

gin. This chapter also provides a good research review of the efficacy of various treatment approaches.

This book fills a critical niche in the prevention and intervention arena. Given the level of alcohol-related problems and critical developmental transitions students are undergoing during the college years, there are surprisingly few well-focused books on alcohol misuse and prevention efforts among college students. The book reflects the diversity of conceptualizations of problem development in the addiction arena in general, and the editors have not shied away from major controversies in the field. This theoretical diversity lends credibility to this effort as readers of all types can benefit from the detailed exposés of this age group as well as from the exposure to alternative perspectives on etiology, prevention and intervention.

This well written compilation of essays provides both theoretical background to and practical application of prevention and intervention efforts concerning alcohol misuse and problems within the context of the college. The content as well as writing style should appeal to a diversified audience including administrators, faculty, clinicians and researchers. Those charged with developing programs at the university level, or facing problems in the classroom or clinical setting, as well as those interested in researching alcohol-related problems among college students, could well benefit from this text.

Contrary to its title, the book's focus is not on *all* young adults but on college students in particular. This narrower focus does not detract from the significance of this literary effort. In fact, a book focusing exclusively on the collegiate context may lead to more effective prevention efforts and interventions, with a fuller appreciation of the developmental issues unfolding in this social context. Finally, research addressing critical transitions into, through and out of college can benefit from the diversified approaches reflected in this text.

Perhaps purposely, there are few efforts to make comparisons or contrasts or to integrate other perspectives within each chapter. The Introduction written by Howard and Nathan does an exceptionally good job of discussing the philosophical differences that lead to such diversified and discrepant perspectives in the alcohol arena. While it is acknowledged that "alcohol misuse is best understood as a set of complex interdependencies among biological realities and learned behavior patterns, rather than mutually exclusive combatants set against one another in stark dualities" (p. 4), the text might have benefited from more effort to develop the interface between biology and learned behavior both within and across chapters.

SANDRA A. BROWN, PH.D.
Department of Psychiatry
University of California, San Diego
& VAMC, San Diego, Calif.

Under the Influence: Alcohol and Human Behavior, by John Jung. Pacific Grove, Calif.: Brooks/Cole Publishing Co., 1994, 335 + xiii pages, \$31.25 (paper).

John Jung's textbook, *Under the Influence: Alcohol and Human Behavior*, is a solid introduction to the issues of alco-

hol and human behavior. It might have been richer, theoretically, if the discussion of several major concepts of interest to those who study alcohol and its effects on human behavior had not been marginalized. Jung writes, in the first chapter, that the central concern of the book is with the psychology of alcohol; however, he conducts a review of the wider literature on drinking practices, intoxication and alcoholism. His review of the literature is concise and adequately grasps the content of the original research. However, some areas of alcohol studies, mainly those where drinking is environmentally or culturally situated, is taken for granted. This overall weakness is alleviated by chapters on alcohol use by women and a variety of ethnic groups. This criticism should be prefaced by stating that Jung manages to integrate a compilation of theory, treatment and behavioral literature on the subject of drinking and alcohol dependency.

Jung's large-scale examination of the literature on problem drinking and alcoholism draws its support mainly from the biopsychological, neuropsychological and behavioral theories of alcohol dependency. While Jung's psychological approach is understandable, the chapters that support the "alcoholic personality" and biological and genetic factors are better researched than other chapters. One weakness in *Under the Influence* is that the disease concept of alcoholism suffers by comparison with the weight given to those psychological theories. Writing on the disease concept, Jellinek (1960) found that the nature of the alcoholic's problems included "loss of control" and "craving," neither of which is regarded as significant in this book. Jung points to the use of general population surveys by Clark and Cahalan (1976) to indicate that little relationship was found between levels of drinking and loss of control. This point is used to illustrate that not all heavy drinkers, nor all alcoholics, are the same and that they may instead be "problem drinkers." Thus, it is not surprising that the chapter on "Self-Help and Alcoholism Recovery," which reviews the concepts of Alcoholics Anonymous and Al-Anon programs, is less successful than the other chapters.

The book includes several sections devoted to laboratory research involving such topics as expectancy controls and balanced placebo design experiments that measure "mood inventories" or the salivation of alcoholics. This reviewer finds it important to remember the distinction between naturalistic and laboratory observations, since behavioral patterns in laboratories are far removed from the typical social settings where alcohol is consumed. Some notable laboratory research is neglected in the text. For example, craving, the amount of time spent preoccupied or obsessed with alcohol, is neglected by Jung. Others have addressed this behavior, however, by observing craving in animal experiments with rats and ethanol. The recent naltrexone treatments designed to treat alcoholism are not discussed in an otherwise superb account of the effects of alcohol on the central and peripheral nervous system.

Citing a wide variety of scholarly evidence, Jung does an admirable job of documenting the interrelationship between social drinkers, heavy drinkers and alcoholics, and how these groups might face lapses, relapses and treatment modalities. In another chapter, Jung demonstrates a profound awareness of alcohol prevention as a means of social control, focusing

on the educational, economic and legal controls surrounding alcohol use. The notion of prevention programs for HIV transmission, violent behaviors and substance abuse is viewed favorably by the general public. Sociologists might view the same prevention programs and find elements of social constraint or control. Jung recognizes the varieties of research on alcoholic behaviors and has summarized the problems of a multidisciplinary science, stating, "Semantic disputes over the precise definition and sociopolitical arguments about the number of alcoholics are perhaps unavoidable, unfortunately, but they should not be allowed to make us lose sight of other important issues" (p. 120).

Jung does not "lose sight" of important issues in this book. Despite limitations, *Under the Influence* is reputable, thorough, and readable to those without advanced knowledge or a background in alcohol research. The book is well-developed and about the right length for an introductory textbook. The figures and tables that appear throughout the text will become a classroom resource for the instructor using this book. Stylistically, Jung captures his reader's interest, using phrases like "decorative but diluted concoctions" to describe

alcoholic beverages. One of the reasons this reviewer can recommend this book is that Jung integrates the many theoretical areas of alcohol research into a thoroughly understandable text designed for undergraduates or untrained graduate students. This accomplishment may make him one of the few scholars whose text brings a new focus to very old problems connected with alcohol use and dependency.

References

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DARRELL D. IRWIN, PH.D.
Department of Sociology
St. John's University
Jamaica, N.Y.