

Jan D. Sinnott

**The Development of Logic in Adulthood**

The Plenum Series in Adult Development and Aging 1998  
 372 pp.: USD 49.50  
 ISBN 0-306-45723-7

Jan Sinnott's book is a masterpiece in bringing together a diverse range of theoretical perspectives from multiple disciplines to indicate how they contribute to her theoretical stance on the development of logic in adulthood. Throughout the book, she retains a central perspective about living wisely which necessitates 'orchestrating the needs of mind, heart, spirit, body, and others in our lives, in spite of the conflicting demands that all of us face' (vii). The book strives to show that this is the essence of wisdom, which in turn is the epitome of the development of logic in adulthood. From this perspective, wisdom becomes an attainable goal for most adults, not a lofty ideal limited to an elite.

The book has four interconnected parts dealing with theory, research, applications, and interventions. While for convenience these are presented separately, cross-referencing is frequent, illustrating the interconnections of these aspects of her work. The theory is not constrained to psychology, but rather draws extensively on the 'new' physics, chaos theory and general systems theory (Part I). The necessity for doing so is apparent in her pursuit of understanding how adults deal with the ill-structured problems that life presents. These problems are intensely interpersonal, require practical solutions, and have lessons that can be applied to future scenarios. A core notion of her theory is the notion of necessary subjectivity – the unavoidable coincidence of the self as a participant and observer of the most challenging intellectual dilemmas thrown up by a full life. The core method (Part II) for understanding (researching) logic in adulthood involves think aloud techniques, which provide insight into the process, as well as the solution of, ill-structured problems. Applications of the theory are seen in the realms of family, education and the workplace (Part III). These are seen as not merely emotional or pragmatic interpersonal problem domains, but ultimately dependent on a highly sophisticated logic that is able to integrate emotion and cognition to achieve adaptive solutions. It is taken as given that a solution is not a static entity, but rather part of an ongoing dynamic ebb and flow that one continually changes, titrating the balance in response to the prominence of different levels of analysis or emphasis. Closing chapter (Part IV) are provocative in suggesting that the logic of adulthood is a gift that, once understood, can be given to others to construct a consciousness that goes beyond the self and can promote constructive social change.

The book is unique in providing a scholarly treatment of topics that are, on the one hand, mundane and common place, and on the other hand, intricate in the complexity of thought they reflect (cre-

ativity, spirituality, ecology in the broadest sense). The book is to be commended to scholars of developmental, clinical, educational, environmental, and health psychology, among others. It is a rare tome in that it builds bridges among theory, research, application and intervention. While this coverage may appear overly ambitious, Sinnott succeeds in providing a complete picture of not only the development of logic in adulthood, but also how we can observe it developing, how we might then apply that understanding in coming to terms with issues of daily life, and then use that understanding to suggest ways in which we can intervene in the lives of adults to assist them in achieving the universal human goal to live in balance.

*M. Luszcz., Adelaide*

William C. Whiting, Ronald F. Zernicke

**Biomechanics of Musculoskeletal Injury**

Human Kinetics, Leeds, 1998  
 296 pp.; £ 48.–  
 ISBN 0-87322-779-4

The book by Whiting and Zernicke is not only written for orthopedics, rheumatologists, physiotherapists, etc., but also for geriatricians who are often confronted with acute disabling injuries of their elderly patients.

The monograph explores the mechanisms involved in musculoskeletal injuries, its biomechanics and possible preventive measures.

The reader learns how important a life-long daily weight-bearing physical exercise of short duration (20 min) is to avoid a decrease of muscle strength and bone mass in old age. It is interesting that hormone replacement therapy to maintain bone mass in postmenopausal women cannot be compensated for by physical exercise alone.

Non-supervised physical exercise, however, always has the risk of overdoing: 'A threshold of activity exist above which some bones respond negatively by suppressing normal modeling activity.' Identical processes are to be expected with reference to articular cartilage.

A special chapter is dedicated to osteoarthritis and osteoporosis. In most cases of knee osteoarthritis or hip fracture arthroplasty is necessary.

The authors guide the reader from chapter to chapter from general or fundamental causal mechanisms of musculoskeletal injuries to specific lesions of different joints.

All chapters are written in an easy-reading language and an excellent didactic form. Each chapter ends with a conclusion and a series of references for suggested reading. Essential readings are marked by special boxes. Excellent anatomical graphs and schematic drawings of mechanisms of physical injury will guide the geriatrician to an optimal therapeutic concept.

The preservation of our free movement is one of the fundamental elements of our being, in particular if we become older. It is clearly outlined that decreased physical exercise and decreased movement in old age contribute to musculoskeletal injury which means in its final end disability and dependence.

*W. Meier-Ruge, Basel*

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## **Pschyrembel**

Therapeutisches Wörterbuch  
Walter de Gruyter, Berlin 1999  
XVIII+482 Abb., 207 Tab.  
ISBN 3-11-015166-9

Based on the 100 years' tradition of the 'Clinical Dictionary' of *Pschyrembel* – which has in these days experienced its 258th edition – was the idea of *Pschyrembel* to realize and publish a therapeutic dictionary. With reference to the basic principles of *Pschyrembel*, it is designed to be current, precise and detailed. Seven hundred of the most important diseases of all medical disciplines are represented by 156 authors and alphabetically ordered.

Each disease catchword defines first the disease, then explains its therapeutic indication, gives its pharmacotherapy and/or other therapy form and ends with the possibilities of the patients' self-treatment. Advice about inadequate therapeutic measures is also given. Each described disease ends with a small reference list of the most important literature. Actual therapeutic recommendations, inclusively appropriate dosages, are given. The 'Therapeutic Dictionary' is also a valuable tool for geriatricians and practitioners having elderly patients as their main patient clientele.

To name just a few key words is the review of the current pharmacotherapy of Alzheimer's and Parkinson's disease, which is most valuable information. Other interesting catchwords are: angina pectoris, antidepressiva, arthrosis, depression, memory training, urinary incontinence, insomnia, cataract, constipation, osteoporosis, otosclerosis, prostatic hyperplasia, rectal prolapse, sleep apnea, pain syndrome, vertigo, urinary and anorectal incontinence, tinnitus, tremor, etc. Particularly helpful are tabulations of the therapeutic plan of treatment of a particular disease.

Anybody who needs a quick and competent information about the treatment of choice of a particular disease will consult full of gratitude the 'Therapeutic Dictionary' of *Pschyrembel*. The planned updating of this dictionary will make it a standard book of reference in the German medical literature.

*W. Meier-Ruge, Basel*