

personality, but it is in the field of general residential care that most progress will have to be made.

New social service developments will force the attention of the professional and lay public on to the problems of the treatment of young people in residential homes and in the community. Both these books are therefore timely.

J. H. KAHN.

STUDENTS

Counseling and the College Student. Edited by DANA L. FARNSWORTH, M.D., and GRAHAM B. BLAINE, JR. (International Psychiatry Clinics Vol. 7, No. 3). J. & A Churchill, for Little, Brown and Company, Boston. 1970. Pp. 321. Price £4.25.

Seventeen authors from the Boston area contribute to this issue of International Psychiatry Clinics, and focus on problems currently exercising those working in the area of student mental health, for example student rebellion, sexual morality, hallucinogenic drugs, suicidal attempts. The majority of the contributors are psychiatrists, but important psychological and sociological aspects are included. The book is presented in two parts, the first concentrating on students and their individual problems; in this section the editorial contributions are noteworthy, and there is a comprehensive chapter on vocational guidance which includes the use of aptitude and projective tests; and the second outlines the organization of college mental health services. This section will be of interest to Medical Officers of Student Health concerned with developing or extending psychiatric consultation services on the university campus. The emphasis on standards of confidentiality is of particular interest in view of the recent public concern regarding the age of consent to treatment.

Nowhere is the word 'counseling' actually defined; the nearest approach to a definition is in Dr. Poisin's description of 'The Mental Health Services in a Small College' where he states that '... the goal—should be a wide-ranging one, from that of helping relatively normal young people to pass through normal life crises with a gain of insight and self-confidence to that of dealing with the relatively disturbed neurotic and psychotic student. . . .'

This text is for the professional worker in student health; a background of psychology is presupposed and emphasis is on analytically based psychotherapy. Many questions are posed but few answers are forthcoming; it adds little to the knowledge of an experienced worker, but could be of interest to those new to the field of student health.

EDNA M. IRWIN.

REVIEWS IN BRIEF

Pharmacotherapy of Tension and Anxiety. By HEINZ E. LEHMANN and THOMAS A. BAN. Charles C. Thomas. Springfield, Illinois. 1970. Pp. 129. Price \$7.50.

The drug treatment of anxiety is a large and important subject, of considerable interest to general practitioners and psychiatrists. This book is unlikely to satisfy the expectations of clinicians, since there are only 15 pages dealing with clinical applications. There are good sections on the barbiturates, propanediols and benzodiazepines, but the phenothiazines are only mentioned in passing and there are no details about the use of intravenous diazepam. The use of antidepressants for treating patients presenting with panic attacks or with anxiety and depression is not discussed, and the value of beta-adrenergic blocking drugs for certain patients is not mentioned.

The authors say 'primary treatment of anxiety must not be based on drugs'. This is an unexpected statement to find in a book whose ambitious title unduly raises our expectations.

DESMOND KELLY.

Behaviour Therapy in the 1970's. Edited by L. E. BURNS and J. L. WORSLEY. John Wright and Sons. 1970. Pp. 124. Price £2.00.

The book consists of eight papers read in October 1969 at a symposium held by the Manchester branch of the Division of Clinical Psychology of the British Psychological Association.

As usual with symposia the papers vary in style, are not comprehensive and do not form a good introduction to the subject, though they may perhaps be of interest to the specialist.

A decade of behaviour therapy has shown that its theoretical framework is fast approaching the convoluted complexity of psychoanalytic theory, or so it would seem to the workaday clinician.

As Professor Gwynne Jones says in his helpful review, behaviour therapy has not yet become successfully involved with polysymptomatic personality disorders such as the full-blown obsessional, as opposed to single symptoms. He suggests that it will become increasingly important to combine behaviour therapy with traditional psychotherapy.

The final summing up by C. P. Seager is perhaps the most useful for the non-specialist. He discusses behaviour therapy critically from the clinician's viewpoint, noting that it is time consuming, and helpful only to a small proportion of clinic patients. In particular he points out that behaviour therapy

has in practice often been assisted by drugs, and that a supervening depressive illness may be the trigger of referral, and its treatment may account for some of the ensuing improvement.

In short a book for the library not one's study.

N. L. GITTLESON.

The Year Book of Psychiatry and Applied Mental Health 1970. Editors S. B. WORTIS, D. D. BOND, F. J. BRACELAND, D. X. FREEDMAN, A. J. FRIETHOFF and R. S. LOURIE. John Wiley and Sons, Ltd., for Year Book Medical Publishers, Chicago. Pp. 558. Price £5.60.

The editors of a Year Book face an impossible task. They must distil from the huge volume of papers published each year, those which have something new and informative to contribute, and they must present them concisely yet understandably. The wider the audience to which they address themselves, the harder does it become to make a selection which will please every reader. The Year Book series has achieved a well deserved reputation and there are now 20 volumes every year, each covering a different branch of medicine.

This volume is the first of a new series. In past years psychiatry was combined with neurology and neuro-surgery, but the series has now been divided. There is, therefore, the opportunity to present more papers and to broaden the subject matter. Unhappily Dr. Wortis, who was for many years one of the Editors of the joint series, died before this volume was completed.

The abstracts which make up the book are grouped under 24 headings, including, for example, clinical psychiatry, psychoanalysis, social psychiatry, child psychiatry, mental retardation, sociology, biochemistry, neurophysiology and community mental health. This volume covers articles which appeared between January 1968 and December 1969. It covers a wide range of journals, mainly those published in English. The summaries are competent, and editorial comments are added at some points to guide the reader. This new volume lives up to the standards set by the others in the Year Book series. It can be recommended as a valuable guide to the year's literature on any one of the large number of topics which it covers. It is an essential book for postgraduate libraries and one which will be referred to many times if, despite its high price, it is brought as part of a personal collection.

M. G. GELDER.

The Psychodynamic Implications of Physiological Studies on Sensory Deprivation.

Edited by L. MADOW and L. H. SNOW. Charles C. Thomas, Springfield, Illinois. 1970. Pp. 113. Price \$8.50.

This book is a record of the second annual symposium of the Department of Psychiatry and Neurology of the Women's Medical College of Pennsylvania. The contributions are not linked either thematically or by editorial comment and some of them make strange bedfellows indeed. There is an account by Riesen of his careful experiments in animals on the changes in retinal and cortical cells consequent on sensory deprivation. Separated from this by Solomon's résumé of work with human volunteers is a chapter by Sally Provence which consists largely of a list of speculative questions about the role of sensory stimulation in the development of the infant. As if conscious of the lack of cohesion of the contents, the editors have chosen a title that reflects nothing of what can be found between the covers of this book.

J. LEFF.

Noise. By RUPERT TAYLOR. Penguin Books. 1970. Pp. 268. Price 35p.

Writing in a relaxed, humorous style the author achieves his aim to write 'a narrative about the art of acoustics' for the interested layman. The book is, of course, largely about the physics of sound and its application in engineering and building design aimed at reducing the noise which is such a marked characteristic of industrial society. With determination and the help of theoretical physics it can be done; but, as the author demonstrates, the processes creating noise are so often the ones that generate machine power, and damping the amplification and radiation of this noise is an exceedingly complex and expensive business. Apart from the chapter dealing with the psychophysics of hearing and the cochlear damage which follows prolonged exposure to loud noise, the biosocial aspects of the problem are largely ignored. Some discussion of experimental work which shows that the psychology of noise is as complex and surprising as the physics would have been appreciated by the many readers whose interest in this book probably arises from their concern over 'noise pollution'.

R. N. HERRINGTON.