

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.

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

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*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

concise. There is not one mention of endogenous and exogenous depression, although the author does try to explain bipolar and other DSM III categories.

The author focuses on the signs and symptoms of depression. Topics covered include physical complaints, emotional and thinking difficulties; what to do for someone who is depressed, even if they don't want help; a very brief account of what treatments are available; why depression, which the author calls the "great medical masquerader," is often frequently misdiagnosed; the difference between depression and Alzheimer's, Parkinson's, and other diseases of the elderly; why medicines can cause depression; and differing forms of treatment, including the identification and description of various medicines (e.g., tricyclic antidepressants, lithium, tranquilizers, Monoamine Oxidase, etc.).

The main strength of the book is the straightforward description of depression and how it affects older people. Here the author uses a number of anecdotes to illustrate points. For example, an account of a 74-year-old woman's bereavement is used to show the differences between normal and abnormal reactions.

The most notable weakness of the book is that there is too little advice given on how to cope with depression. Among the psycho-therapeutic approaches discussed, the author only describes the psychodynamic, behavioural, cognitive, and group therapies. Interestingly, while the author mentions that 75% of patients who enter these sorts of therapies, which he calls "talk therapies," are successfully treated, there is little space given to how and why these forms of treatment work. Only the psychodynamic approach rates more than one paragraph, either reflecting a medical bias or lack of knowledge about therapeutic approaches on the part of the author.

I thought the last chapter of the book on the family would reveal some solutions or ideas about how family members could help, but I was disappointed. The author briefly describes how family therapy works, but there is little insight offered into what the family can do. There are some examples of how families have coped, but little else.

*To be old and sad . . .* offers some practical insights into understanding depression, but I would only recommend it if you desire a book that briefly outlines depression in older people. It offers little information for the practitioner, although it does give clear explanations to lay professionals. There are a number of other self help books that are far superior and spend more time giving solutions and ideas on coping with depression rather than explaining yet again what depression is and why it occurs.

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De Frain, J., Fricke, J., and Elmen, J. (1987). *On our own: a single parent's survival guide*. Lexington, Massachusetts: D. C. Heath and Company.

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*Reviewed by:* Anne Saunders, University of Victoria

The authors present, from a positive perspective, critical issues involved in divorce and child custody. The issues are derived from case material gathered during a ten-year period of studying divorce from both research and clinical perspectives. Admittedly, the authors prefer the latter perspective for its