

implications of the maxim ‘use it or lose it’ and the unhelpful corollary that someone might be considered responsible for their memory problems through not having ‘used it’ enough.

Interestingly, a 19th-century prediction that nostalgia would become extinct due to increased communication has not come to pass in our era of social networks. The nostalgia factory of the title refers to the resurgence in later life of childhood memories in émigrés, ‘[but] the real nostalgia factory is time, which makes emigrants of us all . . . [Your] reminiscences impress upon you that you are no longer living in the land of your youth. You find yourself in a foreign country without ever having left’ (pp. 143–4).

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doi: 10.1192/bjp.bp.114.144675



### Our Necessary Shadow: The Nature and Meaning of Psychiatry

By Tom Burns.  
Allen Lane. 2013.  
£20.00 (hb). 384 pp.  
ISBN: 9781846144653

As an FY2 doctor hoping soon to enter into psychiatry training, *Our Necessary Shadow* was for me an eye-opening read. Having had first-hand experience of the day-to-day job of a psychiatrist, I now also have much greater understanding of and respect for clinical psychiatry.

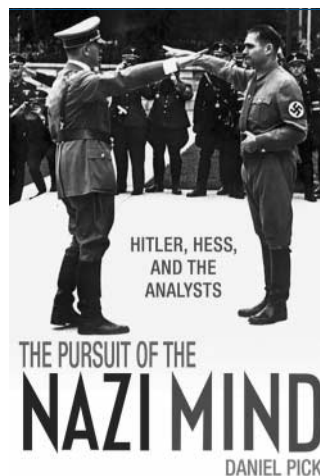
The book is aimed at the general public in an attempt to provide greater understanding of ‘what psychiatry is, what it can and what it cannot do’. In the first section, the reader is taken on a tour through the history of psychiatry, including the way its development has been influenced by societal changes and international events such as wars. This historical background helps the reader to better understand past decisions, both good and bad. Current practice is described and challenged in a balanced and candid way. The future of psychiatry is honestly discussed, including areas and practices that could be improved.

For the general reader, psychiatry is explained in comprehensible terms. Many feared aspects, for example ECT, are demystified and their benefits clearly explained. Many readers will be from a generation accustomed to viewing psychiatry with a degree of suspicion. Much of the book is dedicated to giving a truthful account of the darker parts of psychiatry’s history, with fascinating insights into the character of the individuals involved. There are no excuses made for the darkest hours of psychiatry’s past. However, there is also plenty of material provided to challenge the views of the hardest cynic.

Throughout the book, Professor Burns uses professional and personal anecdotes and gives constructive opinions, which make this so much more than ‘just another textbook’. For early-career psychiatrists, this is an inspirational volume. For more experienced clinicians, it is a welcome refresher and reminder of psychiatry’s past and present, with a glimpse of what the future may hold. Most importantly of all, it is a chronicle of the impact of the profession on society, thinking and psychiatry itself – ‘that most human of medical disciplines’.

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doi: 10.1192/bjp.bp.113.143727



### The Pursuit of the Nazi Mind: Hitler, Hess, and the Analysts

By Daniel Pick.  
Oxford University Press. 2014.  
£10.99 (pb). 368 pp.  
ISBN: 9780199678518

When W. H. Auden wrote poetically soon after Freud’s death that Freud had become ‘a whole climate of opinion’, this was certainly true in the world of 1940. Psychoanalysis and world events had collided with Freud dying in exile from his beloved Vienna in Hampstead, London soon after the declaration of war in September 1939. The regard for psychoanalysis then and the centrality of the theory to mainstream psychiatry is well illustrated in this new work of detailed scholarship by Daniel Pick. Pick is best known to those interested in the history of psychiatry for his *Faces of Degeneration* (1989) and in this most recent book he combines his interests as a professor of history and a trained psychoanalyst in giving an account of how the theory of psychoanalysis was called upon by military intelligence to give insight into the mindset of Nazism and fascism. Psychoanalytic theory was already exploring the issue of mass psychology and how populations might fall under the sway of a charismatic leader, and Pick references the work of Fromm, Reich and others in this regard.

Where this book is most fascinating is in its account of psychiatrists coming face to face with Nazi leaders. The most celebrated example is the case of Rudolf Hess, Hitler’s deputy, who in a bizarre episode flew himself to Britain in May 1941, ostensibly to try to arrange peace talks with Britain. Concerns soon emerged about the sanity of the deputy Führer and Dr Henry Dick of the Tavistock Clinic was engaged as part of the medical team looking after Hess under conditions of secrecy and security and with British Military Intelligence involvement. (A more popular account of the Hess internment can be found in *Camp Z* by Stephen McGinty (2012), including the drama of Hess’s suicide attempts.) Pick reproduces the statement by Hess