

vides the reader with the list of psychoactive medications with substantial alcohol interactions, which is a useful reference tool. The information provided is a timely reminder about the variety of existing and developing treatment options for addictions in the elderly, which include brief strategies (minimal advice, structured brief intervention protocols) and referral to specialized treatment. The authors also briefly discuss the literature on late-life addictions and comorbid psychiatric disorders such as depression, suicide, and dementia.

The final chapter, "Geriatric Psychiatry at the Crossroads of Public Policy and Clinical Practice," has four authors: Christopher C. Clenda, Stephen J. Bartels, Joel E. Streim, and Christine deVries. If not for the task of writing this review, I would most likely have skipped this chapter during my leisure reading (who wants to be bothered by numbers and percentages of Medicare expenditures in national health expenditures, anyway?). Skipping it would be a mistake. The current political climate, driven by rises and falls in the economy, inevitably affects the system of health care delivery. Moreover, the consequences of political changes are not necessarily immediate but continue for years. The medical profession recognizes the importance of interacting with lawmakers to ensure the best possible care for our patients today and in the future. Up to 10.3 million individuals over the age of 55, or up to 6 million individuals over the age of 65, may have clinically significant mental disorders, and these numbers will increase with time because the number of elderly citizens is growing. After a review of current trends in federal expenditures for health care and mental health care, this chapter has a report on trends in Medicare managed care enrollments and regulatory trends in long-term care. The authors describe federal regulations and statutory requirements but note the troubling fact that "a substantial proportion of residents [in nursing homes] still have undetected psychiatric symptoms and...others do not receive care they require." The authors review special concerns for older adults with severe mental illness as well as current legislative and executive policy initiatives to improve their lot. The unfortunate conclusion of this chapter is that "the United States is far from creating an integrated longitudinal continuum of mental health care for elderly," which leaves a lot of food for thought.

My overall impression of this volume is positive. It provides a concise review on specific topics with an extensive bibliography to be used by the reader for future study. Each chapter could be studied individually and provides sufficient analysis of research data on the topic. Arguably, more detail might be added, but its goal is to review, which it successfully fulfills. Nevertheless, I would add several paragraphs on the use of complementary (alternative) medicine remedies in the elderly with mental illness, which is seen more and more in my clinical practice. The size of the book is convenient for travel, and the font size is good for easy reading, without excessive eye strain.

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MIND AND BRAIN

The Scientific Study of Dreams: Neural Networks, Cognitive Development, and Content Analysis, by G. William Domhoff, Ph.D. Washington, D.C., American Psychological Association, 2003, 240 pp., \$49.95.

This is a little book, only 170 pages of text, with an ambitious title. The reader with an expectation that this "scientific study" will be based on well-controlled laboratory investigations of dreams will be disappointed. The subtitle is the more accurate representation of the content. Dr. Domhoff has put together evidence from three areas of work—the neuroanatomy of dreaming, based on recent brain imaging studies in sleep; the neuropsychological mapping of dreaming from studies of individuals with known areas of brain damage and the development of dreaming in children; and his own work on the content analysis of dream reports—to support a neurocognitive model of dreams.

The data from these three approaches to dreaming do not fit together well enough to make a coherent theory. The brain imaging work identifies the differences between brain states, with the implication that their mental correlates will differ. The neuropsychological correlation between areas of brain damage and dream content losses relates the site of damage to specific changes in dream content. The dreams of young children show that the cognitive characteristics of dreams develop over time in parallel with the waking cognitive maturation of children, putting the emphasis on the similarity of the structure of these two. The content analysis of dreams, based on the Hall/Van de Castle system, supports the continuity of the concerns in waking and dreaming mental life. The pieces are there, but they are not organized into a theory.

The heart of the book is how to carry out a detailed content analysis of dreams reported in home dream diaries by subjects who are motivated to record these for their own interest. The subjects represent a sample of convenience rather than a systematic or representative sample. The advantages are that these diaries are often kept over long periods of time and that many have been posted on the Internet at DreamBank.net, which has a search engine for their analysis. The categories that make up the Hall/Van de Castle system allow for the computation of the frequency of different characters, types of social interaction, activities, emotions, physical surroundings, good fortunes, and misfortunes as well as standard ratios of male to female percent, aggression to friendliness percent, and other information to be derived. The author then illustrates how he applies these to test for consistency within subjects over time and to relate these dream profiles to the dreamer's areas of waking concern. He summarizes his findings as showing that "dreams dramatize ongoing emotional preoccupations." The problem of the validity of the inferences drawn from these analyses—the old question of "Who is right about the meaning of a dream, the analyst or the dreamer?"—is left unanswered.

The book winds up with a critique of the major theories of the meaning of dreams: Freud's wish fulfillment, Jung's compensation function and dream construction, Hobson-McCarley's activation-synthesis, and the revised Hobson AIM (activation, input source, modulation) model, as well as some of

the sleep-laboratory-based conceptions of dream function, such as the contribution to emotional problem solving. The author dismisses them all and ends on the rather pessimistic note that dreams probably have no function but are more coherent and meaningful than has been credited by the neurophysiologists. He states that dreams are a reasonable simulation of the waking world of the dreamer using the same schemata, but, since they are less constrained by reality, they are useful to scientists and the dreamers themselves in understanding the dreamer. As a theory the book is premature, but the author has given us good tools to apply to questions about dreaming and the personal schemata they reveal.

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Companion to Clinical Neurology, 2nd ed., by William Pryse-Phillips. New York, Oxford University Press, 2003, 1,128 pp., \$125.00.

Ever wonder who Paul Ferdinand Schilder was, he who described the Schilder variant of multiple sclerosis, characterized by the presence of dementia? What about Maffucci syndrome, or the "cover test"? Why is Charcot often referred to as the father of modern neurology, when in fact he was a psychiatrist? Who was the first to describe ataxic cerebral palsy? (It was Sigmund Freud.)

Answers to these questions, and 15,000 more, can be found in *Companion to Clinical Neurology*, an outstanding volume authored by William Pryse-Phillips of Memorial University in Newfoundland, Canada. In a world where, and at a time when, scholarly works of this sort are very rare, Professor Pryse-Phillips has recently published this second edition of one of his life's works. It is perhaps the most complete compilation of clinical terms, historical anecdotes, diagnostic tests, and brief biographies of relevance to clinical neurology, a cross between a dictionary and an encyclopedia of the highest quality scholarship. The book is an alphabetical compilation of entries from the most minute (almost trivial at times) to the most relevant, each providing definition of a term, clinical description of a phenomenon, or salient aspects of a biography. It has received rave reviews in the world of neurology and, on my brief trip to the Amazon.com web site, was almost sold out there.

The only question is the extent to which this book might be of interest to psychiatrists. Small but notable omissions are entries for schizophrenia, bipolar illness, melancholia, or other conditions or terms most often seen by psychiatrists, many of them brain diseases. Over the 2-month period that I had the book in my hands, while I was preparing this review, there were no occasions on which I found reason to consult it for clinical, research, or teaching activities. Since my work is focused on neuropsychiatry, the interface between psychiatry and neurology, I suspect that this was a good test of its utility, or lack thereof, to most psychiatrists. Despite this, given the sheer volume of information it contains and the intellectual stimulation that it provides, many colleagues in psychiatry, especially those with a more scholarly or academic bent, will find this volume satisfying to own, leaf through, or consult

from time to time, if not out of clinical necessity, at least out of sheer curiosity.

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The Brain and the Inner World: An Introduction to the Neuroscience of Subjective Experience, by Mark Solms and Oliver Turnbull. New York, Other Press, 2002, 342 pp., \$50.00; \$18.95 (paper).

The authors describe their book as a "beginner's guide to the brain." One of their stated aims is to "familiarize non-specialists with the basic facts of how the brain 'produces' our subjective mental life." This 342-page book, written by two neuropsychologists—one of whom is also a psychoanalyst—consists of a foreword by Oliver Sacks and 10 chapters, each of which seeks to provide an overview of the neurobiology of a particular aspect of the "mind." The authors express an interest in bridging the gap between neuroscience and the realm of the subjective: "The really interesting things about psychology, such as consciousness, emotions, and dreams—topics from which neuropsychologists 'shrank in horror'...less than a decade ago—are finally coming into the ambit of neuroscience." Chapter titles include "Mind and Brain—How Do They Relate," "Dreams and Hallucinations," "Words and Things: The Left and Right Cerebral Hemispheres," and "The Future and Neuro-Psychoanalysis." A reference section and an index are included.

This is not a book for psychiatrists. For example, the neurology is too elementary, even for the medical student. Also, the contribution of psychiatry to the elucidation of the relationship between mind and body—the special province of the psychiatrist—is short-shrifted. Although the book serves as a fair guide to brain functioning per se, its presentation of the "inner world" is far too simplistic and fuzzy for anyone who has contemplated the nature of the subjective and the position of what Reichenbach aptly labeled the "most-privileged observer." Serious epistemological flaws derive from the failure of the authors to define their terms, exemplified by their claim that neuropsychologists deal with "tangible, physical things," whereas psychoanalysts are stuck with "immaterial" thought as the object of their inquiry.

Perhaps this book is best viewed as an exhortation to the growing segment of psychoanalysts who are not MDs to begin to learn something about the basic sciences.

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TEXTBOOKS

Theory and Practice of Psychiatry, by Bruce J. Cohen, M.D. New York, Oxford University Press, 2003, 558 pp., \$89.50; \$49.50 (paper).

Reviewing textbooks is a somewhat different task from reviewing books that are focused explorations of specific topics; textbook chapters may vary considerably in their clarity and quality, especially if they are multiauthored. Textbooks also