

its information and detail. Apart from the simple pleasure of reading the numerous quotations from a world literature on drugs stretching back to the sixth century B.C. Lindesmith places the present epidemic of drug abuse in a historical perspective. This part of the book should recommend it to any reader interested in more than the superficial momentary sensational aspects of drug taking.

MARTIN MITCHESON.

#### LAY THERAPY IN ALCOHOLISM

**The Drinker's Addiction: It's Nature and Practical Treatment.** By FRANCIS T. CHAMBERS, JR., Springfield, Illinois: Charles C. Thomas. 1968. Pp. 143 + xix. Price \$7.00.

Unlike this country, in the U.S.A. non-professional 'lay therapists'—often recovered alcoholics—have taken an active part in the treatment of alcoholics, and some of them have written good books about their experiences. F. T. Chambers, Jr., the author of this little volume, is a recovered alcoholic who has worked since 1935 at the Pennsylvania Hospital, Philadelphia, in collaboration with psychiatrists, such as the late E. A. Strecker with whom he cooperated 25 years ago in writing a popular book: *Alcohol, One Man's Meat* . . . The terms used by the author are sometimes at variance with the ones more usually employed; he rejects the term 'alcoholic' as 'nothing but a label', preferring the terms 'abnormal drinker' and 'addict', 'because to me they mean a divergence from normal, no more and no less'. The term 'addiction' is used by the author not in the sense of 'physical dependence' as suggested by Jellinek who restricted it to his gamma and delta varieties of alcoholism: 'To me', the author writes, 'alcoholic addiction indicates an inability to avoid using alcohol in spite of the fact that it threatens the structure and foundations of the existence of those who use it abnormally . . .' Chambers does not regard addiction to alcohol as a disease in itself: 'Instead, it is always a symptom of a given individual's difficulty in making an adequate emotional adjustment to himself and to reality at certain periods in his life.' The causes of alcohol addiction are 'psychological not physiological'; and he finds 'ego deficiency . . . in all cases of addicted drinkers'. Therefore he prefers to carry out his treatment in a series of (often a great number of) interviews in association with a psychiatrist, although in cases where for some reason or other the patient objects to a psychiatrist Chambers carried out all the 're-educational' treatment himself. Criticizing, shaming and threatening the alcoholic have to be avoided; and he emphasizes that 'a single, rigid, preconceived treatment plan designed

to fit all patients will be faulty' and therapy should be based on an understanding of the personality involved.

This book, as the author himself remarks, is not a scientific treatise but a practical, informative volume written by a man with many years of experience in this field, first as a practising alcoholic, later as a lay therapist working as a member of a medical team. It aims at providing information to the alcoholic himself, his family, friends and the family doctor. One may hope that by now medical men already know a great deal of the ground covered, but nevertheless the book is full of sound information and advice, and for anyone desiring an introduction into the practical aspects of the subject this book should certainly fulfil its aim.

M. M. GLATT.

#### UNWANTED PREGNANCY

**Unerwünschte Schwangerschaft.** Seelische Entwicklung nach abgelehntem und nach durchgeführtem Schwangerschaftsabbruch aus psychiatrisch-neurologischer Indikation. (Unwanted Pregnancy. Emotional sequelae of refused and completed abortion on psychiatric-neurological grounds.) By WALTER SCHULTE, MECHTHILD SCHULTE and SOLVEIG SCHULTE. Stuttgart: Georg Thieme Verlag. 1969. Pp. 114. Price DM. 16.80.

Professor Schulte and his co-workers give us a very good description of a number of emotional difficulties arising from terminations of pregnancy on the one hand and post-partum difficulties in unwanted pregnancies on the other hand.

His findings are more or less the same as we would expect in this country. For instance, suicides, both attempted and successful, following refusal of termination are extremely rare. In Switzerland as well as in Germany apparent contra-indications for continued pregnancy become less once alternative solutions are discussed and the woman concerned receives support. Even in pregnancies resulting from incestuous relationships, children were subsequently accepted into the family group.

At the danger of being called a square and behind the times, Professor Schulte obviously shares the reviewer's reluctance to interpret the abortion Acts, Swiss or English, too liberally. Professor Schulte's book makes interesting reading, but, as mentioned above, he confirms what the most serious-minded amongst us and those who have a modicum of conscience have felt for a long time, namely that termination of pregnancy is much too serious a matter to be left to the decision arising from a discourse between a