

patients are offered, tying their illnesses to the soldiers' battlefield experiences. Specific chapters explore themes of desertion, suicide and the short-lived opportunities offered to women doctors. Linden also presents a nuanced view of Lewis Yealland, the junior doctor commonly accused of the brutal treatment of servicemen. Although the application of electric shock is not denied, she argues that Yealland integrated its use with suggestion, demonstration of preserved function and the communication of a physiological illness model. This compelling narrative is driven by the clinical records, which demonstrate beyond any doubt the capacity of war to ruin the lives of young men.

Edgar Jones, Professor and Programme Leader for MSc in War and Psychiatry, Institute of Psychiatry Psychology & Neuroscience, King's College London, Weston Education Centre, 10 Cutcombe Street, London SE5 9RJ, UK. Email: edgar.jones@kcl.ac.uk

doi:10.1192/bjp.2018.50



Can't You Hear Them? The Science and Significance of Hearing Voices

By Simon McCarthy-Jones.
Jessica Kingsley Publishers. 2017.
£13.99 (pb). 376 pp.
ISBN 9781785922565

This book sets out to examine the nature of 'voice-hearing', both distressing and uncomplicated 'voice-hearing'. It emphasises the importance of context in the experience of verbal hallucinations by illustrating how verbal hallucinations are experienced in context, and how the experience is given meaning and value. So, for example, for one person voices may be understood as arising from overwhelming emotions and for another person, voices may be a consequence of sex assault or trauma.

The biological underpinnings of verbal hallucinations are not ignored nor minimised but there is always an undercurrent of criticism of psychiatry: 'To be clear, the issue here is not that psychiatrists prescribe antipsychotic drugs to help with voice-hearing. As we have seen, for some people this is indeed helpful. The issue is why some psychiatrists still tell their patients that antipsychotic drugs correct a chemical imbalance' (p. 231). The goal seems to be to make both a metaphorical and pragmatic space for the Hearing Voices Movement's approach to verbal hallucinations. In order to further this aim a distinction is also drawn between psychological therapy for verbal hallucinations and the approach of the Hearing Voices Movement. This distinction is described as having 'a more explicit focus on any emotional problems that may underlie the voices and in emancipating and empowering voice-hearers' (p. 283).

This book is not exactly a Hearing Voices Movement manifesto but in the latter sections it becomes more explicitly a crusading text. It challenges what counts as evidence, makes the point that psychological services are starting to take account of the Hearing Voices

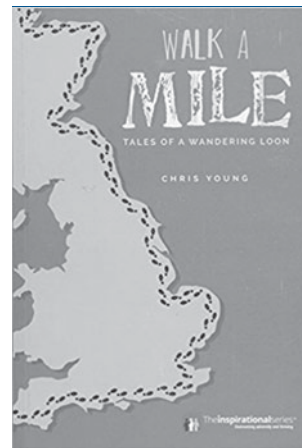
Movement's ideas but that psychiatrists are slow on the uptake. And asks what the relationship of the Hearing Voices Movement with biology will be in the future given the belief that voice-hearing ought to be celebrated.

In summary, this book fully summarises what we know about the biological underpinnings of verbal hallucinations. It makes a cogent case for psychiatrists taking far more seriously the values and views of people who hear voices whether or not the experience is embedded within signal features of severe mental illness.

Femi Oyebo, National Centre for Mental Health, Birmingham B152FG.

Email: femi_oyebode@msn.com

doi:10.1192/bjp.2018.121



Walk A Mile: Tales of a Wandering Loon

By Chris Young. Trigger Press Limited. 2017. £11.99 (pb). 321 pp.
ISBN 9781911246534

Walk a Mile: Tales of a Wandering Loon is the story behind ex-social worker and mental health campaigner Chris Young's Walk-a-Mile campaign. The memoir charts the build-up to his decision to set off on foot in his kilt and sporran with merely a tent and a plan to rely only on the kindness and generosity of strangers to propel him on his journey around the outskirts of the UK.

We open with Chris on his first placement as a qualified social worker. Mounting pressures result in a breakdown that leads to him being detained and admitted to hospital. The details of his admission are relayed with amusement and bewilderment as he observes the power imbalances and questionable practices he is subjected to as 'poacher turned gamekeeper.'

After this, the laughter stops. He returns to his childhood, the raw grief of losing his mum at 12 years old and his brief descent into brutality after being left to fend for himself as his dad retreated further into alcoholism. We follow him into his early years as a rebellious yet well-meaning social worker. The tenderness that is apparent in his description of his clients makes it clear that he'd be the kind of social worker who would go the extra mile for you. We can all relate to how someone like Chris would struggle to survive and maintain his personal integrity working amid the cut-throat system he had to answer to, and how this quickly leads to burnout.

The story raises important questions about how people cope with what life throws at them and the impact this has on those around them: 'Some people face up to their problems, while others pretend they never happened.'

He ponders, 'what part's me and what part's loon and can they ever be separated?' reminding us that when we give someone a diagnosis we can fail to offer a way of recognising their strengths and