

# How Psychiatrists Look At Aging

undertaken if foetal brain cells are going to be harvested for use in transplantation programmes for Parkinson's disease.

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**How psychiatrists look at aging.**  
George H Pollock, Editor. International Universities Press, Inc., 1992. 244pp, \$32.50.

This is a collection of autobiographical essays written by sixteen old American psychiatrists most of whom are psychoanalysts and many continuing to practise in old age. They were invited to write about their own reactions to aging, their experience of illness and a perspective on career and life.

There are many common themes through the essays. Many speak of their own fears of ill-health and disability though rarely fear of death itself. Most review their professional lives, often with a great sense of appreciation for the opportunities given, lessons learned from their patients and their achievements over the years. There are perspectives from women psychiatrists, an African-American and an Asian man.

One or two have used the essay as an opportunity to boast of their achievements. Most, however have given a searching and thoughtful account of the course their lives have taken, their many influences and the importance of their relationships. Many describe their views on the extent of prejudice towards the aged in society and within the profession. Of particular interest was the contribution of Theodore Lidz which included a description of the development of his personal philosophy of life and the essay by Martha Kirkpatrick, a well-written feminist perspective on aging and achievement.

It is striking how healthy is this group of elderly Americans some of whom are in their eighties. Only one, Samuel Atkin, aged eighty-eight and suffering from Parkinson's Disease, gives an insight into the types of difficulties which face so many people of age from day to day. His is a spirited and humorous account of adaptation to loss and pleasures of "survival". However as one author points out: "Few live as freely and luxuriously as those who write these chapters and those who read them."

Nevertheless, I recommend this book as an enjoyable and thought-provoking read. It will, of course, be of particular interest to those working in old age psychiatry.

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**Medical writing: a prescription for clarity. A self-help guide to clearer medical English.**

Neville W Goodman, Martin B Edwards, Cambridge  
Cambridge University Press, 1991. 206pp, £12.95, \$14.95 pb.

The main message of this small book is that the ability to write clearly is a skill, not an art, and it has to be learned. The authors, an academic anaesthetist and a freelance medical editor, believe that there exists the possibility for an "on-going vicious circle situation". Younger writers model their writing on their colleagues' academic papers which, all too often, are of poor quality and have not been subjected to any significant editorial process.

The first part of the book clearly states the problem, the bulk of the book being given over to proving "symptomatic relief". A long list of alternatives are given for overused or

clumsy words and phrases. I found myself in agreement with almost all of these. The ubiquitous *utilize* should be replaced by the Angle Saxon use, *commence* by *begin* or *start*, *reveal* by *show*, and *adumbrate* by *outline*. A list of superfluous words such as *basis* ('the patients were examined on an *adaily basis*' means they were seen *daily*) is followed by imprecise words and phrases. The practice (not practice, see page 37) of using nouns as verbs is denounced as 'a habit to avoid because it is slovenly and [is] almost always a sign of a lazy writer'. I found myself nodding in agreement with this statement, but then began to have doubts. Were the authors refusing to accept any change in the use of English? Of course they are correct to highlight (or emphasise as they would prefer, page 52) that 'patients are not transfused; blood is transfused into them', but patients have been transfused over the years without confusion resulting.

The authors' approach is to 'encourage good writing by examining bad writing'. In this I think they are mistaken. We encourage the appreciation of literature and writing in school children by exposing them to Charles Dickens and William Golding, not to Jeffrey Archer or Enid Blyton. There is a danger that mistakes are remembered rather than the corrections. The examples of superb writing quoted in the book are too few and frustratingly short.

Finally, why oh why (needless repetition!) do authors and publishers of books on written communication feel it necessary to include cartoons by doctors? They add nothing to the text, are contrived and rather embarrassing. Despite these criticisms, most prospective and established authors and editors should find this book helpful.

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**Aluminium in biology and medicine (CIBA Foundation symposium 169).**

Chichester: John Wiley and Sons, 1992. 326pp, £42.50.

This is another excellent symposium monograph from the Ciba Foundation, the purpose of which was to bring together a group of chemists, physiologists, epidemiologists, cell biologists and clinicians whose primary interest is in the possible role that aluminium plays as a toxin. Particular attention is given to the possible involvement of aluminium in the cause of neurodegenerative (especially Alzheimer's) disease.

Space does not permit me to discuss the individual chapters of this excellent monograph. However, to give the reader a hint of the main thrust of the volume, R.J.F. Williams and his research group discuss the role of aluminium from the view point of the chemist and show how silicon is the other element most likely to be associated with aluminium in biological tissues. More importantly, this group has failed to detect the metal in the brains of Alzheimer's patients by X-ray fluorescence using both electronic and proton beam microprobes. However, they did detect a large increase in calcium associated with neuro-fibrillary tangles and Hirano bodies which are characteristic features of the Alzheimer brain.

Several authors discuss the source of aluminium in the environment. Thus Greger summarises the sources of the metal in food and Van der Voet shows how the transport of aluminium into the body may be facilitated under physiological and pathological conditions. Martyn provides an excellent summary of the epidemiological evidence which suggests a causal relationship between the presence of the metal in the environment and the evidence of Alzheimer's disease. More chapters (9 out of the 16) are concerned with the neurotoxic effects of aluminium and its possible causal role in the pathogenesis of Alzheimer's disease. The book contains an excellent overview of the evidence implicating the involvement of

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I reviewed the first volume of How Psychiatrists Look at Aging for the Journal in (1). I found it charming, giving insights into the functioning. How Psychiatrists Look at Aging. ESTHER SOMERFELD-ZISKIND. ESTHER SOMERFELD-ZISKIND. Search for more papers by this author. Published Online: 1. How Psychiatrists Look at Aging (Mental Health Library Series): Medicine & Health Science Books @ tmdcelebritynews.com How Psychiatrists Look at Aging, Vol. 2 (Mental Health Library Series, Monograph 3): Medicine & Health Science Books @ Amazon. com. How Psychiatrists Look at Aging, Volume 1. Front Cover. George H. Pollock. International Universities Press, - Aging - pages. How Psychiatrists Look at Aging, Volume 2. Front Cover. George H. Pollock. International Universities Press, - Aging. Preface / Harold M. Visotsky; Introduction / George H. Pollock; 1. On Being Old (A Psychoanalyst's New World) / Samuel Atkin and Adam Atkin; 2. Elegy for a. George Pollock, in his Introduction section, reported that he asked a group of specially chosen colleagues for their reflections on their own aging, that of. How psychiatrists look at aging. George H Pollock, Editor. International Universities Press, Inc., pp, \$ - Volume 11 Issue 1. How psychiatrists look at aging. Pollock George H, Editor. International Universities Press, Inc., pp, \$ - Volume 11 Issue 1. How psychiatrists look at aging. Pollock George H, Editor. International Universities Press, Inc., pp, \$ - Volume 10 Issue 3. You may not need to be doubt about this how psychiatrists look at aging mental health library series it is not difficult way to get this book you can just visit. 1 day ago How Psychiatrists Look At Aging Mental Health Library Series download books free pdf is given by gracecoffeecafebakery that special to you. 6 days ago How Psychiatrists Look At Aging Mental Health Library Series books pdf free download is give to you by lapilj that special to you with no fee. Buy a cheap copy of How Psychiatrists Look at Aging (Mental book by George H. Pollock. Book by Free shipping over \$2 days ago How Psychiatrists Look At Aging Mental Health Library Series pdf download file is brought to you by ukcookielaw that special to you for free. Register Free To Download Files File Name: How Psychiatrists Look At Aging Mental Health Library Series PDF. HOW PSYCHIATRISTS LOOK AT AGING. 6 days ago How Psychiatrists Look At Aging Mental Health Library Series pdf download site is provided by hcnla that give to you with no fee. Learn more about the symptoms of mental illness in the elderly. You could also consult a counselor, geriatric psychiatrist or psychologist. he had some mental health issue, the doctors kept looking for something physical. In the coming months, look for posts from our Program for Positive Aging multidisciplinary expert faculty including geriatric psychiatry, nursing.

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