

## Book Reviews

H. J. Eysenck and C. D. Frith  
*Reminiscence, Motivation and Personality*.  
New York: Plenum, 1977. \$US33.00.  
1977. \$US33.00.

Reviewed by K. T. Strongman

Throughout the many years of his career as an academic psychologist Eysenck has received an enormous amount of critical comment, the appreciation being sometimes of the man, sometimes of his work. Such comment has ranged from approbation, occasionally almost adulation, to castigation, occasionally almost calumny. In short, he is a man of influence, by almost any current social psychological definition, a leader. One of the criticisms which has sometimes been levelled at Eysenck's work is of superficiality, with hints of bias and consequent lack of scientific respectability. *Reminiscence, motivation and personality*, written in collaboration with Frith should silence such criticisms. Quite simply, it is one of the most thorough psychological texts I have read.

As the title and subtitle of the book imply, Eysenck and Frith set out with two simultaneous goals. These were to present a complete analysis of the phenomenon of learning while resting — reminiscence — and in so doing provide a representative example of the vagaries of experimental psychology over the last 100 years. More specifically, Eysenck and Frith restrict their analysis to a consideration of the effects of reminiscence in pursuit-rotor tasks, but justify this narrow-seeming approach within a wider context. Like me, at this point you may be wilting under the deadweight of tedium which lands on you at the thought of 430 pages on the pursuit-rotor. Do not be put off; it is worth pursuing.

Eysenck and Frith divide their book into three sections. The first — The Grand Design — is historical starting with a wealth of fascinating detail on very early work by Kraepelin and others, and ending with even more detail on the influential work of Ammons and Kimble in the 1950s. Erudition is obvious throughout. Even the pursuit-rotor apparatus has a chapter to itself, which at times the authors have managed to make amusing — within the rather rarified air of academic humour of course. The first section of the book is basically a description of the main parameters of pursuit-rotor research and of Hullian inhibition theory as it has been applied in explanations of reminiscence.

Part II, concerned with the failure of the grand design described in Part I, introduces the reader to an array of relatively more recent empirical

studies. Topics such as motivation, transfer of training and individual differences (particularly with respect to extraversion — what else — and schizophrenia) are considered at length. All of which allows Eysenck and Frith to begin to reinterpret reminiscence in terms of the consolidation theory of memory rather than inhibition.

In Part III, The New Look, consolidation triumphs. A convincing case is made that although inhibition theory first seemed to provide a simple, elegant solution to reminiscence phenomena, as more empirical information was gathered so the theory became hopelessly unwieldy. By contrast, some fundamentally straightforward studies within a mass of complexity offer cogent support for a consolidation theory of reminiscence. For example, the difference in pursuit-rotor performance between high and low drive groups appears only after a rest pause. Such considerations lead to a direct one-factor theory of reminiscence which both casts out and takes into account Eysenck's previous theories and the enormous range of empirical findings with which the literature is endowed. This is followed by a full discussion of possible difficulties with the theory and also of its many implications. Overall, Eysenck and Frith are very convincing that reminiscence is a real phenomenon — that we do learn while resting, at least on pursuit-rotor tasks — and that the phenomenon is best explained by a consolidation theory.

*Reminiscence, motivation and personality* seems to me to be a definitive work. Eysenck and Frith have gathered all the information there is (at least, I defy anyone to say that they have not), and have produced a *tour de force*. However, given this diligence coupled with the precise detail with which the facts and arguments are marshalled, the book is not easily read. In fact, I found myself unable merely to sit and read it; it had to be studied, worked at with some perseverance. This task was not eased by the occasional indifference of the writing style.

These criticisms are minor. The book is an impressive work. Within what seems to be a narrow area, it provides a model of the history of experimental psychology, rises and falls in which reflect, amongst other things, rises and falls in the acceptability of Hullian theory. It points to important lessons which are to be learned about methodology and the changing emphases of conventional science within psychology. And, of course, it provides all one would want to know about reminiscence in motor-skill tasks. Eysenck

has long since done much to be remembered for, but this book with Frith will long be reminisced about by psychologists. I hope that other authors will emulate Eysenck and Frith's approach, but it will not be easy.

Henri F. Ellenberger

*The Discovery of the Unconscious: the History and Evolution of Dynamic Psychiatry.* New York: Basic Books, 1970. Pp.xi + 932.

Reviewed by Peter McKellar

This is a work of scientific scholarship likely to remain the definitive text. The great dynamic systems of Janet, Freud, Adler, and Jung have long awaited an Ellenberger. And like William James's *Principles of psychology* of 1890, or Woodworth's *Experimental psychology* of 1938, this is a book to be re-read, lived with, and absorbed. The reasons are four. First, it is extremely readable. Secondly, it is packed with interesting information, a great deal of it rescued from oblivion. Thirdly, the author adheres to his principle of writing without either hero-worship or polemics. Fourthly, though sensitive to historical accuracy, this is also a stimulating and original book.

In a work of monumental perspective much of the material used appears for the first time in English translation. This includes a Russian biography of Charcot; details of Puységur through a contemporary French Viscount, a descendant; information about Freud from Rev. Pfister of Zurich; and much about Jung's ideas via Jung himself from Ellenberger's own questions in interviews. From another such interview, with Pierre Janet's publishers, we learn that the works of Janet 'will never be reprinted'. Ellenberger's own exposition of Janet — whose reputation gains much from this book — is detailed and masterly. He is much concerned with the historical accidents that have resulted in the preservation of some ideas and the loss of others. Indeed he himself does much to rescue from the clutches of 'Lesmosne the goddess of oblivion' important thought meriting re-consideration. Work of better-known people like Charcot, Bernheim, Flournoy and Binet is clearly presented. So also is that of Silberer, Maury, Van Eeden and Yves Delage. There is a valuable exposition of Hervey de Saint-Denys, possibly the most important of early researchers into the dream. Although Freud was never able to consult a copy of Hervey's rare book, Ellenberger was able to do just this.

Progression from exorcism through magnetism is traced, as we learn about the Paris Salpêtrière under Charcot, and the strictly teetotal

atmosphere of the Zurich Burgholzi of Forel and Bleuler. People, their ideas and their influence are traced against a carefully drawn historical background of European history. Although he is careful to distinguish fact from interpretations, Ellenberger has many original ideas that he explores with skill. He makes considerable use of the notion of a 'creative illness' affecting the lives, and subsequent thought of Fechner, Freud and Jung. His sympathies lie with a 'polypsychic' model of personality. This leads to a more central place being given to Pierre Janet and the concept of dissociation. Contributions by patients to the theories of their therapists are considered, and major case histories are presented and indexed. The chapters each have an appendix of notes and references. These average 241 entries, on my count; there are 543 on Freud about whom that that is new is recorded. Thus Freud's relation to Charcot emerges as something much more casual than a pupil-master relationship. Also included is exposition of the works of imaginative writers living under the influence of the same Zeitgeist that inspired the professionals. As a profound work on relations between psychology and European literature alone this is an important contribution. By psychologists themselves this volume should be read and re-read by all who seek a deeper knowledge of their subject, and a new dimension to their thinking. This Centennial Decade of Psychology invites a review in New Zealand of one of the best books of the decade. We will long remain in debt to its author.

Carroll E. Izard

*Human Emotions.* New York: Plenum, 1977. \$US30.00

Reviewed by K. T. Strongman

If one were to list the psychologists who had added most to our understanding of emotion during the last decade, then the name of Carroll Izard would rank very high amongst them. His most significant contribution appeared in *The face of emotion*, the basic message of which he has carried further in *Human emotions*. At those times when areas of study start to flood with hypothesis, theory and empirical data, it is difficult to discern landmarks. Izard, however, has managed to provide one.

*Human emotions* is an ambitious book. It is a polemic for the differential theory of emotions, a viewpoint to which Izard is thoroughly committed. This theory suggests that discrete emotions are discernible as experiential and motivational processes, and urges the overriding importance of the facial expression of emotion and of the relationship between emotion and personality.

The book divides naturally into two parts, the first setting the scene in terms of theories of emotion, methods of study and principles of emotion, the relationships between emotion and motivation and emotion and consciousness, a statement of Izard's theory and a discussion of facial expression. The second part of the book, much the better in my view, contains nine chapters on specific emotions such as joy and anger, and compound emotions such as anxiety and guilt. Nowadays, it is rare to find the specific emotions discussed in any detail, most writers avoiding the difficulties that this entails either by simply saying that it is too difficult to tackle, or by drawing attention to the supposed lack of discriminability between the emotions.

In describing the discrete emotions, Izard emphasises interest as the innate fundamental emotion on which the remainder depend. Thereafter he constantly links emotion to motivation and tries very hard in each case to supply a reasonable phenomenological as well as shyerly empirical analysis.

As may be seen from this brief summary, *Human emotions* is indeed an ambitious book. This point leads the way to my main criticism; in some respects Izard is over-ambitious and perhaps attempts to accomplish too much within his 500-odd pages. This would not matter except that it has led to some rather serious omissions. For example, in the chapter on methods and principles there is no mention of the behavioural approaches to emotion, little of the cognitive, and not enough of the physiological. Also, much of the empirical work which Izard quotes is discussed uncritically; work which in some cases rests on dubious methodology. Further, although Izard's emphasis on the importance of the facial expression of emotion is probably appropriate, he does not bolster it with much in the way of empirical support. One is left wondering whether or not the differences in expression about which Izard argues so persuasively, actually exist to the extent which he implies. Continuing with the omissions, although there is a useful discussion on the relationships between emotion and pain, and emotion and sexual behaviour, a similar discussion of drives such as hunger and thirst would have been welcome. Also, it is clear that topics such as anxiety and depression (they have one chapter each) are covered more fully elsewhere.

However, I should not criticise too much. In some respects *Human emotions* is patchy, unclear, and a little dated, but it is a first-rate exposition of the differential theory of emotions and its many ramifications. It contains well-conceived attempts to place this theory within the context of empirical research, alternative theories, and experiential speculation. Also, Izard grapples

honestly with the knotty problems of consciousness and motivation and undertakes the whole task within a social and developmental context. *Human emotions* is not a book which could be easily used to teach a course, but it is one which I am very pleased to have on my shelves and which I would thoroughly recommend.

L. S. Meyers and N. E. Grossen.

*Behavioral Research: Theory, Procedure and Design, Second Edition.* San Francisco: Freeman, 1978. \$US17.50

Reviewed by R. A. M. Gregson

Yet another undergraduate text on experimental design, which has been revised but obviously dates from the pre-cognitive days of experimental psychology. It will do for the typically non-numerate Arts student in a very cautious environment. If you know about Popper then you won't like their ideas about philosophy of science. If you know about modern inference you will have more than strong reservations about their statistics. If you know about sampling theory you will have reservations about their ideas on randomness. Their notions about measurement are, sadly, pure Stevens, with yet more errors of the authors' added. Anyone who separates measurement theory from experimental design by a gap of 10 chapters has failed to understand one or both of these topics. There is some obsolescent material on what statistical test procedures are mostly used by American psychologists who publish. Precisely why that is a basis for commendation escapes this reviewer. The tables are nicely printed.

Rosalind Dymond Cartwright

*A Primer on Sleep and Dreaming.* Reading Massachusetts: Addison-Wesley, 1978. Pp. xiii + 160. \$6.95.

Reviewed by Christopher M. McGeorge

This is one of the Addison-Wesley series in Clinical and Professional Psychology. According to the editor the series is an attempt to fill the gap between superficial textbook coverage of a subject and journal literature which is too specific for the working professional. This book is not aimed at the academic or research oriented scientist.

To meet this prescription Cartwright uses a shotgun approach in order to hit everybody with at least one pellet. A chapter is included for each traditional area of psychology (developmental, individual differences, social, cognitive, and clinical), regardless of the amount of sleep research

related to the particular area. This leads to some chapters such as that on developmental being somewhat thin and one wonders whether the structure used is entirely appropriate given that all the research concerns the particular topic of sleep and dreaming.

The first chapter clears the ground with an examination of the need for sleep research. Scientific psychology has been remiss in its attendance to only one of the three physiologically distinct states of existence. That is, waking life. It has only been with the introduction of EEG traces in the 1950's that the balance has been redressed, but slowly even so. Cartwright is not hesitant in pointing out the difficulties for the sleep researcher in terms of broken nights and motivation in the necessarily long periods of measurement. It is unfortunate that some presentation problems mar this first chapter. A diagram of typical EMG and EEG traces does not include for comparison all the phases of sleep which have been defined in the preceding pages, and not all traces appear in all diagrams. In describing duration the phrase "a good 30 to 40 minutes" is used. Is this longer or shorter than a bad 20 minutes? It would have also made for greater clarity if in this opening chapter Cartwright had defined the behaviour which she took to constitute dreaming, although adequate explanation is made of sleep cycles, NREM, and REM.

The chapter on developmental psychology is concerned with a rather speculative account of the phylogeny and ontology of sleep and references to Oedipal conflicts in the dreams of children would have been better left out of a scientific review of the subject. The book steadily improves from this point however once a start is made into reviewing the literature and describing Cartwright's own laboratory work. Her comments in the discussion of cognitive psychology are worth quoting.

the coincidence of REM with imagistic, global, nonreality-bound thought, of NREM with more conceptual, logical, realistic but fragmented thought, and of waking with the highly logical, reality-oriented thinking, is very much an oversimplification. All of these styles of thought are possible throughout all of our states. In fact, they appear to be ongoing in different degrees of prominence in awareness simultaneously. Dream behaviour... usually takes place in REM, but can occur in NREM, in schizophrenia, or in the normal person. . .

Cartwright goes on to discuss experiments which have directly tried to manipulate sleep and dreaming. Introducing specific stimuli to a subject whilst sleeping has led some subjects to incorporate the stimuli in their dreams but only on

a very basic level (via assonance for example), and not at all reliably.

Waking the sleeper at the onset of REM sleep where most dreaming occurs, or producing REM deprivation, is probably the most interesting from a clinical viewpoint. Several replications have confirmed that REM deprivation shortens the sleep cycle so that subjects have to be awakened more and more often, while on subsequent uninterrupted nights there is a REM rebound with more REM time observed than on baseline nights.

Because of her clinical interests, Cartwright devotes the last three chapters to the clinical implications of sleep research. REM deprivation is discussed again in conjunction with REM sleep disturbances encountered in depression and schizophrenia. A result is reported where REM deprivation proved as successful as drugs or electric shock in treating endogenous depression. One wonders how many person hours it took to deprive the 25 patients of their REM sleep.

A great number of topics are glancingly dealt with in the clinical section, insomnia, hypersomnia, narcolepsy, sleepwalking, enuresis, to name about half of them but they are really mentioned in passing rather than forming a part of a coherent argument. The book concludes with a somewhat chatty discussion of several interesting but muddy areas of research, dream sequences and meaning, dream uniqueness to the person, dream sequences and their productivity, and dream control. No new ground is broken here and Cartwright finishes with a call for a solid partnership of practice and research people, asking real questions.

The book is not particularly suited as a course text and I must conclude that I was much more fascinated by William C. Dement's book *Some must watch while some must sleep*.

#### Reference

Dement, W. C. *Some must watch while some must sleep*. San Francisco: Freeman, 1974.

Lawrence W. Freidmann

*The Psychological Rehabilitation of the Amputee*. Springfield, Illinois: Charles C. Thomas, 1978. Pp. 140. \$US13.50

Reviewed by Tim Williams

Described as an "authoritative and sensitive" book which promises the entire range of professionals working with amputees insight into and information on "helping the amputee's reintegration into society and regaining of his(/her) psychological equilibrium". There is

even the suggestion that amputees themselves may find the book a useful aid to understanding the "emotional processes" in which they are involved. While not wanting to detract from this attempt by a medical practitioner to draw attention to the often neglected psychological aspects of rehabilitation I find that this book fails to live up to the promises made for it. While giving general impressions and information on the various reactions which Freidmann suggests may occur, it goes no further than this. Freidmann appears to lack a specific theoretical standpoint on which to base his reports. Without such a common thread his observations can be difficult to follow and rarely lead to a definitive conclusion. This lack of a theoretical base effectively limits the usefulness of those positive and therapeutic suggestions which he does make; there being little or no information on specific approaches to problems which the professional might encounter, nor any attempt to outline the relative value of any particular psychological techniques.

The book begins with a brief history of the medical aspects of amputation and an introduction to general aspects of amputee psychology including an emphasis on the main theme of the book; the point that the disability caused by the amputation is more the result of individual and social attitudes than the actual loss of function. The following chapters go on to describe various patient reactions to amputation, discriminating between the reaction to traumatic amputation and the amputation of a chronically diseased limb; reactions to prosthetic devices and the limitations of prostheses; social aspects of rehabilitation, including interpersonal, sexual, vocational and legal aspects; phantom pain, and a brief but informative chapter on the problem of congenitally limb deficient children and their families. This latter chapter highlights one of the very positive features of the book; the very broad population of amputees which it covers.

Although this book would appear to have little value to a psychologist or similar mental health professional working in the medical field it would probably be useful to those medical personnel who require a general view of some of the emotional and social aspects of amputation but who are not directly involved in the specifically psychological areas of patient care. In this regard, Freidmann's emphasis on a team approach, including the psychologists' and medical social workers' roles in what is traditionally a medical field, could be the major contribution of this book to the psychological side of medical rehabilitation.

E. Berscheid, and E. H. Walster  
*Interpersonal Attraction*. Reading,  
Massachusetts: Addison Wesley, 1978.  
Reviewed by J. Austin

Interpersonal attraction or the close relationship is an area of social psychology which is attracting increasing attention, much of it imprecise. This book "somewhat longer and more open in design" than the first edition is no exception.

Although aimed at the beginning student (it has cartoons to reinforce attention) it is difficult to see this book acting as more than a source of ideas for a discussion group. The writers make two mistakes fairly common to basic texts: they underestimate the critical faculties of their audience and they provide a variety of material at the expense of any depth.

This is a field of concern in which the state of the art is currently very speculative. Individuals are difficult to categorize in terms of working models, but what is needed to improve this situation is a number of precise conceptualizations which can be used to direct perceptions and even more important, to generate some testable hypotheses. Berscheid and Walster provide no impetus to movement in any of these directions. What they do provide is a series of mildly entertaining resumes of research findings centering on a number of themes (e.g., proximity, reciprocity, and romantic love), and a bibliography which while it would lead a student to some richer grounds omits some very basic works (for instance the writings of Georg Simmel and Erving Goffman).

The research resumes reflect the writers' interactionist approach in their concentration on situational factors and environmental determinants, but dwell surprisingly little on the personal effects of attraction, on choice, on systems of compromise, or on the aftermath of dissolution.

M. K. Hinchliffe, D. Hooper, and F. J. Roberts  
*The Melancholy Marriage*. New York:  
Wiley, 1979. \$20.00  
Reviewed by A. J. W. Taylor

The three authors, obviously discontented with the therapeutic impotence of traditional methods for treating depressive married people, set off on a fresh tack. Instead of quietly perpetuating the delusion that depression is a phenomenon of married women to be relieved primarily by medication, they bring persuasive evidence and

argument to bear upon relationships the paucity and sterility of which induce depression in one or other or both of the parties. First they set out the theory of personal, sexual, social role relationships, and they review the leading studies (among some of which is their own earlier work). Then they describe the methodology and the methods they used in a fresh study to evaluate the subjective elements of expressiveness, responsiveness, disruptions and power in the marital relationships of depressed people. They draw modest conclusions from their research, and they might have been able to be more definite had they been able to use independent observers and

researchers. Finally, they demonstrate the application of their general systems approach to certain successful cases.

The method, not unfamiliar to those trained in Social Science, is one that should be considered by clinicians at large. But I just wonder whether the new forms of impermanent marriage might become the primary preventative for depression and so render the secondary prevention of treatment less necessary. I hope so, because depression is a major reaction, and those who can treat it successfully are so few. The book deserves to be widely read, and its style will help that to be done.

## Erratum

Argyle, M., Graham, J. A., Campbell, A., and White, P. The rules of different situations. *New Zealand Psychologist*, 1979, 8, 13-22.

A section of material in Argyle et al. (1979) was inadvertently set out of place and should have followed Table 3 at the end of the Results section on page 20. The section starts on page 18 with the paragraph beginning

The situations with most rules are work situations and formal social situations . . . and ends on page 19 with the paragraph

*c. Rules which help with common difficulties.*

At an early period of history, rules of etiquette helped in this way. Possible examples from the present study are "introduce yourself" at a sherry party, "don't treat it as a social visit" at the bank, and "don't outstay your welcome" when visiting a friend in a college room.

The editor apologises for the error.