

high blood pressure. The real strength of the booklet is in its understanding of the emotional difficulties which beset middle-aged marriages, more frequently these days than previously because of the great changes in our social structure and patterns of living. These include the man who has not reached his goal, or the one who, reaching it, finds it is dust in his hands; the woman whose children are fledged too early for her and whose highly automated kitchen no longer produces nursery puddings and pies. They will be helped to find courage to come to terms with the half of life which remains. The harassed parent, wondering how his pliable ten-year-olds have grown into most surprising monsters, may be helped to discover what it is all about. The couple faced with making a home for their own parents will find helpful and practical advice, and those who have been so deeply immersed in the struggle of work and rearing a family that they have had no time to take a long cool look at their own marriage may be reminded to do so.

Last, but most cheering to all middle-aged couples, is advice on how to be a grandparent and the lovely prospect of all the fun and none of the responsibility.

Hilary Halpin

SEXUAL HARMONY IN MARRIAGE

By J. H. Wallis. (Routledge & Kegan Paul, 14s.)

There have been many articles and books written on the problems of sex and sexual harmony. Too many of these in the past seem to have been mainly mechanical in approach. In some quarters, mainly in the U.S.A., orgasmal adequacy has become the criterion of sexual harmony, especially where psychiatrists have influenced the writer's thinking.

It is most refreshing, therefore, to read a book where sex is regarded neither as a mechanical encounter nor as an orgasmal graph, where the highest peak must represent success! The relationship of the all-human personality of man and woman is viewed in the framework of marriage, using sex in the words of D. H. Lawrence, "as a mirror of life". The author shows that "harmony is something more subtle than a mechanical technique or a bargain". This wise and profound book analyses the male and female expressions of this harmony and explains how the split between sex and loving can occur in many ways, according to the many backgrounds and standards of the couples concerned.

Its approach is simple and lucid, in the tolerance and warmth which it brings to the many problems reviewed. This book can be heartily commended to all those faced with these problems, whether they be the married couple themselves or those—either doctor, social worker or minister of religion—who have to advise them. I have rarely read a book packed with so much wisdom per page and with so few clichés to spoil it. I strongly urge all concerned to read it.

Bernard Sandler

OTHER REVIEWS

ARTISTIC SELF-EXPRESSION IN MENTAL DISEASE: THE SHATTERED IMAGE OF SCHIZOPHRENICS

By J. H. Plokker. (Charles Skilton Ltd., £4 4s.)

Professor Plokker is an eminently qualified author for this subject. He is both psychiatrist and artist, and comes from Holland, a country renowned for its advanced and civilised approach to mental health. He has presented us with a deeply penetrating study, which is indispensable for those who deal with art and the mentally ill.

In this well-produced, extensively illustrated book, the author introduces his subject and examines the history and phenomena of schizophrenia. In the second part, he turns his attention to well-known artists' paintings, to creative therapy, and to a dissection of the pictorial works of his patients. Here, we have some very valuable definitions and distinctions.

Reading the account of "what is known about schizophrenia" left me with the impression that this section was not (for artists like me) unequivocally simple.