

difficulty. This work will undoubtedly be of scholarly interest to the serious reader.

MARIA BEREDAY

Some Sex Beliefs and Practices in a Navaho Community

Flora L. Bailey

Cambridge, Mass., the Peabody Museum, 1950, 108 pp., \$3.00.

The aim of this study, as Dr. Bailey says in her introduction, is "to describe beliefs and practices pertaining to the reproductive cycle" of the Navaho Indians in the Ramah area and in two other areas in the Navaho reservation. The monograph is written in a very clear style and is organized under a series of headings which start with Puberty, Menstruation, and Marriage and end with Unusual Births and Aberrant Practices. Each section is illustrated by a rich choice of illustrative material, with occasional Indian words thrown in for good measure. Although the writing is so vivid that the Navaho expressions seem to clarify rather than confuse, one sometimes wishes that there were more translations of the language.

Throughout the discussion of Navaho beliefs, one is struck with the great interrelationship of the lives of the people and nature. The mixture of animals on these pages is reminiscent of the witches' brew in Macbeth and ranges from the ever-present horned toad to eagles, lizards, gila monsters, lions, turkeys, and chickens. Sand painting and the interpretation of many natural phenomena are mixed with the services of Indian singers and ceremonial customs surrounding childbirth. Certain parts of these ceremonial practices are fascinating, as for example the singer assisting at the delivery of the baby and singing "a song for the baby to come out."

One might fear, in a work of this sort, where all of the interviewing is done through an interpreter (a man), that much material would be suppressed. The interviewers found that the presence of older women in an interview prevented the younger ones from talking as much as they would if alone. It is surprising that so much material was obtained despite the technical difficulties of having to work through an interpreter. Doctor Bailey apparently immersed herself in the Indian culture; her workmanlike approach has certainly shown itself in the finished product. Any psychiatrist would find much to interest and instruct him in this monograph,

although to appreciate its full contents one would have to be versed in several disciplines.

RICHMOND HOLDER

Recovery from Aphasia

Joseph M. Wepman

New York, The Ronald Press Co., 1951, 276 pp., \$4.50.

This book is divided into three parts: the first part presents a discussion of the nature of aphasia; the second reports on research findings during World War II; and the third treats "Aphasia Therapy and Therapists."

The book is clearly written for the aphasia therapist, and it is a relief to have such a satisfactory piece of work produced in a field in which there is very little adequate reference material. The author's discussion of the nature of aphasia for the therapist is a helpful piece of work. He does a very satisfactory job of orienting the therapist in this difficult field, one full of new and confusing terms. In these early chapters of the book, the student is given an excellent orientation and should receive a good understanding of the problems of the aphasic patient.

In the second section of the book, the author, in discussing research findings, gives one a picture of thorough work with patients. The therapy results reported seem quite optimistic and, by and large, appear to be more satisfactory than those reported or experienced by many other workers in the field. One obtains from this part of the book a feeling of optimism in the treatment of aphasia, which is, no doubt, a help in therapy, but which may not often be warranted by the actual progress of patients. The author does point out that there is a difference between language rehabilitation and total rehabilitation of the patient, and he recognizes that considerably more work should be done in the latter area.

In the final section of the book, covering therapy, there is much valuable material. First, there is material to aid the therapist in recognizing what sort of problem working with the aphasic patient will present. The characteristics of aphasic patients are discussed in a clear and helpful manner. Here again, as in the first section of the book, the therapist can only gain a very helpful orientation with respect to the patient. The author also indicates a broad approach to the problem, recognizing the many approaches required for adequate care and supervision of the patient receiving therapy.

Finally, the author attempts to do what is perhaps impossible: namely, to give a full and adequate description of therapeutic techniques. Possibly not enough recognition is given to the fact that no two patients are quite alike and that it is impossible to stereotype or routinize therapy. The highly individual nature of therapy may be overlooked in an attempt to give therapists some orientation. It seems to the reviewer that it is well-nigh impossible to state clearly exactly how the individual patient should receive treatment, and the author, though he attempts to cover this area, is not entirely successful in clarifying the therapeutic program, though many of his suggestions can only be extremely helpful to the searching therapist.

This book is a very helpful piece of work in an area in which little other assistance has been provided for those working with a baffling type of rehabilitation problem. It should provide welcome assistance to language therapists and all speech therapists working with patients having these and related handicaps, and it should be of interest to clinical psychologists and teachers working in related fields.

EDWIN M. COLE

Hope and Help for the Alcoholic

Harold W. Lovell

Garden City, N. Y., Doubleday & Co., Inc., 1951, 215 pp., \$2.75.

With the present surge of interest in the problem of alcoholism and consideration of the alcoholic as an ill person, this book offers an excellent presentation of the best current medical and psychiatric thinking on this subject. Since professional opinion is, as yet, far from standardized, and is indeed even controversial, it is particularly important that the author present fair summations of differing points of view. What is even more valuable, he joins the two chief approaches to the problem into a rational whole. After discussing the "medical" approach, which stresses the physical sensitivity of the alcoholic to alcohol, and the "psychologic" approach, which stresses alcoholism as a symptom of psychoneurotic or other psychopathologic tension, Dr. Lovell suggests the thesis that alcoholism appears not solely as the result of physical propensity or psychologic tension but only as the result of the simultaneous existence of *both* in the same individual. Thus, he postulates, a person with physical susceptibility alone in the absence of significant psychologic

maladjustment would probably not drink at all because of his exaggeratedly unpleasant reactions to alcohol. On the other hand, a person who was escaping from psychologic tension by the use of alcohol but who did not have this physical idiosyncrasy for alcohol would probably never suffer the grossly deleterious effects which are seen in the alcoholic. It is only when both are present simultaneously that alcohol becomes a "problem." With this reasoning, it is natural that the author should be able to discuss all the varying therapeutic approaches with sympathy and insight. Although not a text, this book gives an excellent perspective of the best present day attitudes of workers in the field.

Dr. Lovell's book can be read with profit by the general public, by alcoholics, by their relatives and friends, and by all those who meet the problem of alcoholism professionally, in whatever capacity. The style suffers at times from being a little too "popularized" and from the author's indulging in oversimplified case histories; at other times it gets bogged down midway between the lay and the scientific reader, which is not entirely satisfying to either. But the inspiration, the hopeful and enthusiastic outlook, the factual soundness, the scientific discrimination, the eclectic attitude, and the rational synthesis all put this book definitely on the recommended list.

VOLTA R. HALL

General Psychotherapy: Dynamics and Procedures

D. Ewen Cameron

New York, Grune & Stratton, Inc., 1950, 312 pp., \$5.00.

This book is highly recommended to all who have anything to do with psychotherapy, whether they be social workers, counselors, nurses, students, or practicing psychiatrists, working in a formal or an informal psychotherapeutic setting, as novice or expert.

Psychotherapy is as yet far from specific or standardized; the exact dynamics are the subject of wide differences of opinion, and methods of procedure are almost as numerous as practitioners. Probably it will always remain more of an art than a science. But the attempt to achieve some sort of valid formulation and integration in the field is much in order. The necessity for this in teaching is obvious. But it is equally necessary for the experienced practitioner who