

this may be saying something about the unyielding nature of 'deviant' female stereotypes in Finnish culture. Alternatively, the message may be that a society, such as Finland, which valorises women and women's issues under the banner of social equality, may need to re-evaluate how 'female social problems' can be constructed in a more socially palatable way. Margaretha Järvinen starts this admirable process. As a conscientious researcher, she deserves credit and appreciation for her hard work.

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Alcohol and drinking in Kenya

Juha Partanen: Sociability and Intoxication: Alcohol and Drinking in Kenya, Africa, and the Modern World. The Finnish Foundation for Alcohol Studies, Helsinki. Vol. 39. 1991. 295 p.

Why, in this era of seemingly endless horrors in Africa, would one wish to study drinking in that tormented continent? Looking into drinking in Africa, with a specific focus on Kenya, is, nevertheless, what Juha Partanen has done in an impressive 295 page monograph. The strength of the work lies not only in the depth and richness of the study but also in its universalism.

Most studies on alcohol derive from

the economic, anthropological or cultural fields. Partanen manages to combine all of these and more, including the field of literature. Using a variety of research methods ranging from historical and anthropological methodology to econometric analysis of variations in beer consumption, Partanen has created what will, no doubt, stand out as one of the most comprehensive studies on alcohol use in Africa.

Partanen introduces his theme in an unpretentious way: his data is of little value and only general conclusions can be drawn from it. Do not let this betray you! Step by step, he leads his readers to a captivating odyssey into the "heart of darkness," drinking in the Kenyan society. Using African experiences as his framework, Partanen analyzes issues of crucial interest for social alcohol research, such as abstinence from drinking, the meanings of integrated drinking and the role of norms and traditions in the control of drinking. Partanen distinguishes between different drinking cultures in modern Kenya, drinking among the well-heeled "wabenzi" upper class and that of the great majority of the population. In a chapter dealing with "a man's voice," Partanen uses modern Kenyan poetry as a part of his repertoire to offer a glimpse of a contemporary urban life that many a student of African societies will recognize at once.

Voluminous and comprehensive as it is, the Kenyan experience, in the final analysis, serves as an interlude to Partanen's major discussion, namely sociability and drinking. Alcohol addiction is thus understood as a specifically modern phenomenon, although Partanen does not regard the belief in the disinhibitory effects of alcohol as historically new. In the context of modern life, Partanen argues, drunkenness has become more often dysfunctional, less tolerated and hence more strictly controlled. Alcohol's changing social role can best be characterized by observing that, by and large, alcohol and drinking in modern societies are more marginal than in premodern Europe and North America, or in the context of traditional African beer cultures. Alcohol, therefore,

in a sense is a thing of our heroic past, concludes Partanen.

Food for thought and, at the same time, a refreshing new perspective even for our contemporary Nordic society existing, one is tempted to say, in a distinct time warp of its own.

Johanna Maula

To prevent relapse

Anja Koski-Jännes: Alcohol addiction and self-regulation. A controlled trial of a relapse prevention program for Finnish inpatient alcoholics. The Finnish Foundation for Alcohol Studies. Vol. 41. Helsinki 1992, 198 pp

Anja Koski-Jännes' book presents her thesis on treatment evaluation among alcohol-dependant persons in Finland (200 pages including appendix and tables). It should interest specialists and professionals in the alcohol field — even those with a remote curiosity about the results of the treatment of alcoholics — and those concerned with the documentation of the results.

Quality documentation has become a fashionable phrase within the somatic and psychiatric field of treatment and it has been picked up, at least in part, by the alcohol care sector. Treatment evaluation is a fundamental part of the documentation process, which deals with evaluating treatment programmes, taking a position on the most suitable treatment for the individual, and estimating the cost-effectiveness of treatment. On the basis of this approach, her thesis is one of the few and very important, contributions from the Nordic arena.

The point of departure is the theoretical and methodological background of her project. The main part consists of the results and discussions. It is important to emphasize that this is not a popular, scientific work, easy to read in bed at night, but rather a work which gives a thorough explanation of actual research methods and statistical analysis of data typical for disserta-