

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