

ful in my consultation and provided balanced information on both clinical management and potential pathobiology. I highly recommend the chapter to any student seeking an introduction to the topic of delirium as well as to any experienced clinician who would like an overview of the most recent information on this prevalent and challenging condition. The index also provided references to discussions of delirium in other chapters.

The second case involved an individual with musical hallucinations. I did not find a mention of this topic in the book, but hallucinations in each sensory modality are discussed in depth in several places. My inability to find the topic does not reflect negatively on the textbook. Rather, it reflects the fact that one of the limitations of textbooks is that they cannot include references to every rare clinical situation because doing so would make a book so encyclopedic as to be unusable.

Although I did not read the book from cover to cover, I did review a number of chapters at random and compared them with the two previous editions. Several generalizations can be made. First, the field of geriatric psychiatry has advanced substantially since the first volume was published in 1991. Discussions of recently hypothesized etiological mechanisms are present throughout this volume, illustrating both how much has been learned in the past decade and how much greater the linkages are between clinical and geriatric psychiatry and basic science knowledge. I also reviewed the treatment recommendations in a number of chapters and found them all to be well balanced, thoughtful, and critical. In an age in which pharmaceutical support is ubiquitous and is claimed to infiltrate every aspect of information provision, my impression is that the authors provide information reflecting the state of the literature and readily acknowledge the limits of empirical knowledge.

Finally, although the five sections of the book are the same as in the first edition, this volume is much more comprehensive than the first two editions. It now includes extended discussions on family issues, psychiatry at the end of life, neuroimaging, and genetics, topics that were not in the first edition and that are up-to-date and clinically relevant. Thus, I highly recommend this volume both to the medical student or resident who would like to learn more about geriatric psychiatry and to the practitioner who would like a well-referenced source of information for challenging clinical situations.

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SUBSTANCE ABUSE

Marijuana and Madness, edited by David Castle and Robin Murray. Cambridge, U.K., Cambridge University Press, 2004, 234 pp., \$80.00.

Nothing is more topical nowadays than marijuana. The U.S. Supreme Court is pondering the legality of the so-called medical marijuana laws in several states. Canada has changed its policy on cannabis, following the lead of several European countries. Passions are stirred as these measures are considered. Part of each debate concerns marijuana's

safety, both in the general population and in those who are ill. As mental health and addiction professionals, it behooves us to know as much about this substance as possible, not only as it relates to abuse and dependence, but also as it relates to other mental disorders, especially the psychoses.

A rather small but very timely and useful book, *Marijuana and Madness* comes to the rescue. It brings together, under one beautifully designed cover, 13 monographs, each summarizing what is known about some aspect of the relationship between marijuana and mental health. Each chapter reviews past and current research relevant to its topic in a clearly presented and persuasive summary. Limitations of the research as well as its findings are stressed. Needs for future research are also noted. Read in sequence, these chapters provide a comprehensive overview of the field.

Topics range from the chemistry of the cannabinoids (presented so that it is readily grasped by the nonchemist), through the mechanisms of action of these substances on the brain, to various aspects of the relationship of marijuana use to psychotic symptoms, to psychosis, and to schizophrenia in particular. Titles of the chapters include "Cannabis and Psychosis Proneness," "Is There a Specific Cannabis Psychosis?" "Cannabis as a Potential Causal Factor in Schizophrenia," and "The Endogenous Cannabinoid System in Schizophrenia." Although every chapter in the book is relevant to the mental health professional and addictions specialist, there are some that have a specific clinical focus, including "Cannabis Abuse and the Course of Schizophrenia," "Motives That Maintain Cannabis Use in Individuals With Psychotic Disorders," and "Addressing Cannabis Abuse in People With Psychosis."

An expert in the field writes each chapter, and the 30 authors come from around the world (the United Kingdom, the United States, Australia, Israel, France, and the Netherlands). The editors of the volume deserve special commendation for making the book easy to read from beginning to end, with appropriate cross-references in each chapter and a uniform style. Perhaps the only helpful addition might have been an overall summary at the end, integrating the information from each of the chapters. Readers are left to do that for themselves.

The editors and publishers of this book have responded to a need for clear, research-based information on a topic of great current concern. They have done an excellent job.

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A Handbook on Drug and Alcohol Abuse: The Biomedical Aspects, 4th ed., by Gail Winger, Ph.D., James H. Woods, Ph.D., and Frederick G. Hofmann, Ph.D. New York, Oxford University Press, 2004, 181 pp., \$60.00; \$31.95 (paper).

Knowledge about drugs of abuse, from pharmacology to trends in use, is constantly changing and can come from many different sources, including books, journals, the Internet, and the popular media. Too often, however, much of that information is biased, scientifically flawed, or peppered with a political agenda. Drs. Winger, Woods, and Hofmann, instead, have produced a scientific, concise, and comprehensive primer on virtually all drugs of abuse. As with previous editions (the last edition was 10 years ago), the authors have crafted this book for a wide target audience—from undergraduate pharmacology students to medical students, to sub-

stance abuse specialists, and to laypeople with a curiosity about drugs of abuse.

The book opens with a short description of how to define drug abuse and then turns to recent trends of drug use in the United States, providing a general description of the neurological aspects of drug use. The heart of the book is divided into specific chapters that discuss all of the major drugs of abuse: tobacco/nicotine, opioids, CNS depressants (alcohol, barbiturates, benzodiazepines, solvents, inhalants), marijuana, and CNS stimulants (cocaine, amphetamines). Of interest, there is an entire chapter dedicated to "club drugs," namely, gamma hydroxybutyrate, 3,4-methylenedioxymethamphetamine (Ecstasy), and ketamine.

Each chapter concisely and concretely describes the epidemiology, trends of use, and pharmacology of the drug of abuse. Special emphasis is placed on the toxic effects of drugs of abuse, including acute intoxication effects as well as long-term medical consequences.

Two new features of this edition are a chapter devoted entirely to the medical issues associated with drug abuse and an expansion of the chapter on drug abuse and the law. Particular emphasis is placed on infections obtained from intravenous drug use and the pulmonary effects of smoking drugs. The chapter examining drug abuse and the law succinctly summarizes the history of drug regulation in the United States and adds much-needed information about international drug laws.

Overall, this handbook is clearly written and presents the information in a well-organized and scientific fashion. Its brevity is appropriate, especially for the reader who is not a specialist in addictions. However, this is not the book to seek out for treatment; very little space is given over to how to treat substance-dependent individuals (this is not the book's purpose). Every significant drug of abuse is well covered and enough details are provided to familiarize or update the reader with accurate information. The only important drugs of abuse that are not described are anabolic steroids; a review of these would be particularly relevant given the recent attention placed on them by the media and popular culture. Finally, the book could use a concluding chapter and perhaps the addition of more illustrations, especially a visual depiction of the drug of abuse, to aid the reader. Nevertheless, the authors have done well to produce a work that is understandable to a wide audience and that is not weighed down in confusing research terminology.

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Neurological Aspects of Substance Abuse, 2nd ed., by John C.M. Brust, M.D. Philadelphia, Elsevier Butterworth Heinemann, 2004, 477 pp., \$104.95.

This book is an excellent resource for issues related to substance abuse. It is highly informative and provides answers to the multiple treatment issues that arise on a daily basis in clinical practice. The author has made a huge effort in producing this book, beginning with the basic premise that most biomedical aspects of substance abuse are neurological. Each chapter has an exhaustive reference list. Historical snapshots for each substance of abuse are also provided.

This book compares the effects of substance use in animals and humans. The author uses a scientific approach based on pharmacology and animal studies to address the biomedical aspects of drug abuse, including overdose, withdrawal, medical and neurological complications, fetal effects, and pharmacotherapy. The book provides a fitting historical background related to each substance of abuse, its pharmacology, its neuronal effects, and its actions on various neurotransmitters. Insights are provided into the mechanics of addiction to substances of abuse resulting in the users feeling trapped as drug use becomes an important part of their daily activity.

The book consists of 13 outstanding chapters. Chapter 1 provides an overview of the definitions of dependence, addiction, abuse, and tolerance. The author addresses the triangle of psychic dependence, physical dependence, and social consequences correlated to neurobiological interactions that explain the resulting behavior.

Chapter 2 explores the neurobiology of addiction (new to this edition): "the loss of control over drug use, or the compulsive seeking and taking of drugs despite adverse consequences." It focuses on sensitization: "enhanced drug responsiveness with repeated exposure to a constant dose." In this chapter the author reviews animal models, neuroanatomy, neurotransmitters, neuromodulators, intracellular signaling, and rewards systems to explain behaviors. Chapters 3 to 13 are each dedicated to a single substance of abuse, including opioids, cocaine, anticholinergics, ethanol, and tobacco. Each chapter provides exhaustive knowledge on aspects of the particular substance of abuse such as origin, availability, receptor effects, addiction, withdrawal, fetal effects, organ damage, and treatment. The author also discusses public policy on individual drugs.

The book is very well balanced clinically, it grips the reader, and it is easy to read and understand. It is well written and based on the author's expert understanding of the field of substance abuse and the related neurobiology. Typographical errors and misspellings are rare, and the editing is of high quality. Overall, the information in this book is well organized, covering issues involving the common substances of abuse as well as the neurobiology of addictions. It is suggested reading for trainees, psychiatrists, and clinicians working in behavioral health. Family physicians, internists, and other physicians would also benefit because substance abuse is a common, often undiagnosed problem.

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Treating Alcohol and Drug Abuse: An Evidence Based Review, edited by Mats Berglund, Sten Thelander, and Egon Jonsson. Weinheim, Germany, Wiley-VCH, 2003, 629 pp., \$124.00.

This is a report of the findings of the Swedish Council on Technology Assessment in Health Care in the area of alcohol and substance abuse. The council evaluates the medical and scientific world literature on the technology and methods of intervention used in delivering health care. For the effort reported in this book, a team of 13 investigators performed a comprehensive literature search of articles published between the 1950s and 2000, rated more than 1,600 studies for