

practice of Brahma Viharas to many so that they could develop qualities of loving kindness (*Metta*), compassion (*Karuna*), sympathetic joy (*Mudita*), and equanimity (*Upekkha*). A degree of mental purification through other meditative practices makes it easier to develop Brahma Viharas. On the other hand the practice of Brahma Viharas meditation prepares oneself for practising *Samadhi* (continuous concentration of mind e.g. through 'anapan' which uses breath as the subject for meditation).

Development of morality can similarly be at different levels. At the most basic level, it means refraining from harmful speech and actions. At higher levels, it involves cultivating the positive aspects of morality in its more and more subtle forms.

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#### **Freud's sisters**

Sir: That four of Sigmund Freud's five sisters perished in Nazi death camps during the Holocaust (Gilbert, 1987, p. 476) is not

widely known. Rosa, aged 84 years, died in Auschwitz, Marie (82) and Pauline (80) met their deaths in Treblinka, and Adolfine (81) was murdered in Theresienstadt. Freud left Vienna for Hampstead in 1938, succumbing to cancer of the jaw shortly after.

GILBERT, M. (1987) *The Holocaust*. Glasgow: Fontana/Collins.

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#### **Label of personality disorder**

Sir: Regarding the 'label of personality disorder' (Mulligan, *Psychiatric Bulletin*, 1994, 18, 512-513) which is so unpopular with patients, my practice is to use the term 'personality difficulties'. Patients are much more accepting of this and helpful discussion of individual difficulties can occur rather than patients (understandably) defending themselves against the label of another 'disorder'.

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