experimentally that it has any special advantages in dealing with any important psychological problems. No experimental investigations of any kind are reported.

If, instead, it had been presented in a simple, tentative manner, with no unsubstantiated claims, it might have made a short paper suitable for the *British Journal of the Philosophy of Science*, where its logico-philosophical structure would have come under expert attention. I would like to know what the best authorities would say about formula $\bar{X}$. Would it qualify in their opinion for description as a "well-formed formula"?

PATRICK SLATER.

Affect, Cognition and Personality. Edited by SILVAN S. TOMKINS and CARROLL E. IZARD. New York: Springer Publishing Company Inc., 1965. Pp. 464. Price $10.00.

This symposium-based collection of papers provides its own review in the form of a discussion by Gardner Murphy which begins thus: "This volume represents an effort, through well planned experimental research, to give an enhanced dignity and meaning to the concept of affect in systematic scientific psychology." The key word is "effort".

The essays range from a mildly interesting discussion of the effect of violence on the attitudes of leading pre-Civil War Abolitionists to a report of a protracted and complicatedly silly experiment by Exline and Winters on whether enemies look each other in the eye more often or less often than friends. This latter effort involves tape recorders, one way screens, rating scales and a tricky analysis of variance design. The experimental panoply is that of science, the thinking is that of low-grade folk-lore.

The book is heavily jargonized ("ideo-perceptual-memorial-action-affect-density", ponder that for a word) and just as books on the psychology of humour raise not a smile, this tome on affect will stir no man's passions.

Its prime vice is its reification of "affect" and its consequent failure to consider thoroughly the question of whether the dichotomous construct of *affect versus cognition*, be it never so hallowed by our intellectual history, adds anything to the predictive capacity of psychology. Notions such as affect, motivation, emotion, drive and so forth, referring to some kind of ginger pop fizzing about in our psychological insides seem suspiciously like tautologies when used experimentally (it builds nests because it has a nest-building drive) and this book only strengthens such suspicions.

D. BANNISTER.

Read Well and Remember. By OWEN WEBSTER. London: Hutchinson and Co. Ltd., 1965. Pp. 285. Price 20s.

The author of this book is a former journalist and lecturer. He presents a technique in reading, and with each chapter provides reading exercises and tests for the reader to chart his progress.

It is a book that should be made compulsory reading for all teachers and students in training colleges to make them aware of the faults in reading that arise from the general approach used in teaching children to read.

However, only the well-disciplined reader will persevere with the "do-it-yourself" course presented by the book, for the approach emphasizes practice, and still more practice, to iron out the faulty habits adults develop over the years in their reading.

Nevertheless, the book is well presented and enjoyable, enabling improvement to be observed as one works through the book. The reading exercises are well-chosen topics, and the explanations clearly given—although it is not certain if the errors on page 107 are intentional.

L. J. CLEMENTS.

4. PHYSIOLOGY AND GENERAL MEDICINE

Biological Clocks in Medicine and Psychiatry. By CURT PAUL RICHTER. Springfield, Illinois: Charles C. Thomas. 1965. Pp. 109.

Interest in biological mechanisms for measuring time, and especially their relationships to clock-like phenomena and to conditioned reflex studies, has become the basis of a whole new field of biological research. The periodicity of some mental disorders however has impressed many psychiatrists over the centuries. Pinel, Esquirol, Griesinger, Kraepelin and Gjessing are a few among the many who have written at length on the subject. Richter however, with perhaps Menninger and Lercenthal, has devoted a greater portion of his very productive life to this field than has any other worker.

This book is the first of a series which will summarize Richter's work and thoughts. Richter started by noting the regular recurrences of periods of eating, drinking, micturition, defaecation, and activity in the normal rat. Later the relationship of activity to oestrus cycle in the rat was recorded and studied in detail. Further work showed the effects of various insults to the nervous and endocrine systems on the release of new and abnormal rhythms of activity.