safety and technique. and that its use is declining in UK from 137 940 administration in 1985, to 1OF 466 in 1991. and to 65 930 in 1999 (i.e. 5.8 patients / 100 000 total population).
They also noted that the neglect extends to research in ECT (117 articles in the past 10 years, with 18% were investigating preclinical studies). They attributed the remarkable variation in psychiatric practice between European and developing countries to its availability (with its anesthetic services) only in specialist European centers. and the scanty original literature gets diss- eminated through many other specialist journals They questioned the presence of data on its use in developing countries. however, they admitted its common use in India. and limited practice in Nigeria.
In the Egyptian psqchiatric practice. although a crude estimate of its use is even lacking. it is to say that the professional and public concerns about this treatment is fair, and the anesthetic resources are available to the extent that could limit the use of unmodified ECT. The amount of complacency on the part of Egyptian psychiatrists in addition to the figure of physicians in general in the Egyptian culture that considers them as "Wisemen", whose decisions arc respected. could render such treatment choice accepted by people, and helped using ECT up till now. In their work on tardive dyskinesia (T.D.) in neuroleptic-treated Egyptian mental inpatients. El-Fiky, et al. (198.5) found that its low prevalence rate (1.7%) would he attributed in part to the treatment style in Egyptian psychiatric practice which favours the libral use of ECT as a substitute for very high doses of neuroleptics giiarding against their side effects. ensuring patients compliance. and lessening the treatment costs. In that study, 14%-17%-11% and 8% of T.D patients received 1-12, 13-24, 35-48. and more than 48 adminnistrations respectively!!!
I believe that the availability of electronic versions of EJP on its new web site will maximize the exchange of experiences and make the Egyptian psychiatric practice known to others.

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Clinician's Notes:

The interesting clinical phenomenon that deserves more attention of psychiatrists as health promoters is the smoking in mental patients. especially when these patients refer to its potential usefulness.
Insead of engaging their patients in other pleasant activities that help to attain smoking abstinence particularily when they are admitted to mental hospitals. the psychiatrists, in practice. perceive the reinfercement value of smoking and they openly use cigarette reward in shaping of their patients' behavior.
Every psychiatrist should view smoking in mental patients as an additional diagnosis of substance abuse that needs further management in the planned treatment program. Psychiatrists consider nicotine influences on brain regions (increased r CBF in left frontal region. decreased r CBF in left amygdala, and right hemishpere reticular system). and do not address the apparent and hidden costs of smoking supported by sophisticated statistics in their arguments with patients. Mental patients ascribe verified benefits to smoking and neglect the attributed dram backs to smoking.
Patients require more incentives to quit and this phenomenon warrants more attention in tailoring smoking control interventions for smokers during admission periods.

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View Points

American Dream and the Opposite Ends

In his hook "Dark Corners: An Overview on Egyptian Case" published by Dar El-Sherouk. Prof. Ahmed Okasha, WPA - President . introduced a typical study of the Arabian psyche in general, and the Egyptian psyche in particular.
Ht. dedicated a whole chapter titled "With - against America", where he discussed the psychological attitude of developing countries towards 'American dualism'. 'America as an Egyptian Ally', and 'America lets Egyptians down'.

Prof. Okasha related the issue back *to* the early 90s. "There are certain psychological dynamics behind the contradicting feelings of the Arab developing countries towards America. Those dynamics eventually lead to the mere frustration felt by our people." Okasha said in his book.
"There is no doubt that the United States had become the only overwhelming power that controls the world... especially after the fall of USSR and its social system." The American dualism does not end the continual disability and despair against that controlling power.
"That hatred is usually accompanied by a feeling of admiration and obsession toward everything that's American: scientific

inventions and the easy way of living." Prof. Okasha stressed the great role media plays to deepen the American charisma. "Not to mention the colored ambassador that occupies a corner in every house (TV), the role played by all American series and movies that embraces unfair comparison between the life of those who live in developing countries and those who live in America:" He stated that Arabs have to know that America is a unique experiment far from repetition. But the DREAM is still there in the mind of all developing countries. This dream embraces forms of immigration to America.

"Media created a double-edged weapon; some people are trying to apply the unique American example in the national environment. Then they try to look for the reasons after they fail to do it."

We stand half-admiring (toward the scientific progress) and half-against before the American dream. Americans are very realistic about dealing with us. They managed to introduce themselves as 'perfect models' in the Arab world and they succeeded.

Prof. Okasha moved to the Egyptian arena, where the charisma is related back to the 50s and the British invasion.

"The Egyptians have seized the chance of the Second World War to sympathize with Germany, the enemy's enemy, against Britain.

Meanwhile America impresses the world with its charming human slogans of self-control rights and independence, slogans that put the world under the American spell.

Revolution of 1952 came and the feeling that America is an Egyptian Ally was there. However, America was succeeding the Colonial Throne... It found the Tripartite Invasion in 1956 a golden chance to improve her image in Egypt than ever."

On the economic level, the welcoming reception that American products always receive here in Egypt helped to weaken Egyptian economy and increase the subordination to the American entity.

The real attitude of the Third World is not hatred to all that's American but to the American policy. "It's a kind of psychological contradiction towards the American policy not the American individual."

Students' Studies

New Trends in COMPLEMENTARY and ALTERNATIVE MEDICINE: A Step towards INTEGRATIVE MEDICINE

Introduction by the Editors:

This article is written by A.T. El – Hady (1st year student, pharmacy school – Cairo univ.) as a journey into the world of alternative medicine. It focuses on the new relevant fields like magnetic medicine, biogeometry, etc. and other recent researches in the traditional fields e.g. herbal medicine, aromatherapy and homeopathy. It also clarifies the concept of integrative medicine, and answers many questions like: Is there room for care and compassion within science – based medicine ? are people going to accept this new emerging science? Hoping it would be an exciting journey into the new mysterious domain of care.

Complementary and Alternative Medicine (CAM)

Introduction:

The choice of addressing of the issue "Alternative medicine" comes from the arising debate about it. Surveys show that between one-third and one-half of people in industrialized countries are using complementary therapies. Nearly half of all U.S. adults now go outside the health system for some of their care. They make more visits to non-conventional healers then they do to M.Ds and they spend about $30 billion a year. At many of the U.S. leading hospitals and research institutions, conventionally trained physicians are studying herbs, acupuncture. The short-term goal is to identify the CAM (complementary and alternative medicine) practices with the greatest benefits and the fewest hazards. A new kind of medicine – integrative medicine- is about to emerge. The terms complementary and alternative medicine will become meaningless. We will have one health system instead of two and healers of every stripe will work together while being guided by science. The integrative approach to health with its emphasis on active self help and on making use of complementary approaches is specially relevant for chronic illnesses and stress related conditions. Here is some evidences about the emerging of the integrative medicine:

- In the U.S. the national center for complementary and alternative medicine (NCCAM) its budget have arose from $2 million to $100 million.
- At least two thirds of U.S. medical colleges offer courses in CAM.
- The number of hospitals offering complementary therapies doubled between 1998 and 2000.

There is also a new developing term **"holistic" medicine** which means the understanding of the whole person not just of his or her physical diseases or symptoms.

So, what are the major types of complementary and alternative medicine?