

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

aspects of their work, this book can be very strongly recommended. Even if it does not cover all the aspects of this large field equally well, it is, nevertheless, learned, lucid, fair, well-organized and keenly alive to the interest and the growing-points of its subjects.

H. MERSKEY.

'TRIPS' FOR ALL

Altered States of Consciousness: A Book of Readings. Edited by CHARLES T. TART. Chichester: John Wiley & Sons. 1969. Pp. 575. Price 88s.

This first book dealing with altered states of consciousness (ASCs) is more for the research worker than for the ordinary reader, and with its over 1,000 references should find a place on his bookshelves. The thirty-five papers, to which as many authors have contributed, treat of the physiological, psychological and pharmacological factors that determine ASCs, and among the many varieties described and discussed are hypnagogic states, dreaming, Zen meditation, hypnotic trances, mystical experiences, autogenic training states and drug intoxications (LSD, psilocybin, mescaline, marijuana, etc.). It is stressed that the form and content of an ASC depends on many variables, e.g. the type of individual concerned, the particular physical and interpersonal setting, the prevailing sociocultural pattern: this explains the extremely varying and sometimes utterly contradictory experiences reported.

A question naturally asked is, to what extent are uncontrolled ASCs beneficial or harmful? With some varieties there may not be great differences of opinion. For example, an ASC produced by the aesthetic experience of concentrating on a work of art will generally be regarded as worthwhile, whereas most people would relegate as harmful a drug-induced intoxication characterized by derealization, hallucinations and delusions. With some other varieties of ASC one cannot be dogmatic. Those who have undergone a mystical experience which has given them ineffable joy, blessedness and peace will of course regard such experience as highly desirable: those who have not may consider it an illusion which runs the danger of leading to a Quietistic withdrawal.

With regard to the possible therapeutic value of clinically controlled ASCs, well-defined results have not as yet been established, to quote a phrase from the conclusion of one of the papers, 'it is too early to be certain.' In assessing and comparing results

we are faced with the usual multiplicity of variables as in any therapeutic adventure, such as the selection of patients, the expectations of subject and therapist, the authority and prestige of the therapist (be he styled Teacher, Instructor, Advisor or Guru), and the particular technique employed, even such details as the playing of classical music or giving the subject 'a fresh rose to hold and experience' during a lengthy LSD session may prove of significant importance. With a lack of uniformity between one therapist and another, useful comparisons are impossible, and one author remarks: 'Unfortunately, each successful therapist forms his own school.'

In his introduction the editor admits that 'our scientific knowledge of the nature and effects of these ASCs is so limited that we can offer little sound guidance on public policy with respect to such practices as psychedelic drug use'. In these circumstances, surely the soundest advice is to tell the community to avoid 'psychedelic' drugs until further research can prove their possible beneficial values. The reviewer regards the editor's prophesy—'ASCs are going to become increasingly important in modern life'—as ominous, for he suspects that the increasing indulgence in ASCs by members of the community at large is a symptom of an increasingly sick society.

I. ATKIN.

DO-IT-YOURSELF PSYCHOTHERAPY

Ego Psychology and Psychiatric Treatment Planning. By HARVEY J. WIDROE. New York: Appleton-Century-Crofts. 1968. Pp. 201. No price stated.

In psychoanalytic theory the ego is a hypothetical entity, an explanatory concept, or model, to account for the activities of a part of the personality which attempts to reconcile the needs of basic drives, the real world and the conscience (super-ego). It has a particular practical importance for the planning of brief psychoanalytic psychotherapy, which must take into account both the intact and threatened or disrupted ego functions (such as reality-based thinking versus thought-process disorder) and the type, balance and intactness of other ego functions, the most important being the anxiety-coping mechanisms ('defence': repression, denial, projection, etc.). Brief psychotherapy finds an important use with University students, and so a book by the present author is of interest, as he is head of the psychiatric in-patient service of the 120-bed medical, surgical and psychiatric hospital of the Student Health