

decline in the number of children in care as ‘perhaps the most striking shift’. He also reviews the ‘rapid growth’ in the number and proportion of children in foster care. Changes in recording make some areas hard to decipher but the proportion increased from 35% in 1980 to 73% in 2009. In 1978, 37% of children were in residential care while the figures are now 11% in England and 4% in Wales (2010, p. 6).

The other ‘notable change’ Parker (2010) describes is adoption of children from care. In 1978 there were 1,600 such adoptions, and these represented some 2% of all discharges. By 2009 the number had risen to 3,560 or 5% of children leaving care (these figures demonstrate how different time frames can give a different picture). The ages of the children also changed dramatically: In 1978 almost one quarter (23%) were less than one year of age but the proportion had dropped to only 2% by 2009. Parker (2010, p. 6) notes that this is partially explained by ‘the virtual disappearance of the stigma associated with illegitimacy’. But Parker notes other factors including:

a marked shift from adoption being regarded as meeting the needs of infertile couples to it being seen as a way of meeting the needs of certain children for a permanent home. (2010, p. 6)

Parker also acknowledges the role of central government, which has strongly encouraged such practice for more than 10 years.

Apart from Parker’s excellent reflective article, another outstanding article is provided by Emeritus Professor John Triseliotis (2010) who examines the challenging issue of contact between children in care and their parents. He examines the benefits claimed, the frequency and duration, as well as the vexed issues of supervision and venue. He concludes his review by emphasising ‘the difficulties of providing substitute care and the danger of unsubstantiated allegations’ (2010, p. 65). In his final paragraph he declares that Britain

is ‘fortunate’ to have a journal such as *Adoption & Fostering* that blends ‘the publication of research-based articles and the sharing of practice experience’ (2010, p. 65).

Australian children would benefit if such a journal with a title that includes the word adoption were possible here.

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Uprooted: The Shipment of Poor Children to Canada, 1867–1917

Roy Parker (2010). Bristol, England: The Policy Press, ISBN 978 1 84742 668 0, US\$34.95, 368 pp.

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In 2009 the prime minister of Australia apologised to those whose lives had suffered from the dislocation of family life, not only on account of them being ‘stolen’ Aboriginal children, but because of the impacts of child migration on those sent to this country from Britain. Australia had failed in its duty of care. In the following year the prime minister of the United Kingdom (UK) issued a similar

apology to families disrupted by child migration from Britain to colonies of the Empire. ‘Uprooted’ was the title of Roy Parker’s study of the schemes through which children were ‘shipped’ (the term generally used) from the UK to Canada during the late nineteenth–early twentieth century — this term being chosen because this was the effect suffered by the majority of children involved. Over

80,000 children made this journey to Canada in a period of 50 years.

In the 1860s, Britain was suffering the effects of a downturn in the economy. Undesirable social behaviour had become widespread in the urban population, particularly in the poorer and lower classes. As children were involved, it was a situation that attracted the child-saving evangelists — because children were the hope of the future and it was believed that poor children should be rescued from society's destructive effects. Emigration became an extension of the rescue operations in the cities of the UK. As a bonus, it was argued, emigration could lessen the expenses of the Poor Law Boards. At this time Canada was comparatively underdeveloped and in need of labour from elsewhere, thus it became the place chosen for children to live the rest of their lives. These two factors provided the impetus for child migration, particularly from the urban population of Britain. Porter gives a detailed account of how the schemes developed, particularly with the enthusiastic aid of the evangelists. He also considers the reactions of the Canadian population and, most important of all, the consequent effects on the children concerned.

According to Porter, two women, Maria Rye and Annie Macpherson, acting independently, were responsible for the early initiatives taking place in London. Rye not only took on the task of saving the souls of wayward children, but was also concerned with the lack of employment for women. Her initial plans to settle middle-class women in New Zealand failed, but she was alerted to the need for domestic workers and, following extensive negotiations both in Britain and Canada (a country that had previously resolved not to become involved with migration), she was eventually able to take children subject to the Poor Law to Canada.

The scheme had a difficult evolution, requiring negotiation with the Poor Law Guardians in the UK, many visits to Canada, procuring of finance and locating willing companies for 'shipment' of the children, and making arrangements for care of the children when they reached their destination. Similar activities began in other major cities. Homes were set up for the care of the orphaned and destitute. Eventually, the children selected from private organisations outnumbered those under the responsibility of the Local Government Boards. Parker points out 'that it was the differences in the economic and political development of Britain and Canada that created an emigration gradient down, in which an increasing number of children were to be sent until the First World War' (p. 17).

In 1876, following unsatisfactory reports about the care of children who had gone to Canada, the Local Government Board placed a moratorium on the emigration of Poor Law children. Despite some disquiet in Britain concerning the possibility of undesirable effects of the schemes, an increasing number of organisations took up the practice of child saving, including emigration. Porter notes that Poor Law children were mostly Protestant and, since it was important to the Catholic Church that deviation from the faith

should be prevented, they had good reason to become actively involved in the issue of child saving. Subsequently, in 1886 Thomas Barnardo came to the East End of London from Ireland, 'with an often reckless disregard of the law and a desire to occupy the foremost position in the field of child welfare' (p. 67). As well as erecting 37 homes and other centres, he sent over 24,000 children to Canada. In order to secure an open door at the front, he argued, there must be an exit door at the rear.

A somewhat arbitrary distinction is made in Porter's study between the 'organised' and the 'unorganised' emigrationists. Disorganised features were likely to occur in the arrangements made for sending children to Canada since it was possible for any individual to set themselves up without 'official sanction, vetting or subsequent regulation' (p. 125).

Twice as many boys than girls were selected since, in the rural regions of the new Dominion, there was a demand for cheap labour, particularly casual labour according to seasonal needs on the farms. Moreover, Britain needed girls for domestic work. Although part of the mission of child saving was to unite the children with families in their new country, this was hard to achieve because children were shifted from one place to another. Wages due to the children were not always forthcoming and opportunities for education were often erratic, particularly in the rural areas.

Although there was support from the Canadian Government for the scheme, opposition sprang up within the community. There was the fear of diseases such as tuberculosis and syphilis being brought from the unhealthy British slums and, in addition, fears of genetic disease due to intermarriage. The trade unions were concerned about poorly paid individuals lowering the level of wages for Canadian workers. These attacks by organised labour and civic authorities could not be ignored, particularly when doctors joined in describing the children as 'the offal of the most deprived characters in the cities of the old country' (p. 162).

One of the most valuable aspects of this study — if we are concerned about the full impact of child migration — is Parker's evaluation of the effect on the children. At this distance in time, piecing together information from letters had to be used to make this assessment. Those documents that are still available may have survived because they described disquieting incidents; successful transition may have been unreported. However, these letters disclosed many disturbing incidents, both in the process of selection of children in the UK and in the children's subsequent care. From this correspondence it was common to learn of a prolonged search being made for information about relatives, particularly the person's mother. Separation from families and loneliness were causes of concern. The desire to maintain family links and a feeling of being abandoned was commonly expressed. To be aware of one's identity and simply to 'belong' no longer existed for these children. In 1979, a group who had been child migrants between 1871 and 1930 were interviewed. While some had survived

successfully, psychological impacts similar to those revealed in the letters previously studied were recorded.

Much has been learnt since the mid-nineteenth century of the dire effects of separating children from their families and it could be argued that harsh criticism of those responsible for the early schemes would be unjust. Nevertheless, the lack of supervision, the frequent moves in Canada, examples of abuses and harsh treatment, denial of education and the general attitude of employers should have been regarded as serious issues, raising concerns as to the benefit to the children. In recent years further damning evidence of the physical and psychological harm caused by child migration

has been revealed, vividly exposed by Margaret Humphreys' *Empty Cradles*, 1994 (reprinted as *Oranges and Sunshine*, 2011). Admission of shameful mismanagement and neglect has now been made by the governments of the UK and Australia, as well as by the various organisations involved. Parker's study adds valuable documentation why this should never be allowed to happen again.

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Understanding Troubled Minds: A Guide to Mental Illness and Its Treatment (2nd edition)

Sidney Bloch (2011). Victoria, Australia: Melbourne University Press, ISBN 978 0 522 85754 2, 371 pp.

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This well written and easy to read text by Sidney Bloch is a fully revised version of the first edition published in 1997 that was co-authored with Bruce Singh.

As promised by the title, this book is a practical guide to understanding the various forms of mental illness and their treatments. Bloch provides a methodical and objective account of mental illnesses, their symptoms and treatments. Not only does this book provide the reader with an opportunity to 'understand' mental illness, but it also offers some insight into the practice of psychiatry from processes and procedures to decision-making and ethics.

The book consists of 21 chapters, most of which include heavily disguised case studies and/or pieces of literature or art that exemplify the point being made. Chapters 1 to 5 walk the reader through the evolution of psychiatry. Bloch provides a brief history of psychiatry and then delves a little more deeply into modern psychiatric practices, including the clinical interview and considerations given to diagnosis and treatment. He includes a description of the core groups of mental illness, as categorised by the International Classification of Diseases (ICD-10) (WHO, 1993), and an overview of stress, crisis and coping as a foundation when considering more complex psychiatric illnesses. Chapters 6 to 13 discuss the range of psychiatric disorders in more detail. There are chapters dedicated to anxiety disorders, mood disorders, psychosomatic illnesses, eating disorders, personality disorders, the psychoses, alcohol and drug abuse as well as gender identity and sexual disorders. Each chapter describes the illnesses, symptoms, causes, treatments and ways of supporting the patient and their family members.

Chapters 14 to 16 are dedicated to mental illnesses of special concern for children and adolescents, women, and the elderly. Chapter 17 addresses the subject of suicide and self-harm, in which he discusses issues of prevalence, assessment, treatment, prevention and an interesting and thought provoking section on the ethical dilemmas of intervention and prevention of suicide. Chapter 18 provides a description of common treatment plans with a particular focus on the various forms of psychotherapy. The final chapters are dedicated to promoting mental health across the lifespan with tips and strategies for reducing stress and facilitating coping mechanisms, as well as a discussion on the ethical dilemmas faced by psychiatrists within their daily practice.

As cited on the back cover: 'Sidney Bloch is Emeritus Professor in the Department of Psychiatry and the Centre for Health and Society at the University of Melbourne and Honorary Psychiatrist at St Vincent's Hospital. He was associate editor of the *British Journal of Psychiatry* for a decade and chief editor of the *Australian and New Zealand Journal of Psychiatry* for thirteen years'. Bloch's obvious experience and expertise shines through in this book. His goal, with Singh in the first edition, was to write a book that draws mental illness out of the shadows of university and medical walls, and provides a thoughtful, objective and thorough account of mental illness for the general public. Part of their goal was to challenge and destabilise the stigma and discrimination often associated with mental illness. I believe that the presentation of this current book authored by Bloch gives it the capacity to accomplish this goal, and I hope it will attract a wide and varied readership to help it on its