

Part five, containing the appendices, describes seven EAP programs. Using the Johnson & Johnson LIVE FOR LIFE program, and six other examples, this section demonstrates the current range in services and structures of EAPs.

I found the book a useful review of key concepts in counselling in the workplace. The book is clearly written with a practical focus. It has three limitations. First, with so much material covered, many of the topics are sketchy and become lists of tips, lacking substance. For example, the authors devote only four pages to family counselling but leave an impression that the four pages gives one enough information to conduct this form of counselling. Secondly, covering so many issues prevented a critical examination of important topics. Beyond sliced bread, I wanted more meat on controversial issues such as mandatory referral. Finally, some Canadian policies, legislation, and procedures are different from the American ones discussed. Despite these limitations, I feel the book has value as an initial step in learning about counselling in the workplace. It could serve as a useful introductory textbook in employee assistance counselling if it was supplemented with more in-depth material.

---

Babbie, E. (1986). *Observing ourselves: Essays in social research*. Belmont California: Wadsworth Publishing Company.

---

*Reviewed by:* Tom Daniels, Sir Wilfred Grenfell College, Memorial University of Newfoundland, Corner Brook, Nfld.

Dr. Babbie has made an impressive and courageous attempt at bringing the reader face to face with many fundamental issues in the field of social research. This is not a textbook on how to be a researcher but a book of fifteen short essays which address such thought-provoking research related issues as objectivity, determinism, paradigms in social research, the impact of the observer, critical thinking and scientific closed-mindedness. This book is intended for a wide audience; the trained researcher, the student and to some degree the general reader.

The book is organized into five parts. Part I "An Introduction to Inquiry" (Essays 1-3) discusses the tenuous nature of knowledge in general, and in the social sciences in particular. The suggested need to pose questions in an open and tentative fashion is a recognition of this fact. The nature of truth, objectivity and social reality are discussed within the context of social research. This part ends with a discussion of paradigms in social science and the nature of paradigm shifts.

Part II "The Structuring of Inquiry" (Essays 4-6) begins with a discussion of the philosophical conundrum, *determinism* and its place in social research. The difficulty of measurement in social research is discussed and an argument is made that no empirical instrument will ever capture the true nature of the phenomena we study. Dr. Babbie suggests that the primary task of the scientist "... is to make distinctions within an undifferentiated field," yet much of our experience of reality is "socially grounded." This part ends arguing that scientific progress is best made in discontinuous leaps and not in a smooth and continuous fashion.

Part III "Modes of Observation" (Essays 7-9) begins with a distinction between Quantitative and Qualitative approaches to social research and a suggestion as to how these two approaches complement each other. The impact of the observer is discussed. An argument is made for the usefulness of introspection and ways are suggested for the appropriate use of introspection by the scientist.

Part IV "Analysis of Data" (Essays 10-12) opens with a suggestion that while the goal of the researcher is to find coherent patterns in a world of random events, "The determination of causes . . . is as much a matter of creation as of discovery." And, ". . . that we create causal relationships through our analyses." The argument is also made here that within our logical positivistic framework, our research conclusions need to make sense in the real world. It is further stressed that logical positivism ". . . is only a system of logic, and not the absolute truth"; other systems exist as well.

Part V "The Social Context of Research" (Essays 13-15) suggests that the primary virtue of science is open-mindedness. He illustrates value-laden nature of our thinking and how our values and biases (individually and collectively) can impair scientific reasoning. The book ends with a suggestion that because of the difficult nature of the phenomena social researchers investigate, and therefore the high level of scientific sophistication required to conduct social research, that social science not only deserves the title of "science" but may in fact be *the first science*.

At a time when there appears to be an abundance of texts in social research addressing design and analysis issues, this book is a refreshing change in that it asks, or perhaps in a gentle way forces, the reader to step back and reconsider our most basic assumptions about research in the social sciences. In this sense, the book is very successful. The book is well written but may have tried to accomplish too much in such a short space (186 pages). The general reader may bog down at times (e.g., on determinism). The experienced researcher will have to be patient with the numerous, yet well-articulated, examples. The student will do well to keep a copy close at hand. I highly recommend this book to anyone interested in social science research.

---

Billig, N. (1987). *To be old and sad: Understanding depression in the elderly*. Lexington, Massachusetts: Lexington Books.

---

*Reviewed by:* M. Honoré France, University of Victoria

This practical and informative book is written for families with older members who are depressed, older people who want to help themselves cope with depression, and practitioners who want to learn more about the origins, symptoms, and treatment of depression. The book is another entree into the genre of self help books that uses a mix of professional advice and anecdotes to provide insight and techniques for helping people cope with depression. Fortunately, the book is free of most of the professional and medical jargon that other books of this type have. It is written in everyday language that is clear and