

Book Reviews

Offer, D., & Sabshin, J. *Normality: Theoretical and clinical concepts of mental health*. (forward by R. R. Grinker, Sr.) New York: Basic Books, 1966. Pp. xii & 253. \$5.50.

This is a very important and a very necessary book. It addresses itself to a vital problem that every worker in the field of mental health encounters; namely, what is normal behavior? Drawing on the whole range of the behavioral and social sciences, the authors explore the complexities of the concept and finally attempt a meaningful definition by synthesizing four major aspects of normality. Clearly and concisely written and logically organized, the book can be recommended without hesitation.

Leo Rattner, Ph.D.

Dreikurs, R., & Grey, L. *A parents' guide to child discipline*. Hawthorne Books, Inc., 1970. Paperback - 101 pages. \$3.95.

This book should prove to be one of the most useful guides that parents can procure to serve as a guide for the discipline of their children. It is truly a modern system for raising modern children. The guide is written in easy to read, matter of fact manner; and as the parent starts to read, he will likely become so intrigued that he will not be able to put the book down until it is finished. Parents will also find the publication a useful reference. An excellent index provides the reader with the facility for finding information on many problems relating to child discipline. For example, if the child has bedtime problems—there it is in the index—page 91, 92, and 93. The parent might be interested in knowing what to do when children will not eat. On pages 67-73 innumerable suggestions are given and example cases are taken from the writers' actual experience.

The book starts out with an explanation of why a new tradition in child rearing is needed. It goes on to deal with understanding the child's personality in the second chapter, giving us an insight into the child's need to belong and how the order of birth affects the development of each child's personality. This will help to understand the meaning of the mistaken goals of the behavior: tension-getting, struggle for power, revenge, and using disability as an excuse. In the third chapter the authors deal with the principles involved in the new tradition of raising children. It is followed by a chapter on psychological methods in dealing with children. Next is a chapter on social methods, which admonishes the parents not to talk constantly, not to threaten children, but to act, and how to use the family council. They provide a very thorough discussion of the use of logical consequence in chapter six, explaining the difference between logical or natural consequences and punishment, giving numerous examples to help clarify

the description. Parents (and teachers, as well) will probably find the last chapter, "Conflict Solving Through Consequences" the most interesting, for here the reader will find realistic approaches to: conflict situations, getting up in the morning, getting dressed, responsibility for toys, household chores, and many other everyday situations which parents often find difficult to deal with.

This is probably one of the most significant publications for parents since the senior author joined with Vicki Soltz to publish, *Children: The Challenge*.

Manford A. Sonstegard, Ph.D.

Endleman, Shalom, ed., *Violence in the streets*, Chicago; Quadrangle Books, 1969, 471 pp.

There is hardly a more timely topic that the editor could have chosen to present to the educated public. We are all becoming increasingly aware of the role that violence plays in our lives, and that indeed violence seems to be "as American as cherry pie," to borrow H. Rap Brown's formulation. Fortunately, this is not a conclusion to which Shalom Endleman, the young research director of the Anti-Defamation League, completely subscribes. While agreeing that violence may be prevalent in our time, he stresses that it is not inherent in the human condition, and that the causes of violent behavior must be sought in the social situation rather than in hereditary disposition. The second conclusion he arrives at in a brief but perceptive preface is that violence begets violence. This means that we tend to respond to violence violently and that this in turn leads to more violence. This observation seems to have profound implications for both our domestic and foreign policies.

The book is divided into five major sections, dealing with origins of violent behavior, the communication of violence through the mass media, crime, race riots and the police. While mainly sociologically oriented, other behavioral disciplines are liberally represented. The selections are well-chosen. They are uniformly well written, informative and highly pertinent to our understanding of the varied causes of violent behavior. Shalom Endleman has done a fine job in presenting us with this excellent book which belongs into the library of every worker in the field of mental health.

Leo Rattner, Ph.D.