

overview of research strategies to evaluate the impact of changes in the legal drinking age. Many studies were conducted following the lowering of age. The studies with the soundest methodologies have supported the inference that lowering the legal drinking age led to an increase in alcohol-related collisions among young drivers. However, the range of other health related difficulties have not been as amenable to study.

Initially the book states — “It is our hope that public officials, legislators, community leaders and citizens will examine this information before making changes in alcohol-control legislation” (p. 9). The book concludes — “It is our hope that as research continues to provide data on the many aspects of this complex problem, legislators and the general public will become better equipped to find reasonable solutions that meet our social needs” (p. 183). Unfortunately, the examination of the material between the quotes would not provide much direction for the general public, legislators, or community leaders. It does provide an excellent critique of the research which has been conducted and gives direction for further research into this multifaceted problem.

Unfortunately, much of the book relates to the United States more than to Canada, although in latter chapters Paul Whitehead and Reginald Smart do provide some Canadian content. In general the material has a tendency to be repetitive. I would recommend the material to those who are *specifically* interested in the legal drinking age as a control measure.

Sarason, I.G., & Spielberger, C.D. *Stress and anxiety* (Vol. 7). Washington, D.C.: Hemisphere Publishing, 1980.

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As the seventh volume in a series, this text builds upon articles and papers presented in the previous volumes. Volume 7 is a collection of articles which focus on four areas of research.

Part I deals with theoretical issues concerning stress with emphasis on identifying the relevant variables, their conceptualization, and the role of social and physiological processes in such problems as psychopathology and pain. Specifically, it includes studies concerned with cognitive events, cognitive analysis, and cognitive processes. Part I discusses when stress becomes a problem, the influence of environment, personal distributions, and social supports.

Part II deals with the assessment of anxiety and life stress, the methodology of measuring anxiety, and the impact of various stressors. It includes articles dealing with specific measurements, surveys, and studies encompassing a wide range of subjects from children and adolescents to middle-age women at the climacterum.

Part III includes four papers dealing with the nature of environmental stressors and their effects on behavior. The first paper argues that the physical characteristics of a potential stressor are generally less important determinants of whether one is stressed than the physiological properties of the overall situation. Another paper proposes that disconfirmed expectations or unattained goals lead to arousal. The other studies focus on the density crowding paradigm and bureaucratic encounters.

Part IV addresses the problem of adaptation to stress. The first paper discusses the mechanisms which form the basis for the manifestations of anxiety and coping reactions, and the second article hypothesises that certain ecological changes aggravate vulnerability of students during transition to college. The third article describes a stress management training program that provides for the acquisition and rehearsal of cognitive and relaxation coping skills. Humour as a coping skill is the topic of the last paper.

Each paper reflects different writing styles and, as a result some are more readable than others. Those papers which clearly state their aims, goals or hypotheses make for better reading. However, the prevailing message which emerges from almost all the papers is the need for further research.

The usefulness of this text to counsellors and others in the mental health profession is multifold. The papers on the whole are comprehensive and include extensive reference lists after each article. What I especially liked about this book is that all authors presented their views without downplaying the views of others. I hope this will be a prelude to future presentations and papers.