

## Book Reviews

Michael H. Ebert, M.D., Editor

### **Straight Talk About Psychiatric Medications for Kids**

by Timothy E. Wilens, M.D. New York, N.Y., Guilford Publications, 1999, 279 pages, \$14.95 (paper).

This book is written in a "straight talkin', square shootin'" style by an expert in pediatric psychopharmacology from Harvard who knows kids and what their parents want and need to know. Information on a given topic is presented in more than one way and in several sections of the book, thereby reinforcing the basics about psychiatric medications for kids. Figures, tables, and boxed-off definitions provide clarity, and a question-answer format and case examples add interest for parents, teachers, and primary care physicians.

Part I is an overview addressing parental concerns about evaluation, diagnosis, and treatment planning when children are seen for behavioral and emotional problems. Readers are reminded that ongoing care requires parental collaboration with any prescribed intervention, psychotherapy, or medication. Common child psychiatric disorders are reviewed in Part II, including temporal lobe epilepsy, brain injury, and alcohol and substance abuse. Each discussion focuses on the disorder and then its treatment. Presenting symptoms, etiology, natural course, associated conditions, commonly used medications, and other interventions are covered. In Part III, the major classes of psychotropic medications are detailed, including clinical indications, basic neurochemistry, available preparations and strengths, dosing information, and side effects. Antihypertensives and medications for sleep and enuresis are also included.

A useful appendix lists generic and brand names, sizes, and preparations of a host of medications; an example medication log; and several pages of blank logs. The book concludes with a resource guide to professional organizations, governmental agencies, and advocacy groups. Dr. Wilens has successfully imparted what his title implies; without hype, he discusses safe and effective use of psychotropic medication in children.

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### **The Rise of Psychopharmacology and the Story of CINP**

edited by Thomas A. Ban, M.D.; David Healy, M.D., F.R.C.P.; and Edward Shorter, Ph.D. Budapest, Hungary, Animula, 1998, 448 pages, \$59.00.

The 20th century has been the era when psychopharmacology came to the fore in the mental health profession. The discovery of the first effective antidepressants (iproniazid, imipramine, fluoxetine), anxiolytics (meprobamate, diazepam), anti-psychotics (chlorpromazine, haloperidol, molindone, clozapine, risperidone, ziprasidone), and mood stabilizers (lithium, carbamazepine, valproate) revolutionized the treatment of mental illness and led to the relegation of psychoanalytic and behavioral

therapies to secondary status. Social and financial factors played an enormous role in shaping the rise of psychopharmacology, which some may argue has been too fast and gone too far for the good of humankind as a whole, but there is no doubt that the rise is just the beginning of the approach to treating psychiatric illnesses and altering human behavior with powerful chemicals. Along with the treatment came a concerted effort to understand the mechanism of the action of the new drugs to develop more effective agents with fewer side effects and manage the side effects of the current agents. The new drugs became powerful tools at the molecular, laboratory animal, and human levels to understand brain and mind, leading to the concerns that Aldous Huxley brilliantly speculated about in *Brave New World* regarding mind control and personality shaping with drugs, concerns that are today the subject of countless articles in the popular media.

This engrossing and powerful story of the earliest days of psychopharmacology is chronicled in this compendium of memoirs of many of the international leaders from the founding era in the 1950s. It is organized into a series of sections that incorporate brief vignettes from the leading figures covering their views of key developments. The sections include: (1) The 1950s: From Psychiatry to Psychopharmacology (Elkes, Hollister, and 4 others); (2) The Mainstream of Drug Development, with the following subsections: (a) Development of Drugs (Lasagna, Berger, Janssen, Sulser, Schou, and 9 others); (b) Neurochemical Underpinnings (Sourkes, Pletscher, Axelrod, Glowinski, Carlsson); and 3 other related subsections (including articles by Simon, Dews, Ray, Helmchen, Paykel, Fink, van Praag, and 4 others); (3) Country Memoirs, consisting of memoirs from 8 countries around the world (with memoirs from such legends as Matussek, Yamashjita, Lingjaerde, Ban, Lader, Sander Copen, Lapin, and 30 others [but why not Hanns Hippus, the dominant European leader of psychopharmacology for over 20 years, and Olie Hornykiewicz?]); and (4) the story of the Collegium Internationale Neuropsychopharmacologicum (CINP) itself as told by some of its founding members (Ayd, Denber, Steinberg, and 2 others). The CINP, which today rivals the American College of Neuropsychopharmacology, has always had greater involvement of the pharmaceutical industry in its programs than its U.S. counterpart. The story of the founding of the CINP in 1957 by Ernst Rothlin, a Sandoz executive, is well told by David Healy, one of the editors of this book. Rothlin and other pharmaceutical executives understood the importance of nurturing a group of clinical and basic scientists whose research and practice would expand the market for their new products; history has proven them correct beyond their wildest dreams. Today the world market for psychopharmacologic agents is estimated to be \$15 billion annually and growing about 20% per year. The often colorful story of the CINP in the last decade, under the leadership of Helmut Beckmann, William Bunney, Claude De Montigny, Lewis Judd, Salomon Langer, Brian Leonard, and Georgio Racagni and the brilliant organizational skills of Oakley Ray, the Sol Hurok of neuropsychopharmacology, will have to await another volume.

The memoirs should be enjoyable and enlightening reading for anyone interested in knowing what it felt like to be part of the group who helped develop this new approach to treatment and organized a new field of the greatest importance to medicine and humanity. Historians of science and budding psychopharmacologists in the midst of creating the next revolution will no doubt find it a mother lode of interesting information. But even the average clinician will enjoy dipping into it to get the scoop on the personal histories of some of the great men and women (only 4!) in this field, the origins of their favorite compounds, how the basic principles of the action of these compounds were discovered, and how various governments dealt with the challenges to existing health care. Gregory Oxenkrug's story about the paranoia of the Soviet Union under post-Stalin dictators makes for particularly fascinating reading. The titles of some of the memoirs provide a feeling for how those who lived the revolution experienced it: "Forty Years in the Psychiatry of Hope," "The Rise of Psychopharmacology in My Life," and "Of Magic and Medicine," to name the most colorful. For this reviewer, to have the opportunity to read the brief memoirs of some of my own icons of this saga, Julius Axelrod, Arvid Carlsson, Alec Coppen, Joel Elkes, Leo Hollister, Paul Janssen, Malcolm Lader, Louis Lasagna, Norbert Matussek, Merton Sandler, and Herman Van Praag, left me hoping for a sequel. Healy has already done that with his excellent series "The Psychopharmacologists," where many of these people have an opportunity to expand at length on their careers. I can recommend the 2 volumes of interviews already published to those for whom this book would only whet the appetite.

**Herbert Y. Meltzer, M.D.**  
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### **Black Psychiatrists and American Psychiatry**

*edited by Jeanne Spurlock, M.D. Washington, D.C., American Psychiatric Press, 1999, 272 pages, \$28.00.*

The foreword written by John Hope Franklin provides a fitting perspective of this volume. It closes with the following paragraph:

This book reflects the remarkable growth and influence of black American psychiatrists. The essays, covering virtually every possible area and reach of the field, provide an important tool not only for the professional but for the layperson as well. One cannot come away from this work without having gained a sense of what it was like to live through some tumultuous times. Nor can the reader fail to appreciate what the pioneers did and what the tireless and gifted professionals continue to do to improve the mental health of black communities and, indeed, the mental health of the nation.

History is recorded by persons involved in the making of the history rather than by onlookers viewing it from the standpoint of objectivity or comparisons to persons in other cultures or times. Such is this history of black psychiatrists as they contributed to American psychiatry throughout the 20th century. Dr. Spurlock—herself a key figure in American psychiatry, an American Psychiatric Association officer, a child psychiatrist and psychoanalyst, a medical school psychiatry department chair, and a prolific author and mentor—has assembled

self-reports of 21 black psychiatrists detailing their experiences in changing psychiatry over the past half century. She has also included biographical sketches of some of the early pioneers dating back to 1901, when Solomon Carter Fuller, M.D., completed his psychiatric training and began working as chair at Westborough State Hospital in Massachusetts. Other contributors to American psychiatry during this period include those who were pioneers in institutions such as Tuskegee Veterans Affairs Hospital and Howard University, but also those black Americans in other institutions. The account of the importance of those persons and places is sparsely recorded elsewhere, and this book provides a rich source of this history.

When one wonders what the work of a career or profession is, there have been few places to turn for more than a catalog of the requirements, rewards, and areas of specialization. The essays from this sample of black psychiatrists are a collection of reports and reflections that provide us with a wide view of the work of psychiatrists through the years as they struggled to improve hospital care, start treatment of veterans with alcohol and substance abuse, open outpatient treatment centers, provide leadership in community psychiatry, and make advances in psychiatry available to the poor or public patient. A person interested in the approach of black psychiatrists readily understands that progress has come by taking advantage of windows of opportunity, many of which had to be opened.

While most black psychiatrists are in clinical and administrative activities, some are involved in teaching, research, forensics, and psychoanalysis. Why are so few in these high prestige and high visibility areas? The discussion points to negative and positive factors, such as costs, the limited number of black psychiatrists, and the perception of greater need for therapists, that still must be addressed.

With various approaches, the chapters describe how black psychiatrists have contributed to the solutions to 2 problems: (1) How can psychiatry be made available to a wider population, including minorities and poor people, and (2) How can diagnosis, treatment, and research be conducted in a way to be fair and effective for black people and their needs?

Development of psychiatric services in hospitals, such as Tuskegee Veterans Affairs and Harlem Hospital, with expansion to outpatient care and community services, is described in enough detail to document major contributions to this area of psychiatry. In not only these historically black institutions but in other institutions as well, black psychiatrists provided leadership that changed the direction of institutional psychiatry to include such innovations as treatment modalities for alcoholism and substance abuse. Sensitivity to cultural factors affecting diagnosis and therapy of black people is a focus of the teaching and research activities of some of the psychiatrists included in this volume, and although the effects of culture remain an underresearched area, it is an area that has guided the careers of some black psychiatrists. It is this sensitivity that provides the motivation for this entire book.

This book should be read by those with an interest in the history of American psychiatry as well as by those who wonder what psychiatrists do in addition to helping individuals overcome the symptoms of those biological disorders called mental illness.

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