

United States. He is correspondingly derisive about the Welfare State and Socialism, which he sees as breeding dependency, weakness and a lack of initiative. In the American society the ambitious hardworking and successful middle class people are seen as those who pay an unfair share in taxes, are forced or pressurized through welfare and other programmes to care for the lazy and unsuccessful lower class. The politicians looking for personal gain and votes from the majority lower class pass hand-out legislation instead of inducing the lower classes to stand on their own two feet.

The author champions private enterprise, individualism and independence; he sees no real danger from extreme right wing forms of government but only from the extreme left. Dr. Pawlowski describes his own brand of psychotherapy, aptly called 'Pressure Psychotherapy' which can be used by a group of so-called mature people to force others who are immature and less well endowed to follow suit. There is much to support Dr. Pawlowski's idealistic aims for peace, much to criticize in the way in which he hopes to achieve it.

J. A. HARRINGTON.

A JOKE?

Sense and Symbol. By PAUL R. MILLER. London: Staples Press. 1969. Pp. 398. Price 65s.

It is difficult to review this book, which purports to bridge the gap between 'innovation on the one hand and application and teaching on the other'; it proposes to do so 'by organizing what we know so that it can be taught and applied in a practical way.' The author states that 'it is intended for students, clinical practitioners, and research scientists in the disciplines of biology, psychology, social work, anthropology, medicine and psychiatry', and a book which successfully did this would be very welcome; the present one, which is written by an Assistant Professor of Psychiatry, can hardly be regarded as a serious attempt to carry out this promise. A book which does not even mention Hull, Skinner or Tolman, or Thurstone, Spearman or Guilford seems rather far removed from present-day reality of human behavioural science. Conditioning, to take but one example, is dealt with in just one page; intelligence is given about the same amount of space, but the treatment is centred around the quite obsolete and never widely accepted work of Halstead. This book essentially is a joke in rather bad taste; if the author were to take a good introductory course in elementary psychology he might be able to under-

stand, as obviously he does not at present, why this book is totally unacceptable for the purpose for which it was written.

H. J. EYSENCK.

SOCIAL PSYCHOLOGY

Patterns of Adjustment and Human Effectiveness. By RICHARD S. LAZARUS. London: McGraw-Hill Book Co. 1969. Pp. xxiii + 680. Price 89s.

For some years a number of American colleges have offered academic courses in 'adjustment'. The subject has perhaps been too popular as a soft option in the curriculum for those not majoring in psychology. It has also attracted unfavourable comment for the banal 'common-sense' way in which it is often presented, for the tendency to see it as a means whereby the student might solve his own problems, and for the value judgements which are easily attached to the concepts of adjustment.

The author, who is Professor of Psychology at Berkeley could hardly have avoided facing these criticisms. In fact, he deals with them easily and competently and, with complete justification, presents his book as an account of the study of human behaviour and human adaptation. As such, it is excellent. Throughout the range of social psychology, of theories of motivation, and of personality, the presentation is at the level of a first-rate informed and thoughtful undergraduate textbook. Moreover, when it comes to discussion of the ethical problems, the value judgements and the moral disputes in which psychology may be involved, Professor Lazarus is clear and profoundly understanding. Apt selections from other writers illustrate his own themes, and the material available from the literature is well-selected and critically assessed.

There are only a few weaknesses. The section on formal Psychiatry and on psychosomatic conditions is necessarily derivative, like that on physical treatments which is also out of date and poorly balanced. More serious, and a more weighty criticism of such an outstanding text, is the fact that less than 5 per cent of his references and source material come from outside North American publications. The very fair-minded discussion of psychotherapy and behaviour therapy, for example, would have benefited greatly from attention to some of the articles in this *Journal*.

However, for psychiatrists who are interested in social psychology, and for social science students who need a good source book on the psychological