Book Reviews

Human Behavior: Psychology as a Bio-Social Science. Lawrence E. Cole. Yonkers-on-the-Hudson, N. Y.: World Book, 1953. 884 pp. Illus. $5.50.

This is an important book—if an outsider may presume to pass judgment—in the history of American academic psychology. For here is a general psychology textbook whose subject matter is the person in all his complexity, rather than a series of abstract processes. Instead of surveying the traditional topics of psychology: learning, motivation, perception, cognition, memory, etc., and permitting the reader to construct, if he can, the total person from a description of these parts, Professor Cole focuses his attention on the functioning individual and attempts to explain his behavior. In this attempt he draws upon both the laboratory studies of experimental psychology as well as the field studies of sociology and anthropology. By insisting that the individual must be understood in his sociocultural context and by continuously documenting this theoretical premise, he has convincingly demonstrated (although I do not know if that was his intention) that all psychology is really social psychology.

The fact that the focus of this book is functioning person, rather than selected psychological processes, does not mean that these topics are slighted. The first six section headings, "The Nature of the Psychological Problem," "Growth and Development," "Motivation and Affective Processes," "The Modification of Behavior," "Attending and Perceiving," and "The Reasoner," indicate that the major topics of general psychology are covered. Moreover the important experimental findings are presented and their implications are discussed. But, since this book is problem-oriented, rather than topic-oriented, the individual chapters within these sections bring together relevant data from a number of separate topics as they relate to the problem under discussion. Hence, even in reading about discrete processes, one never loses the feeling for the whole.

This book, of course, is not without its faults. Specialists in the many different areas which are discussed will probably take issue with many of its details, and partisans will most certainly disagree with some of its general conclusions. This is inevitable in a book whose purpose is "to steer a middle course" (p. 24) between conflicting points of view. In the opinion of this reviewer, to take but two examples, the author's evaluation of certain psychodynamic interpretations, including his treatment of projective techniques, is somewhat less than generous; and some of his generalizations concerning the behavior of primitive peoples are much too sweeping. But the sharpest criticism of *Human Behavior* concerns its last section which is called "The Structure and Dynamics of the Self System." Almost all 200 pages of this section comprise a discussion of psychoanalysis. Such a lengthy discussion can be justified in a book that wishes to avoid the shortcomings of the usual eclectic approach to personality by presenting one systematic theory. Such was not the intention, however, in this instance. Cole is strongly opposed to psychoanalytic theory, and he discusses it in order to criticize it. Although readers will not agree about the cogency of his criticisms, they will probably agree with the reviewer that a general textbook is not the place in which to engage in a major theoretical disputation, at least not to the extent of some 150 pages.

Despite this defect this book is to be seriously recommended to anyone who is interested in the contributions of psychology to the rapidly developing behavioral sciences.

MELFORD E. SPIRO
Department of Sociology and Anthropology
University of Connecticut

Praktische Arbeitsphysiologie (Applied Physiology of Human Work). Gunther Lehmann. Stuttgart: Georg Thieme, 1953. (U.S. distrib.: Grune and Stratton, New York.) 355 pp. DM 33.

In contrast with psychology, the field of industrial physiology has chronically suffered from a dearth of textbooks. For a young science this has been an unfortunate state of affairs, resulting in a vicious circle "no textbooks—no courses—no trained personnel—no systematic research—no textbooks." Even in Great Britain, where research facilities and output in this field were more ample than in the U.S., no comprehensive treatment of industrial physiology has been attempted. The field and its many specific problems cannot be covered adequately in a chapter of treatises on the physiology of exercise.

In a large measure, the present volume is a fruition of 40-odd years of research carried on at the Institut für Arbeitsphysiologie founded by Max Rubner in 1913 and directed for many years by Erich Atzler. The author is the present director of the Institute, which is now located at Dortmund. However, the book is directed not only to the research specialist but also to the graduate student and to a variety of individuals, such as industrial physicians, production engineers, and other members of the scientific management team, who are concerned, in one way or another, with the physiological aspects of human work in industry. Inclusion of some elementary considerations in the text and the addition of a brief dictionary of technical terms is an expression of the author's concern for making the textbook accessible to the nonphysiologist.

The book is centered in the chapters on energy expenditure and the effects of environmental factors (especially high temperature). A chapter is devoted to the composition and pressure of air. A large section deals with the physiological evaluation of equipment (such as shovels, scythes, and wheelbarrows) and of machines; this application of physiological principles