

Expanding Dimensions of Consciousness. Edited by A. SUGERMAN and RALPH E. TARTER. New York: Springer Publishing. 1978. Pp 304. \$15.95.

This book is an attempt to update and repeat the (American) success of Professor Sydney Tarts' earlier work. It is a collection of essays which vary considerably in quality but fall into two main categories. One half consists of armchair speculations on the wonders of Eastern mysticism, paraphrased in psychoanalytic language, the assumption being that ideas couched in psychiatric jargon assume the value of scientific pronouncements.

The second group of articles consists of reviews of the data on states of hypnosis, relaxation, biorhythms, meditation and sensory deprivation. Unfortunately, although there have been many interesting findings as a result of EEG studies, the EEG is a very rough tool, and critical reviews of these studies are at best, about as relevant as analyses of television programmes based on volt meter studies of the TV set. But perhaps criticism of this kind is itself based on a model of consciousness.

The book, therefore, reflects both the scientific curiosity aroused by these states of consciousness and the lack of adequate models to explain the available data. It is a useful introduction to those interested in these states of mind but there are significant omissions, in that the section on drugs is extremely poor and there is no chapter on dreaming, which has generated some of the most interesting data. It is recommended to those who yearn for the day when the psychiatrist, philosopher and the neurologist will communicate in terms that are mutually understandable, and compulsive reading for those who wish to practise in the California area.

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Broadcast Standards Editing. By MELVIN HELLER. New York: American Broadcasting Company. 1978. Pp 102. Price \$7.95.

The very appearance of this book eloquently testifies to the anxiety of the television industry in the United States concerning its ethical standards and, more particularly, its vulnerability to a successful legal action nailing it for inciting some teenager to commit mayhem. It is a collection of seminar and workshop discussions between representatives of the American Broadcasting Company and an assortment of lawyers and behavioural scientists, including psychiatrists, involved in the new profession of broadcast standards and practices. Most of the sensitive issues facing TV producers are covered (political issues are an interesting omission) and the results, while occasionally patchy, anecdotal and circumstantial, are always interesting. Before dismissing this new profession as yet another example of transatlantic ingenuity in job creation for academics (the broadcast standards editor is unblushingly referred to as 'the superego of the network'), it is worth remembering that over here we too have such individuals. To date, however, we have no comparable insights into how they arrive at their decisions. The final portion of this book is devoted to a consideration of a possible code of conduct concerning the portrayal of sex and violence on television. On the strength of this book and some recent research findings in the U.S., it does now look as if that old, hoary cop-out about TV being but a mirror, reflecting always, affecting rarely and initiating never, has had its day, though it can still be seen, being taken out for an airing, near certain broadcasting establishments in this part of the world.

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