

## BOEKBESPREKING : BOOK REVIEW

### MENTAL HOSPITAL CHANGES

*Adventure in Psychiatry.* Social change in a mental hospital. By D. V. Martin. Pp. ix + 207. R2.10. Oxford: Bruno Cassirer. Distributed by Faber & Faber, London. 1962.

The mental hospital was originally custodial in its function. To it society sent its insane to be controlled and kept out of sight.

With the advent of electro-convulsive therapy and later drug treatment of mental illness, the function of the mental hospital changed. Though still partly custodial, it has developed a therapeutic function, which extends into the realm of interpersonal relationships and community attitudes.

In *Adventure in Psychiatry*, which is recommended to

psychiatrist and non-psychiatrist, doctor and intelligent layman alike, Dr. D. V. Martin, who is now Physician Superintendent of Claybury Hospital, describes the change-over there from a traditional mental hospital to a therapeutic community.

He describes the opening of the closed wards, the breaking down of the rigid authoritarianism, and staff and patient groups in which emotional attitudes and behaviour were clarified by discussion and understanding. In many cases rapid reintegration into the community was accomplished and in those more unfortunate patients who had to remain in the hospital that state of apathy and hopelessness which characterizes the 'institutionalized patient' was avoided.

The enlightened attitude which underlies this book is an example of the welcome change taking place in traditional mental hospital practice.

A.A.Z.