

## BOOK REVIEWS

**Racism: The Australian Experience.** Vol. 1 Prejudice and Xenophobia, Vol. 2 Black versus White, Vol. 3 Colonialism. Edited by F. S. Stevens. Australian and New Zealand Book Co. Australian price \$7.50 for volumes 1 and 2, \$7.95 for volume 3.

There are signs of change in the Australian race relations scene. This became apparent during the violent demonstrations which marked the 1971 South African rugby tour of Australia. It is again apparent in this ambitious attempt to provide a comprehensive study of racism and prejudice.

This growing awareness in Australia of the importance of race relations and the desperate plight of the Aborigines is in part a reflection of world-wide interest in this sphere. Nowadays there is no such thing as a purely domestic race problem. "Throughout the world," writes Professor Encel, "race relations have become international relations . . ."

These volumes were designed as a contribution to the United National International Year for Action to Combat Racism and Racial Discrimination and were sponsored jointly by the United Nations Association of Australia and the Australian Committee to Combat Racism and Racial Discrimination. Most of the contributors are academics drawn from a wide range of disciplines, but there is also a smattering of churchmen, militants and significantly perhaps, a private secretary to the former Leader of the Opposition.

The first volume deals with the sociology and psychology of race prejudice, attitudes to immigrants and their problems of adjustment, the White Australia policy, racism in the Press and in literature and the part played by the Churches. The second volume describes the present situation of the Aborigines and traces its development from the beginning of European settlement.

In general it would appear that where people other than Aborigines are concerned, prejudice and discrimination are determined by situational factors. A sense of threat may on occasion generate intense feeling, but for the most part, the complexities of these relationships do not show clear evidence of racism.

Relationships between White and Aboriginal Australians are a different matter altogether. In the editor's view, the evidence of racism is overwhelming. There is clear evidence of discrimination against Aborigines in the sphere of education, employment, medical care, land rights and the administration of the criminal law. The Aborigines are easily overlooked by Australia's city-dwellers and Aboriginal affairs are handled with an appalling meanness, intolerance and lack of compassion.

The third and final volume turns from Australia's internal relationships to consider its international policies with regard to New Guinea and southern Africa. Anthropologists who, in the editor's view, had nothing to contribute to the second volume, apparently had nothing to contribute to the understanding of the New Guinea situation either. Nor are there contributions from members of the staff of the University of Papua and New Guinea at this point.

If the selection of contributors seems curious at times, it would be hard to deny the logic in the editor's contention that: "If we can contemplate the possibility of independence for New Guinea in five, ten or twenty years, it is surely a reasonable objective for Aboriginal independence to be established in that period as well."

A work of three volumes and almost fifty authors does not readily lend itself to review. The contributions are as uneven in quality as the subject matter is diverse. If the series is short on ideas, it nevertheless provides a wealth of descriptive material. Collectively the articles reflect the mixture of passion, confusion, ideological conviction and scholarship that is the field of race relations today.

In the past, New Zealand university courses in race relations tended to ignore the Australian experience for lack of suitable source material. This is unfortunate for the Australian situation is particularly instructive; there are similarities as well as differences between the two countries. Students can now feel something of the Australian problems as well as try and work their way through them. The varied contributions in these volumes should precipitate not only endless but also useful class discussion.

R. H. T. Thompson

**Biofeedback and Self Control, 1971.** An Aldine annual on the regulation of bodily processes and consciousness. Stoyva, Barber, Dirara, Kamiya, Miller and Shapiro (Editors).

Although the problem of the relationship between mind and body has ancient origins within philosophy, it is only during the last decade that researchers have developed satisfactory techniques for objectively examining this area of human perception and cognition. A major advance came with the development of the biofeedback technique, in which certain internal physiological states and processes, ranging from EEG activity and heart-rate to blood-alcohol level, are automatically monitored and fed back to the subject, typically in the form of an auditory signal. In this way, the subject's awareness of variations in his normal physiological processes is enhanced, and the processes therefore become amenable to alteration by the usual methods of conditioning. The biofeedback technique appears to be as powerful as it is novel as a means of controlling behaviour, and as this volume points out, re-

searchers are beginning to apply it in a variety of important areas, ranging from the control of anxiety tension and alcoholism in the clinical setting to the investigation of altered states of consciousness including hypnosis and meditative trance.

This volume contains articles drawn mainly from a variety of established psychological, psychiatric and physiological journals. The preface poses some important, challenging and interesting questions but one feels that some of the articles do little to answer them.

The editors point out that a new volume is to be published annually, to cover relevant and major works published in the previous year. Alas, if the current trend in the price of books continues in the near future, this reviewer may be more tempted to look to the established journals to bring himself up to date, than to wait for successive annuals to appear on the booksellers' shelves. For those who have limited time available for browsing through the periodicals, this volume will provide an excellent and well-balanced collection of papers which are representative of the rapid progress that is being made in these relatively new and exciting areas of psychological and physiological research.

M. B. Simmonds

**Marijuana and Personality Change** by J. R. Lord. Lexington, Mass.: Lexington Books (D. C. Heath and Company). 1971. Pp. xiii + 124. No price given.

Lord, a professor of the University of Texas, conceived this study as standing "... alongside only a relatively few other serious attempts to comprehend the problem [of marijuana usage] in terms of rational thought and empirical investigation." Stated briefly, his findings in this study are that when experienced users are high on marijuana their contact with reality is impaired, while manifest anxiety, depressive affect, elation and socially-maladaptive behaviours increase and personal adequacy declines, in contrast with when the users are not high. These effects vary somewhat with age, sex and drug-experience.

Particularly in the last chapter, Lord shows a clear understanding of the principles of sound research technique. The well-gathered data in the present study, however, were analysed improperly and the conclusions are thus made suspect. The author tested his hypotheses using the M.M.P.I. validity, clinical and other scales such as A and R, comparing his subjects' scores thereon before and during marijuana-smoking using a series of t-tests. Failing to take into account the correlation between these scales within occasions, this being partly a function of item-overlap, the author finds more significant differences than may actually be justified and thereby unwittingly may over-inter-

pret his results. An acquaintance with the M.M.P.I. and multivariate statistical literature might have helped avoid these errors. In fairness to Lord as a sociologist, however, it must be pointed out that the problem of measuring change in such circumstances still vexes even those psychologists fully acquainted with them. (See, for example, Chapters 11 and 12 of Cattell's *Handbook of Multivariate Experimental Psychology*.)

It is regrettable that Lord's concern for sound research in this area did not lead to a more valuable study.

Alan R. Forbes

**Sexist Society.** Edited by S. Kedgley and S. Cederman. Wellington: Alister Taylor (1972), \$2.95.

In this brightly produced paperback book, two ardent advocates of women's liberation argue that restrictive social roles have distorted and inhibited our emotional and sexual relationships. They describe the stereotypes of masculinity and femininity, and then step aside to let people from all walks of life speak for themselves. They make no attempt to provide objective data about the life histories they present, but rely instead upon statements from John Werry and Fraser McDonald to lend academic and clinical authority to them. Whether or not the restrictions of sex role are sufficient alone to cause the various conditions the contributors describe must remain a matter of conjecture. Whether or not the removal of all sex role restrictions would obviate loneliness, homosexuality, premarital pregnancy, suburban neurosis, mental stress, and prostitution must also remain to be seen. I have my doubts.

If you are out of touch with people you might find the book helpful. Students will certainly read it, and they will try to live in the way it recommends.

A. J. W. Taylor

**Information Transmission** by Elwyn Edwards. Chapman and Hall (1969). Paperback 118 p. + appendices.

This is a reissue of a book first published in 1964. It contains some useful material on networks, and on coding, which extends the more familiar information measures into areas of contemporary interest in psychology. The treatment of some basic concepts is in places terse for a first reading. Suitable for background reading by brighter students.

R. A. M. Gregson

**Bayesian Statistics.** Edited by Meyer, D. L. Illinois, Peacock: (1970) xx + 132 p. Distributed by Australia and New Zealand Book Co., Artarmon, N.S.W.

This is a collection of papers and an uninhibited discussion between some statistical theorists, mostly but not all Bayesians, on issues of statistical method and inference. It requires technical competence to follow, but touches on topics which psychologists are taught about or attempt to teach, namely sequential clinical trials, analysis of variance components, and regression. There is also a paper on discriminant analysis which is technically the most abstract. The reader who is prepared to work will discover that professional statisticians don't operate in the same way as psychologists who borrowed statistics and 5 percent tables, and he will find that it is sometimes possible to give a defensible answer to the question "How large a sample shall I take?" but not within the framework of sampling theory methods. The paper by Hill provides examples where analyses of variance become nonsensical, and the examples are sadly reminiscent of much that has found its way into psychological journals. The final discussion emphasises yet again that the ultimate foundations of statistics are psychological, whatever the foundations of psychology are.

R. A. M. Gregson

## ANNOUNCEMENTS

Dr. C. D. Catterall, President of the American National Association of School Psychologists is working to establish a Committee on International School Psychology, which is jointly sponsored by Division 16 of the A.P.A. and the International Council of Psychologists. The aim of the Committee is to foster communication among psychologists working in educational settings throughout the world, and a number of activities are proposed, including publications, fostering interests in cross cultural research, and encouraging study visits to other countries.

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