four page listing of psychological tests followed by an outline of psychiatric syndromes taken from the *Diagnostic and Statistical Manual of Mental Disorders* which concludes this chapter. It is difficult to gauge the objectives of this chapter or to tell for what audience it is intended. For practically all professional readers, it is a simplistic review of material taught in a variety of basic courses.

The chapter by Joyce Lowinson and Israel Zwerling on group therapy with narcotic addicts is a horse of another color. Probably the best chapter in the book, it presents a brief but succinct and sophisticated review and appraisal of this area. In general, their review indicates “that group therapy without proper medication is ineffective for the majority of patients in controlling narcotic craving, especially in the addict who has returned to the community” [p. 41].” The percentages listed from various reports of those who successfully complete programs in various therapeutic communities such as Synanon and Phoenix House are comparatively small. Although such programs have received a fair amount of publicity, the data, as reported here, are not very impressive. On the other hand, methadone maintenance programs based on the original Dale-Nyswander model are considered to be effective and are regarded as the baseline against which to compare other treatment programs, including group therapy. It should be stressed, perhaps, that what is being discussed here are programs for hard core narcotic addicts.

The other chapter to which the reviewer reacted positively was one by Nathan Kline and John Davis on group psychotherapy and psychopharmacology. In just over 40 pages, the authors provide the reader with a compact and authoritative review of the area of psychopharmacology, discussing the best known drugs in this field, their dosages, side effects, and research findings on their effectiveness. It is a good introduction to psychopharmacology for those who have limited information on this topic. On the other hand, considering the supposed focus of the present volume, nothing is said concerning drug addiction and there is only a brief section pertaining to the use of psychotropic drugs and group psychotherapy.

The remaining two chapters can be dispensed with rather quickly. One is a brief chapter of just over five pages by Mitchell Rosenthal and D. Vincent Biase. It describes the Phoenix House programs of therapeutic communities for drug addicts. While these authors state that, “the therapeutic community appears to be the most effective means of rehabilitating addicts [p. 125],” they provide no data, nor does their evaluation agree with the rather negative results presented for Phoenix House in the chapter by Lowinson and Zwerling. The remaining chapter by Aaron Stein and Eugene Friedman on group therapy with alcoholics appeared to this reviewer to be a rather poorly written review with unnecessary repetitions of content. It consists of a discussion of the personality of alcoholics, largely psychoanalytic in content, different group therapy approaches, and contains condensed case accounts of therapy. The latter accounts for over half the chapter. Unlike some of the other chapters already mentioned, the results of empirical studies are not reported. The authors’ conclusion that about 50 to 60% of alcoholics improve with group psychotherapy is not substantiated by any data, and some readers might also disagree with their appraisal of the therapy they discuss.

In conclusion, then, the present brief volume is a somewhat “mixed bag.” While the major concern appears to be drug addiction and/or group psychotherapy, not all chapters deal with these concerns. Two of the chapters are competent treatments of the areas they cover, although the topic of one of them concerns neither drug addiction nor group therapy. The volume’s overall usefulness is thus difficult to appraise.

Almost no habit is as bad as the habit of interfering with other people’s habits.
— Sidney Harris

What Price An Easy Read?

Robert W. White and Norman F. Watt


Reviewed by Kurt Salzinger

Robert W. White, the first author, is a Harvard University PhD and Professor of Clinical Psychology, Emeritus, of Harvard. White, who lives in Marlborough, N.H., is also author of *Lives in Progress and The Enterprise of Living.* Norman F. Watt, second of the authors, is Professor of Clinical Psychology, University of Massachusetts, Amherst. A PhD of Ohio State University, Watt studied on a NIH postdoctoral fellowship at Swiss Federal Institute of Technology in 1963, and during 1964 taught at Harvard University before joining the U. Mass. faculty in 1970.

Kurt Salzinger, the reviewer, is Professor of Psychology, Polytechnic Institute of New York, Brooklyn, and Principal Research Scientist, Biometrics Research Unit, New York State Department of Mental Hygiene, New York City. Salzinger, a Columbia University PhD, has taught psychopathology at Columbia, Rutgers, and, most recently, at Polytechnic. He has done extensive experimentation in psychophysics, content analysis, conditioning, communication, and behavior therapy studies, all influenced by behavior theory.
his book, published in 1971, is essentially a collection of contributions made at a course presented at the University of California Extension, in Los Angeles and Berkeley, in the spring of 1965. Nearly all the papers seem to represent the state of the author’s thinking at the time the lectures were given, rather than at the time of publication, an unfortunate six-year lag. However, aside from this temporal reservation, the book is a good one.

To paraphrase the threefold classification of the book’s subtitle, we are given papers on linguistics, on information processing in the brain (and in the organism), and mathematical models of communication. The papers related to linguistics are grouped into Chapters 2, 3, and 4: Ray L. Birdwhistell provides a study of linguistics that places great emphasis on kinesics, in which body movement and stress placement are integrated into an account of speech behavior; David Hays and H. P. Edmunson, in the next two chapters, give a somewhat overlapping account of the insights into linguistics that we are now getting from mathematical models and from computer studies.

The specifically brain-oriented approaches to “intrapersonal” communication systems, are gathered into the four chapters—5 through 8—of Part II. Ted Bullock provides, as always, a lucid overview of the diversity that we now find among neurons. Ross Adey then presents his views—of which I am not completely convinced!—on a statistical approach to analyzing activity within the brain. In Chapter 7, we then hear from Roy John on “Information Storage in the Brain”—a useful introduction to his excellent book Mechanisms of Memory, published in 1967. In Chapter 8, Richard Masland ties Parts I and II together by presenting an account of “Manifestations of Structural Defects of the Nervous System,” which gives a great deal of attention to the effects of brain lesions upon language function. Two other chapters in the volume might well have been lumped in with these studies of brain: Chapter 10 by William K. Estes on “Learning and Memory,” and the review article “On the Uses of Sensory Information by Animals and Men” by Edward C. Carterette and Donald A.