

- 22 Pacchiarotti I, Bond DJ, Baldessarini RJ, Nolen WA, Grunze H, Licht RW, et al. The International Society for Bipolar Disorders (ISBD) Task Force report on antidepressant use in bipolar disorders. *Am J Psychiatry* 2013; **170**: 1249–62.
- 23 Leverich GS, Altshuler LL, Frye MA, Suppes T, McElroy SL, Keck PE Jr, et al. Risk of switch in mood polarity to hypomania or mania in patients with bipolar depression during acute and continuation trials of venlafaxine, sertraline, and bupropion as adjuncts to mood stabilizers. *Am J Psychiatry* 2006; **163**: 232–9.
- 24 Sachs GS, Nierenberg AA, Calabrese JR, Marangell LB, Wisniewski SR, Gyulai L, et al. Effectiveness of adjunctive antidepressant treatment for bipolar depression. *N Engl J Med* 2007; **356**: 1711–22.
- 25 Kupfer DJ, Chengappa KNR, Gelenberg AJ, Hirschfeld RMA, Goldberg JF, Sachs GS, et al. Citalopram as adjunctive therapy in bipolar depression. *J Clin Psychiatry* 2001; **62**: 985–90.
- 26 Vieta E, Martinez-Arán A, Manuel Goikolea J, Torrent C, Colom F, Benabarre A, et al. A randomized trial comparing paroxetine and venlafaxine in the treatment of bipolar depressed patients taking mood stabilizers. *J Clin Psychiatry* 2002; **63**: 508–12.
- 27 Viktorin A, Lichtenstein P, Thase ME, Larsson H, Lundholm C, Magnusson PKE, et al. The risk of switch to mania in patients with bipolar disorder during treatment with an antidepressant alone and in combination with a mood stabilizer. *Am J Psychiatry* 2014; **10**: 1067–73.
- 28 Kupfer DJ, Carpenter LL, Frank E. Possible role of antidepressants in precipitating mania and hypomania in recurrent depression. *Am J Psychiatry* 1988; **145**: 804–8.
- 29 Amsterdam JD, Garcia-España F, Schweizer E, Fawcett J, Quitkin FM, Reimherr FW, et al. Fluoxetine and bipolar II major depressive episode. *J Clin Psychopharmacol* 1998; **18**: 435–40.
- 30 Amsterdam JD, Shults J. Fluoxetine monotherapy for bipolar type II and bipolar NOS major depression – a double-blind, placebo-substitution, continuation study. *Int Clin Psychopharmacol* 2005; **20**: 357–64.
- 31 Amsterdam JD. Efficacy and safety of venlafaxine in bipolar type-II and unipolar major depressive disorder. *J Clin Psychopharmacol* 1998; **18**: 414–7.
- 32 Parker G, McCraw S. The ‘disconnect’ between initial judgments of lamotrigine vs. its real-world effectiveness in managing bipolar disorder. A tale with wider ramifications. *Acta Psychiatr Scand* 2015; **132**: 345–54.

psychiatry in literature

‘I am the man that mirthless lives’

Daniel Philippe Mason

Giles Earle His Booke is a collection of lyrics and music set down between 1615 and 1626. Almost nothing is known about its author; the text itself exists as a single manuscript in the British Library. While many of the songs have been attributed to contemporary poets and composers, including Campion, Jonson and Shakespeare, a number are of unknown origin. Among these, most famously, is ‘From the Hagg and Hungry Goblin’, the first recorded version of the many ‘Tom of Bedlam’ songs about the folkloric figure of Mad Tom, most famous from his role in Shakespeare’s *King Lear*. But the volume is brimming with deeply psychological pieces. Song after song strikes a deeply melancholic tone, but few are as powerful as an anonymous lyric found halfway through Earle’s book:

I am the man that mirthless lives,
The only abject of the earth,
To whom hard fate such fortune gives
That wretched man may curse his birth.
With torment so long tossed,
And now in age so crossed,
That dogged destiny doth decree
To make a bloody war of me:
A life so strangely posted
With wars and surfeits wasted,
That I but sit and sigh to see
Myself in endless misery.

My meat and all with tongue I taste
Turns to disease and troubled blood.
My wits with woe do wear and waste,
My reason scorns to do me good.
My life, when it should flourish,
Nature denies to nourish;
But as a blasted tree doth fall,
So waste I now with strength and all.
Then farewell, sweet contenting,
And welcome, sad despairing!
Come, gentle death, come, come, I call,
And rid me of my troubles all.

In 1932, *Giles Earle His Booke* was edited by the composer and writer Philip Heseltine, and published under his pseudonym Peter Warlock. Editing Earle’s book was one of Warlock’s last projects, before he was found dead of coal-gas poisoning during a period of deep melancholy. One cannot help but imagine the power of these words on Warlock in the dark months before his mysterious death.

The British Journal of Psychiatry (2016)
208, 365. doi: 10.1192/bjp.bp.115.173303