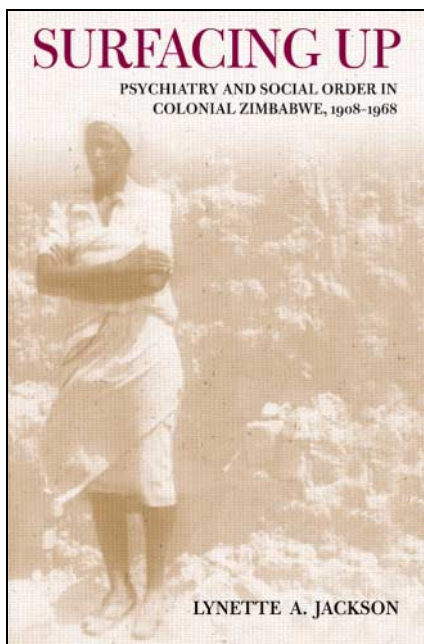


Book reviews

EDITED BY SIDNEY CROWN, FEMI OYEBODE and ROSALIND RAMSAY

Surfacing Up: Psychiatry and Social Order in Colonial Zimbabwe, 1908–1968

By Lynette A. Jackson. Cornell University Press. 2005. 245pp. US\$24.95 (pb). ISBN 0801489407



Lynette Jackson's book is an excellent addition to the growing number of publications on the history of psychiatry in colonial Africa. Other books have dealt with the contribution of colonial psychiatrists to psychiatric theories (McCulloch, 1995), the history of asylums in south-west Nigeria (Sadowsky, 1999) and how race and culture acted as markers of difference in colonial asylums (Vaughn, 1991).

Jackson's contribution to this subject is unique. It is a detailed study of one institution, Ingutsheni Asylum, tracing its origins, examining the conditions of daily life there and investigating the different pathways to care for men and women. Built on the site of the harem of the last independent Ndebele king, Lobengula Khumalo, it was opened in 1908 and was an addition to asylums in Robben Island, Kissy, Victoriaborg, Calabar, Accra and

Yaba. From its inception, Ingutsheni received both African and European patients. The intention was that the African patients remained there until they were discharged or recovered (or escaped). For the European patients, it was simply a staging post on the way to one of South Africa's asylums.

The vast majority of male African patients (inmates) were migrant labourers, men forced by poverty from rural areas far beyond Southern Rhodesia. A migrant labourer's existence was harsh and the working conditions brutal. Jackson examines the routes into the asylum for these men, drawing attention to how behavioural transgression came to the notice of the colonial authorities. She also describes the pathway of admission for females. Mobile and unpaired, or 'stray', women, were regarded as exhibiting deviant behaviour and liable to be admitted to the asylum merely for being unaccompanied within colonial urban centres. Jackson describes the extent to which the colonial authorities attempted to maintain within the asylum the divisions present in wider society. This was most salient with regard to White women.

This book demonstrates how profitable it is to re-examine the institutions of colonial Africa. Asylums recreated the divisions within wider society, amplified differences and provided case material for ethnopsychiatrists to construct theories about African culture, the so called 'African mind', often in an effort to sustain the colonial project.

McCulloch, J. (1995) *The African Mind: Colonial Psychiatry and the African Mind*. Cambridge University Press.

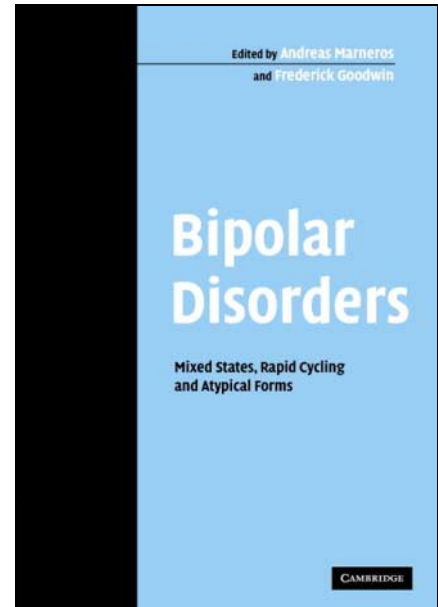
Sadowsky, J. (1999) *Imperial Bedlam: Institutions of Madness in Colonial Southwest Nigeria*. University of California Press.

Vaughn, M. (1991) *Curing their Ills*. Polity Press.

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Bipolar Disorders: Mixed States, Rapid Cycling and Atypical Forms

Edited by Andreas Marneros & Frederick Goodwin. 2005. Cambridge University Press. 395pp. £66.00, US\$120.00 (hb). ISBN 0521835178



Marneros & Goodwin provide an excellent insight into the current knowledge, as well as gaps in knowledge, about the various clinical manifestations and treatment of bipolar disorder, including mixed states, rapid cycling and the atypical forms.

The book starts with a description of the discovery of the different forms of bipolar disorder, from the first descriptions by Hippocrates through to Kraepelin. These resulted in more specific definitions of the subtypes which are put into perspective using the latest DSM and ICD classifications as well as various new research data. An overview of the pharmacotherapeutic options is provided, including the newer agent lamotrigine, for the treatment of rapid cycling and agitated depression and the use of atypical antipsychotics in the treatment of mixed and pure manic states with and without psychotic symptoms. Special attention is given to pharmacological treatments in which lithium has been shown to be less effective.

The available research on family, twin, adoption, association and linkage studies is critically appraised. Methodological, ethical and multiple-gene issues important for designing future studies are discussed.

Differences in neurotransmission and hormone release in bipolar mixed states are