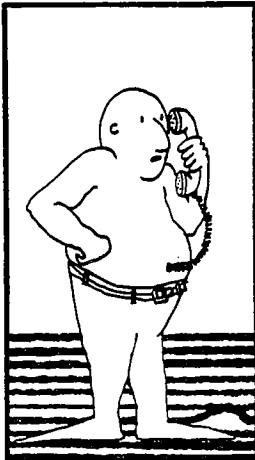


(as far as possible), make camp fires, unpack at night and pack up in the morning." Historians, including Page Smith in *Daughters of the Promised Land* (1970), have asserted that pioneer women's responsibilities enhanced their status and independence. Not so, says Faragher. During the arduous journey, marriage remained a practical alliance for survival. This partnership "in production, processing, and consumption," he writes, required that men and women continue, not change, their traditional roles.

**BIOFEEDBACK: Potential and Limits.**

By Robert M. Stern and William J. Ray, Univ. of Nebr. reprint, 1980. 197 pp. \$3.95

Caesar, Freud, Kant, Saint Paul—all suffered from migraine headaches. Biofeedback training, maintain Stern and Ray, Penn State psychologists, could have



Courtesy of Dow Jones-Irwin.

taught them to constrict a particular artery in their heads, producing relief similar to that induced by drugs. During biofeedback training, electrodes are placed on a part of the body—the skin, the brain, an artery—and the level of electrochemical activity is monitored on a TV

screen. The patient tries, by relaxing, for example, to alter the "picture" until a level of energy is reached that produces the desired results. The process by which a patient learns to control involuntary parts of the body is little understood; but it seems to require a different sort of concentration from that used to train voluntary muscles, and involves learning to recognize and induce certain "mental states." In their survey of the research conducted since 1965, the authors suggest that biofeedback may be particularly useful in reducing stress-related ailments (ulcers, high blood pressure). But it remains, they emphasize, one therapy alternative among many—and no substitute for conventional treatment.

**THE NEOCONSERVATIVES: The Men Who Are Changing America's Politics.**

By Peter Steinfels. Touchstone reprint, 1980. 336 pp. \$5.95

"Neo-conservatism," writes Steinfels, the liberal editor of *Commonweal*, "is the serious and intelligent conservatism America has lacked." The new intellectual movement's leading lights include ex-liberals and even ex-socialists: Irving Kristol, Daniel Patrick Moynihan, Nathan Glazer, Aaron Wildavsky, James Q. Wilson. These critics have emerged as an influential counterforce to the academic-political Left's excesses of the 1960s. They examine the unintended effects of Big Government policies, e.g., busing, affirmative action, "prophylactic" regulation. They ask basic questions, such as: Is equality desirable? Above all, they raise issues that the Left avoids, notably about individual responsibility and the nation's moral culture. Yet, Steinfels contends, the neoconservatives have their own vices, notably a "negative" narrow focus that ignores such matters as business influence and "corporate power."