

Book Reviews

more widely known (there has been no reprint of the original German edition) and, better yet, will introduce the reader to a singularly neglected theme, the nature of the great sanitary movement in central Europe.

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PHIL BROWN, *The transfer of care. Psychiatric deinstitutionalization and its aftermath*. London, Routledge & Kegan Paul, 1985, 8vo, pp. xvi, 275, £19.95.

This sociological overview of the impact of deinstitutionalization on America's mental health services is written from a perspective which is informed by debates within the history of psychiatry as well as medical sociology. In his description of the growth of a federal mental health policy after World War II, and the shift towards community care, Brown documents the complex interweaving of political and economic factors, institutional and professional inertia, and the impact of psychoactive drugs in the processes of change. He endorses Andrew Scull's argument that psychoactive drugs were taken up with uncritical enthusiasm by a mental health administration which already felt grossly overburdened by its in-patient policy; and he emphasizes that the location of psychiatric in-patient care in general, rather than specialist, hospitals has further entrenched a biomedical approach to mental disorders.

The way in which the retraction of state hospital provision for the insane has been shadowed by an expansion of the number of psychiatric beds in voluntary-aided, private general and private psychiatric hospitals is clearly demonstrated. Chilling statistics, such as the 18,000 former state mental hospital inmates estimated to be homeless in New York, portray a stark impression of the colossal inadequacies of "community care" as it is currently practised; statistics beside which complaints that, for example, "the New York City public library system has had to endure troublesome patients hanging out in branch libraries, and to spend scarce funds on extra security" sound carping. However, one of the strengths of Brown's study is the care he takes to document diverse points of view, seeing the mental health services America now has as the outcome of a dynamic interaction between government policies, professional and institutional interests, and public opinion.

The chapter on 'Antipsychiatry and mental patients' rights' offers a subtle reassessment of the patients' rights movement, arguing that even if, as Scull has suggested, its growth was precipitated by the economic crisis within institutional psychiatry, it has heightened public and professional awareness of the importance of respecting patients' civil liberties. In addition, Brown wants to salvage the antipsychiatric idea of "symptoms-as-protest" against unacceptable social conditions, insisting that genuine mental health reform, operating through a range of institutional and community-based facilities, could only be effective if it were part of a more widespread expansion of investment in social and welfare services, most notably the creation of a national health care system. An awkward anachronism in the programmatic conclusion of this otherwise well-informed book is Brown's suggestion, after criticizing the extent to which some states in America rely on contractors to perform essential health care services, that "Britain's National Health Service is a likely model" for the more directly-controlled kind of health service he would like to see in America.

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WILFRED TROTTER, *Instincts of the herd in peace and war 1916-1919*, with introduction by Douglas Holdstock, London, Keynes Press, 1985, 4to, pp. xxviii, 202, £45.00.

Wilfred Trotter, FRS, a surgical polymath on the staff at University College Hospital from 1906 to 1939, wrote 'Herd instinct and its bearing on the psychology of civilized man' in 1905, whilst a demonstrator in anatomy. The work was published in two parts in the *Sociological Review* in July 1908 and January 1909. Subsequently added to with essays written in the autumn of 1915, the work was published by Fisher Unwin in February 1916. The book was twice reprinted in 1917, and a revised fourth impression, with a postscript written after the Armistice, was released in 1919. There were then seven further reprints before Trotter's death in 1939.

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Although the phrase, "Herd instinct", has since become a figure of speech, the work attracted little attention from the medical press at the time of publication, there being no notice of Trotter's book in either the *British Medical Journal* or the *Lancet* until the collected works were printed in 1940. However, other contemporary works on instinct were extensively discussed, particularly *Instinct and intelligence* by N. C. McNamara (1915), *Instinct and hysteria* by V. T. Carruthers (1920), and *Instinct and the unconscious* by W. H. R. Rivers (1921). (It is an interesting aside to note that two of these three authors were, like Trotter, practising surgeons.)

This edition, limited to 300 copies and published by the Keynes Press at the British Medical Association, uses the 1953 Oxford text edited by R. W. Chapman with a foreword by F. M. R. Walshe. To this has been added an introduction by Dr Douglas Holdstock comprising a brief biographical note and an appraisal of Trotter's work.

In keeping with other Keynes Press publications, the standard of production is high, in letterpress on laid paper and bound in cloth with fine marbled end-papers, although there are two spelling mistakes in the text. The cost of such craftsmanship is high, as this slim volume costs £45 compared with copies of the original work which at present appear in catalogues at around £10.

William James had proposed at the end of the nineteenth century that the impulse of an instinct is such an axiomatically obvious proposition that any idea of discussing its basis is foolish. Elaborating upon this, early in the twentieth century, Professor Lloyd Morgan defined instinctive behaviour as "that which is on its first occurrence independent of prior experience; which tends to be to the well-being of the individual and the preservation of the race; which is similarly performed by all the members of the same more or less restricted group of animals; and which may be subject to subsequent modification under the guidance of experience." Trotter declared that to instincts of self-preservation, sustenance, and procreation should be added gregariousness. In a carefully constructed exposition, Trotter illustrates the gregarious nature of the dog, horse, and ape as contrasted with the cat and tiger. He demonstrates how the social behaviour patterns of the bee and ant can only be explained by a gregarious instinct and how the innate strength of the herd is enhanced by this instinct. He then proposes that man, both in a crowd and as an individual displays a similar gregarious nature, and argues that, by modifying the pressures of natural selection, this characteristic has allowed variation and specialization to arise within the human herd. He further suggests that the human conscience exists in response to peer review by other members of the gregarious herd.

In his second essay Trotter explains how the pressures of herd instinct conflict with experience and lead to the development of stable and unstable mental types. At the beginning of the long central section of the book, written in 1916, Trotter relates his propositions to the doctrine enunciated by Freud, before moving to the weakest part of the book; that of his analysis of the mental disposition of the English and German people, likening their natures to those of the sheep and the wolf respectively. Weak, for in part jingoism overshadows the logic of his writing and in part the thread of his argument is difficult to follow with increasing periphrasis; one page has 152 words broken only by a single full stop. Fear, aggression, rumour, morale, and discipline are all considered from the standpoint of the herd in the context of the long and bloody war that was carving swathes through the youth of Europe.

Trotter did, however, anticipate better things to come, "as the conquest of fellow nations would present its full futility they would need for the acceptable exercise of their powers some more difficult, more daring and newer task, something that stretches the human will and intellect to the limit of their capacity . . . time and space would be their quarry . . . they would sail their ships into the gulfs of the ether and lay tribute upon the sun and stars." How disappointed Trotter would be to find that seventy years after penning those words man does indeed sail across the ether but with star wars rather than stellar tribute in mind.

Given due allowance for the patriotic overlay in the central section, the book is an elegant, although overlong, disquisition upon an interesting hypothesis and worth study, although serious scholars may begrudge the price and prefer the purchase of a secondhand earlier edition.

David Cooke