—At Natural History Museum Lecture Hall, London S.W.7, 5.15 p.m., Darwin lecture in human biology by Dr. D. M. Potts: Against Nature—Use and Misuse of Birth Control.

INSTITUTE OF OBSTETRICS AND GYNAECOLOGY.—At Chelsea Hospital for Women, 2 p.m., Miss Aileen Dickens: Secondary Amenorrhoea. (Admission by ticket only, obtainable from Secretary, Institute of Obstetrics and Gynaecology, Chelsea Hospital for Women, London, S.W.) ●

INSTITUTE OF PSYCHIATRY.—5.30 p.m., Dr. A. D. Isaacs: Psychiatry of Vagancy.

OXFORD UNIVERSITY.—At Radcliffe Infirmary, 5 p.m., Dr. D. N. Mitchell: Aetiological Aspects of Sarcoidosis and Crohn's Disease.

ROYAL POSTGRADUATE MEDICAL SCHOOL.—10.15 a.m., Medicine staff round.

TUNBRIDGE WELLS POSTGRADUATE MEDICAL CENTRE.—At Kent and Sussex Hospital board room, 12.45 p.m., Mr. I. D. Henderson: Pruritus Ani. ●

WEST MIDDLESEX HOSPITAL.—1.30 p.m., Dr. D. Egan: Developmental Screening Techniques in the First Two Years; 5 p.m., Professor J. R. Troncone: Immunosuppressive Therapy.

WHITTINGTON HOSPITAL, LONDON.—At Academic Centre, 11.30 a.m., Professor G. V. R. Born: Platelet Function.

WILLESDEN GENERAL HOSPITAL MEDICAL SOCIETY.—At staff recreation hall, 8.30 p.m., Professor G. W. Taylor: Peripheral Vascular Disease.

Thursday, 21 May

ABERDEEN UNIVERSITY.—At large lecture theatre, Foresterhill, 5 p.m., Dr. C. Pallis: Clinical Clues in Neurological Diagnosis.

LONDON JEWISH HOSPITAL MEDICAL SOCIETY.—At 11 Chandos Street, London W.1, 8.15 p.m., annual oration by Professor W. J. H. Butterfield.

HONYMAN GILLESPIE LECTURE.—At Edinburgh Royal Infirmary, surgery lecture theatre, 5 p.m., Professor B. E. C. Nordin: Is Osteoporosis a Disease?

ROYAL SOCIETY.—9.50 a.m., Discussion meeting by Professor H. K. Blaschko, F.R.S., and Dr. A. D. Smith: Subcellular and Macromolecular aspects of Synaptic Transmission. ●

ROYAL SOCIETY OF TROPICAL MEDICINE AND HYGIENE.—At Manson House, London W.1, 7.30 p.m., symposium opened by Dr. C. E. Gordon Smith: Arbovirus Epidemiology associated with Established and Developing Rice Culture.

ST. MARY'S HOSPITAL MEDICAL SCHOOL.—5 p.m., Dr. J. B. Brown (Melbourne University): Value of Monitoring Ovarian and Fetoplacental Function by Measurement of Urinary Oestrogens and Pregnandiol.

SOCIETY FOR PSYCHOSOMATIC RESEARCH.—At Royal Society of Medicine, 8.30 p.m., Kissen memorial lecture by Professor A. H. Crisp: Some Psychosomatic Aspects of Cancer.

WESTMINSTER MEDICAL SCHOOL.—At Page Street lecture theatre, 5.15 p.m., Professor L. P. Le Quesne: Stone in Common Bile Duct.

Friday, 22 May

NEWCASTLE UPON TYNE REGIONAL NEUROLOGICAL CENTRE.—At Newcastle General Hospital, 5.30 p.m., Professor H. Holtzer (Pennsylvania): D.N.A. Synthesis and Myogenesis.

ROYAL POSTGRADUATE MEDICAL SCHOOL.—10 a.m., Research in progress: Surgery. ●

ROYAL SOCIETY.—9.30 a.m., Discussion meeting by Professor H. K. Blaschko, F.R.S., and Dr. A. D. Smith: Subcellular and Macromolecular aspects of Synaptic Transmission. ●

Births

Giwelb.—On 5 May 1970, to Shirley (formerly Gazeman) and Dr. Harvey Giwelb, of "Park Lodge," 269 East End Road, London N.2, a daughter (their fourth).—Ardene Chantal.

Appointments

NATIONAL HOSPITALS FOR NERVOUS DISEASES.—R. O. Barnard, M.D. (consultant neuropathologist).

NEWCASTLE REGIONAL HOSPITAL BOARD.—S. N. Bose, M.B., F.F.A.R.C.S.I. (consultant in anaesthetics, Wansbeck group of hospitals); J. S. Comaish, M.B., M.R.C.P. (consultant in dermatology, Newcastle upon Tyne, Wansbeck, Berwick upon Tweed, and Alnwick and Rothbury group of hospitals); C. D. Cruikshank, M.R.C.S., F.R.C.Path. (consultant in pathology, Wansbeck, Berwick upon Tweed, and Alnwick and Rothbury group of hospitals); G. Johns, M.B., F.F.A.R.C.S. (consultant in anaesthetics, South-east Northumberland group of hospitals); H. F. Marshall, M.B., F.R.C.S. (consultant in otolaryngology, Newcastle upon Tyne, Berwick upon Tweed, Alnwick and Rothbury, and the United Newcastle upon Tyne group of hospitals); J. T. Taylor, M.B., F.R.C.S.Ed. (consultant in otolaryngology, East and West Cumberland and Dumfries area).

NORTH EAST METROPOLITAN REGIONAL HOSPITAL BOARD.—N. de M. Rudolf, B.M. (consultant in electroencephalography to Ilford and District, Romford and Harlow groups of hospitals).

NORTHERN IRELAND HOSPITALS AUTHORITY.—J. P. Balmer, M.D., F.F.R. (consultant in radiology, South Belfast Hospital Management Committee); J. N. Brown, M.B., F.F.R. (consultant in radiology, Coleraine and Portrush/North Antrim Hospital Management Committee); B. D. Burrows, M.B., F.F.R. (consultant in radiotherapy, Northern Ireland Fever Hospital Management Committee); R. C. Curry, M.B., F.R.C.S. (consultant in general surgery and vascular surgery, South Belfast Hospital Management Committee); E. L. Holland, M.B., M.R.C.O.G. (consultant in obstetrics and gynaecology, South Down Hospital Management Committee); J. G. Kinley, M.B., F.R.C.S.Ed. (consultant in general surgery, East Antrim Hospital Management Committee); J. W. D. Knox, M.B., F.F.A.R.C.S. (consultant in anaesthetics, Mid-Antrim Hospital Management Committee); J. D. Laird, M.B., F.F.R. (consultant in radiology, Londonderry Hospital Management Committee); W. B. Loan, M.D., F.F.A.R.C.S.I. (consultant in anaesthetics, South Belfast Hospital Management Committee); R. C. Lowry, M.B., M.R.C.P. (consultant in general medicine, South Belfast Hospital Management Committee); J. A. Lytle, M.D., M.R.C.P. (consultant in neurology, Belfast and South Belfast Hospital Management Committee); W. A. G. MacCallum, M.B., M.R.C.P.I., D.P.M. (consultant in psychiatry, Purdysburn Hospital Management Committee); D. G. Mayne, M.B., M.R.C.P., D.P.M. (consultant in psychiatry, St. Luke's Hospital Management Committee); C. N. Pulvertaft, M.D., F.F.R. (consultant in radiology, Western and Fermanagh Hospital Management Committee).

OXFORD REGIONAL HOSPITAL BOARD.—G. Foubister, M.B., M.R.C.P.Ed. (consultant physician, Reading area).

SOUTH-EAST METROPOLITAN REGIONAL HOSPITAL BOARD.—A. H. Dimond, M.B., M.R.C.P., D.T.M.&H. (consultant in general medicine with special interest in diseases of the chest, Medway and Gravesend and Central Kent groups); J. M. E. F. Dunn, M.B., D.P.M. (consultant in psychiatric subnormality, Hailsham and East Sussex group); J. B. Thomas, M.B., F.F.A.R.C.S. (consultant in anaesthetics, Tunbridge Wells group); I. Vadasz, M.B., M.R.C.P. (consultant in physical medicine, Dartford group); J. A. Whitehead, M.B., D.P.M. (consultant in psychiatry, St. Francis and Lady Chichester, Brighton and Lewes and Mid-Sussex groups).

SOUTH WESTERN REGIONAL HOSPITAL BOARD.—J. W. T. Dixon, M.B., F.R.C.S., D.L.O. (consultant E.N.T. surgeon, Devon and Exeter clinical area (Torquay)); C. T. Hart, M.B., F.R.C.S., D.O. (consultant ophthalmologist, North Gloucestershire clinical area); R. E. May, M.S., F.R.C.S. (consultant general surgeon, Bristol clinical area (Cosham/Frenchay)); J. E. Phillips, M.B., C.R.C.P.(C.), D.P.M. (consultant psychiatrist, Devon and Exeter clinical area (Exe Vale)); G. A. Richardson, M.D., M.R.C.P. (consultant physician with interest in diseases of the chest, Devon and Exeter clinical area (Torquay)); P. H. Roberts, M.B., F.R.C.S. (consultant orthopaedic and traumatic surgeon, Bristol clinical area (Weston-super-Mare)); J. M. Slater, M.B., M.R.C.O.G. (consultant obstetrician and gynaecologist, South Somerset clinical area (Yeovil)).

UNITED MANCHESTER HOSPITALS.—C. G. Geary, M.B., M.R.C.P., M.R.C.Path. (consultant haematologist).

WESSEX REGIONAL HOSPITAL BOARD.—P. R. Camm, M.B., F.F.R. (consultant in radiology, West Dorset).

Universities & Colleges

LONDON

The following have been appointed recognized teachers of the university in the subjects indicated in parentheses:

King's College Hospital Medical School, Dr. C. G. McKerron (medicine). St. Thomas's Hospital Medical School, Dr. I. W. Whimster (morbid anatomy). Institute of Cancer Research, Dr. T. Symington (cell pathology). Institute of Child Health, Dr. B. M. Laurance, Dr. B. A. Wharton (children's diseases); Dr. B. G. Wells (medicine (cardiology)). Institute of Psychiatry, Dr. A. D. Isaacs (psychiatry).

The title of emeritus professor of pathology has been conferred on Professor W. H. McMenemey, who held the title of professor of pathology at the Institute of Neurology from 1965 to 1970.

M.D.—J. D. Oriel.
M.S.—D. A. Aubrey, C. E. A. Holden.
PH.D.—In the Faculty of Medicine: T. V. Gudmundsson, M. H. Jourdan, S. Leigh, J. L. Ochoa Moreno, G. M. Smith, Catherine A. J. Wilson.

NOTTINGHAM

Dr. L. E. Mount, senior principal scientific officer, Agricultural Research Council Institute of Animal Physiology, Cambridge, has been appointed special professor in environmental physiology for three years from 1 January 1970.

Correction

Haematemesis and Melaena

In the letter by Mr. N. O. K. Gibbon (2 May, p. 299) the fourth line of the second paragraph should have read "... its edge rendered friable ..." and not "pliable" as was erroneously printed.

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