Rêve et Conscience (Dream and Consciousness)
Edited by Pierre Wertheimer
Reviewed by Michael A. Sperber, p. 108

Middle Age and Aging: A Reader in Social Psychology
Edited by Bernice L. Neugarten
Reviewed by Edmund C. Payne, p. 109

Mind as a Tissue
Edited by Charles Rupp
Reviewed by Manuel M. Velasco-Suarez, p. 109

A Giant Step—The Roles of Psychiatric Nurses in Community Mental Health Practice
Edited by Gertrude A. Stokes
Reviewed by Raquel E. Cohen, p. 111

Diagnosis and Drug Treatment of Psychiatric Disorders
By Donald F. Klein and John M. Davis
Reviewed by Fred H. Frankel, p. 112

Psychological and Social Aspects of Human Tissue Transplantation: An Annotated Bibliography
By Jacqueyun Hall and David D. Swenson
Reviewed by Sumner Stone, p. 112

Rêve et Conscience (Dream and Consciousness)

Pierre Wertheimer, Ed.

Presses Universitaires de France, Paris, 1968, 292 pp, figs, 30F.

This book is a collection of papers presented at the international symposium on the physio-pathology of sleep in Lyon in 1965. The studies are an outgrowth of the remarkable discovery by Aserinsky and Kleitman in 1953, of the two distinct eye movement patterns during sleep: the rapid eye movement (REM) phase, and a slow pendular (NREM) phase.

Among the 20 essays of which this book is composed, Benoit's study indicated the increased electrical activity in the cat's lateral geniculate body during REM, as compared to the NREM phase. Jouvet-Mounier's experiments, also with the cat, showed that the animal in REM phase is relatively resistant to the effects of barbiturates, as compared to those in NREM. Brebbia and Altschuler present evidence that there is an increase in oxygen intake by the human organism during REM. Using Valium (20–40 mg) and Reserpine (4–5 mg), Tissot and Ajuriaguerra increased the duration of REM in man. In human neonates, REM sleep accounts for 50% or more of the total time spent in sleep. Petre-Quadens, studying the newborn, noted the appearance of the smile during REM, about 3 months before the maternally-induced smile is evident. Interestingly, once the latter occurs, REM smile becomes reduced in frequency. Fishgold et al presented EEG tracings of the "dreamy" state in which hypnagogic images were reported. Disturbed REM patterns were found in studies with certain types of psychiatric disorders, Lairy reported.

The book includes Nakajima's study of the relationship of certain neuropsychopharmacological agents to REM; and Barcaud's recording, using intracerebral electrodes, of cortical and subcortical structures in man. There is a paper by Bourguignan on REM and psychoanalytic metapsychology.
REM sleep interrupts NREM sleep on the average of once every 90 min, lasts approximately 20 min, and accounts for 20–25% of the total sleep time in young adults. In the cat, REM periods last about 10–20 min. In the rat, REM periods last about 1–2 min and NREM periods last about 7–8 min. Synder speculates that the REM is an organismic periodic activating mechanism which has survival value, in that it is a sentinel phase, preparing the organism, defensively, for eventual aggressions from the environment. Wertheimer concludes the symposium with a lucid synthetic comment.

The studies are rather technical in approach, so that the reader seeking a general introduction to the field might find less appeal in the book, compared to the investigator interested in exploring possible directions for future research.

MICHAEL A. SPERBER, MD

Middle Age and Aging. A Reader in Social Psychology
Bernice L. Neugarten, Ed.
The University of Chicago Press, Chicago, 1968, 596 pp, illustration, figs.

This book is composed of a collection of 62 papers, most of them published previously, dealing with the middle and later period of life, primarily, from the point of view of sociology and social psychology. They are grouped under ten major headings, and each section is introduced by a brief summary and analysis of the papers included therein. The areas covered are: I. Age Status and Age-Sex Roles; II. The Psychology of the Life Cycle; III. Social-Psychological Theories of Aging; IV. The Social Psychology of Health; V. Family Relationships; VI. Work, Leisure, and Retirement; VII. The Immediate Social Environment; VIII. Aging in Other Societies; IX. Time, Dying, and Death; X. Appendices: Research Strategies.

Since anthologizing is to such a large extent an exercise of personal choice and preference, valid criteria for evaluation must be concerned with the overall quality of the selections, and whether a representative balance and comprehensiveness has been achieved. By these standards this volume has much to recommend it. The papers which are included are of high quality. A broad range of issues pertinent to aging is covered, and in areas of important theoretical disagreement, conflicting points of view seem to be represented fairly. A high degree of cohesion has been achieved; The papers in each section are related to each other by a consistent theme.

The stated intention of the editor is to provide teaching materials for graduate students and departments of sociology and psychology. As a result, the sociological point of view is heavily represented, and there is a paucity of psychiatric and of multidisciplinary contributions. An article by Robert N. Butler reporting on an intensive multidisciplinary investigation of various dimensions of aging is a refreshing exception. The effects of the biological factors involved in aging are reported in only a few of the studies, and the information obtained through intensive psychotherapeutic investigation of aging persons, not at all. This selective emphasis was deliberate, and undoubtedly in keeping with the editor's wish to address a particular audience, but this reviewer could not escape a feeling of discomfort with the somewhat two-dimensional picture of aging which resulted.

Although the research methods utilized in a predominant number of these selections are questionnaires, surveys, and structured interviews, a variety of other approaches are included. A most rewarding feature is the high degree of elegance and ingenuity illustrated in the research design of these studies. The appendices consist of four provocative discussions of various strategies employed, and problems encountered in research on aging.

EDMUND C. PAYNE, MD

Mind as a Tissue
Charles Rupp, MD, Ed.
Hoeber, New York, 1968, 357 pp, illustration, figs., $18.50.

This book marks a significant step in the world of psychophysiology and psychology. It is a joint effort by Doctor Rupp and over twenty distinguished scientists, who have accepted the challenge of presenting their experiences in the area of "Mind-Facts" as the highest neural activities of