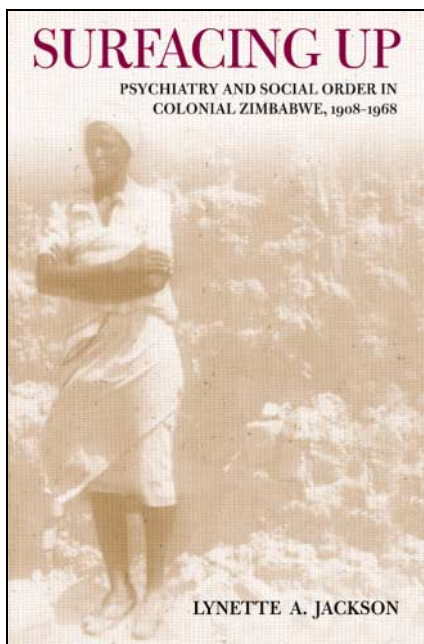


Book reviews

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.

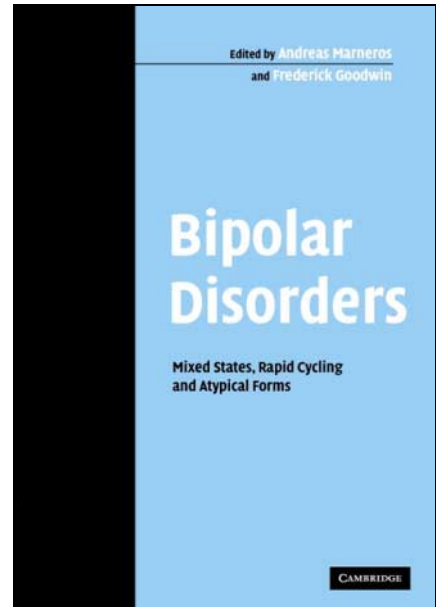
Sadowsky, J. (1999) *Imperial Bedlam: Institutions of Madness in Colonial Southwest Nigeria*. University of California Press.

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

Femi Oyebode Department of Psychiatry, University of Birmingham, Queen Elizabeth Psychiatric Hospital, Mindelsohn Way, Edgbaston, Birmingham B15 2QZ, UK.
Email: femi_oyebode@msn.com
doi: 10.1192/bjp.bp.106.024216

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

addressed and twelve different treatment options presented. There is also discussion of investigational strategies for the treatment of rapid cycling, mixed episodes and atypical bipolar mood disorder, focusing on study design and offering suggestions for study methodology for this challenging condition.

The book is an easy and comprehensive read. Providing insight into present knowledge of the diverse manifestations along the full spectrum of bipolar disorder, it gives an overview of gaps in knowledge remaining to be studied. The book's strength is that it not only determines issues that are weakly presented in the research arena but it also looks at methodological and study design issues that can help to improve future research. The weakness is that when addressing effectiveness of specific pharmacotherapeutic possibilities it does not always fully address the issue of adverse events. This would include those capable of resulting in patient- or physician-initiated discontinuation of treatment, problems that could arise from using specific drug combinations and the genetic differences that may be important in this field. This is an interesting book worthwhile for both clinicians and researchers in the field of bipolar disorders.

Ingeborge Wilting Utrecht University, Utrecht, Holland. Email: omsmals@zonnet.nl
doi: 10.1192/bjp.bp.105.019992

Alcohol, Gender and Drinking Problems: Perspectives from Low and Middle Income Countries

Edited by Isidore S. Obot & Robin Room.
World Health Organization. 2005. 235pp.
US\$45.00 (pb). ISBN 9241593504

Alcohol consumption is enmeshed in social and cultural norms and problems relating to drinking can not be considered in isolation from these. Because the place of gender within social and cultural interactions is unique and has important ramifications for the behaviour and habits of men and women, this book addresses a topic of central significance to the consideration of how alcohol consumption may affect health, defined here in the broadest sense.

The book presents the reports of the project, 'Gender, Alcohol and Culture: an

International Study' (GENACIS), conducted in Argentina, Brazil, Costa Rica, India, Mexico, Nigeria, Sri Lanka and Uganda. The first of its ten chapters provides an educative discussion of why it is important to examine gender differences in the use of alcohol. Chapters two through nine are reports of the project from the participating sites. Chapter ten attempts an integration of the main findings of the project. It shows that, when it comes to the use of alcohol, grouping of countries on the basis of development or region may be rather simplistic as the differences within these groupings are often large and complex.

Epidemiological evidence suggests that differences between males and females in regard to their use of alcohol are narrowing, with more recent birth cohorts showing closer similarities than earlier ones. Such narrowing of gender differences is probably more pronounced in low- and middle-income countries, especially those of Africa and Asia, where traditional restrictions on female drinking are beginning to wane as a result of various social changes, not least those related to urbanisation and globalisation. Anyone wishing to examine how social changes influence alcohol consumption will benefit from an understanding of the trend in gender patterning of drinking provided this book.

The book is enriched by the broad cultural contexts in which the studies were conducted. However, it has to be read within the constraints of the methodology of GENACIS. The focus of the surveys was

on documenting gender differences in drinking patterns in the various study sites. Even though several of those sites used epidemiological approaches to sample respondents, and their results can be considered as representative of the regions where the studies were conducted, readers need to be aware that the data presented are not national profiles of drinking behaviour and are certainly not meant to highlight cross-national comparisons of alcohol use. What the book provides is a rich source of information about the dynamics of alcohol use in which the gender of those who drink and those who do not offers an opportunity for us to understand the social influences shaping trends in alcohol consumption. That information should interest policy makers across the globe.

Oye Gureje University of Ibadan, Ibadan PMB 5116, Nigeria. Email: ogureje@comui.edu.ng
doi: 10.1192/bjp.bp.106.029702

The science of well-being

Edited by Felicia Huppert, Nick Bayliss & Barry Keverne. Oxford University Press. 2005. 546pp. £80.00 (hb); £35.00 (pb). ISBN 0198567510 (hb); 0198567519 (pb)

This timely book coincides with initiatives (National Institute for Mental Health in England, 2005) for mental well-being at individual, neighbourhood and societal levels.

Argyle (1992) pioneered UK research on 'happiness' and health, developing the Oxford Happiness Inventory. Influential commissioners scorned positive outcome measures for funding psychiatric services, claiming 'It's not our job to make people happy'. Cronin de Chavez *et al* (2005) reviewed weaknesses in past research: single disciplines working in isolation cannot capture the multi-faceted nature of wellness. A trans-disciplinary meeting on the sciences of well-being took place in 2003 at the Royal Society. Unforgettable talks delivered there by Americans Fredrickson, Seligman and Putnam can be found among the 20 chapters of this new book.

The Science of Well-Being overlaps, but only in part, the transactions of that seminal event (Royal Society, 2004). Since 2003, interest in wellness has grown. Kahnemann contributes an excellent

