

their presentation is in different words, and altogether at a different level of abstraction from other clinical literature.

RICHARD CROCKET.

**The Experience of Psychotherapy. What it's like for Client and Therapist.** By WILLIAM H. FITTS. 1st Edition. London: D. Van Nostrand Company, Ltd., 1965. Pp. 188. Price 12s.

This is a "popular" paperback description of the feelings experienced in the course of Rogerian psychotherapy. Most psychiatrists are likely to find it embarrassing to read, because of the evangelical flavour, and a questionable professional philosophy.

RICHARD CROCKET.

#### 4. PSYCHOLOGY

**Annual Review of Psychology.** Edited by P. R. FARNSWORTH, O. MCNEMAR, and Q. MCNEMAR. Volume 17. California: Annual Reviews, Inc., 1966. Pp. 589. \$9.

Reviewing the Annual Review of Psychology is somewhat like preparing a critique of the railway timetable; either you tamely admit that the volume is useful or take refuge in detailed arguments about whether the 6.34 Stoke to Chipping Sodbury has or has not a restaurant car.

Taking the former line, it must be admitted that, short of saddling oneself with the exhaustive and exhausting volumes of Psychological Abstracts, the 17 extant 'Annual Reviews' represent the best comprehensive reference work in psychology available. Major topics (brain functioning, psychotherapy, learning and so forth) recur every second or third volume and each volume covers some rarer fields. Volume 17, for example, has a chapter on 'The Status of Japanese Experimental Psychology' which raises again the fascinating question of why the Japanese tend to make psychology look like a branch of ophthalmology (21 out of 26 papers of the review proper deal with experiments in the field of visual perception). Contributors understandably haver between trying to present an overview of the major trends in their field in the last two or three years and trying to include every possible reference even if the chapter then reads more like a menu than a review. Still, the arrangement of giving experts the task of attempting one chapter for one volume only, results in some monumentally thorough literature reading—Yates scans swiftly across 248 papers on psychological deficit, while Sitgreaves dissects in some detail five recent major papers on statistical theory. Author

indexing is complete and subject indexing is good, but might well try for more massive redundancy—it is difficult to over-index reference works. Earlier Reviews suffered from a somewhat American bias in the selection of papers but this has clearly lessened in the present volume.

As a description of current trends in psychology, this Review, like its predecessors, is overloaded with assorted reference; woods disappear into trees. As a point at which to begin a literature search on specific topics in psychology, it is excellent—the comments on papers and books are just sufficient to indicate whether or not the reference is worth tracking to source.

As an unsolicited testimonial, it is suggested that hospital library committees would do well to make the Annual Review an automatic yearly purchase.

D. BANNISTER.

**Sensory Restriction. Effects on Behaviour.** By DUANE P. SCHULTZ. New York and London: Academic Press, 1965.

Now medical literature is, and presumably for ever more will often be hard to read, because of the amount of information available and the increasing technical vocabulary with which it is difficult to be fully conversant. Duane Schultz, however, is among those people who can write an easily read book on a technical subject.

"Sensory Restriction" makes pleasant reading; it is suitable but not essential for a D.P.M. Part 1 reading list. It could be perused profitably by any psychiatrist wanting to know more about studies on sensory deprivation. The book is also a gently and persuasively argued case for a development of theories of the constancy of the *milieu intérieur* to include an urge for *sensoristasis*.

"*Sensoristasis* can be defined as a drive which impels the organism (in a waking state) to strive to maintain an optimal level of sensory variation." To have the best of both worlds, and therefore to amend rather than reject the traditional homeostasis drive reduction concepts of motivation, Rosnow is quoted as succinctly saving both by "shifting the drive reduction notion up, so to speak, 'out of the gut and into the brain'".

With the new hypothesis in mind, seven predictions are made, and in a similar number of ensuing chapters the predictions and results of sensory deprivation studies are favourably compared. The difficulties of defining structured and meaningless stimuli are accepted, and in particular it is pointed out how little work has been done on Social Isolation. Further, the possible importance of immobilization