

symptoms which have but an indirect relationship with the acute anxiety found in different clinical syndromes. A concise and useful description is given of most inventories in the field, though surprisingly it omits the neuroticism scale of the M.P.I. and E.P.I., the psychological section of the Cornell Medical Index and the Tavistock Self-Assessment Inventory. The book also affords an introduction to elementary aspects of the physiology and anxiety and provides a helpful description of the relationship between 'normal' anxiety and learning. The chatty style is easily readable.

The clinician, however, will not find much help from this book. A touching distinction is made between scientific experimentation and 'mere observation or expert opinion', with the result that most of the distressing psychiatric syndromes in which anxiety features are simply ignored throughout the book. Much is made of achievement anxiety and socialization anxiety, but anxiety states are hardly mentioned, nor is the agitation which complicates depression. Phobic disorders are dismissed as being too rare to be worthy of consideration. The treatment of anxiety never features.

These hiatuses are all the more puzzling, since the book is written by a professor of clinical psychology who works in a department of psychiatry. This volume is eloquent if unwitting testimony to the urgent need for closer collaborative research between clinical psychologists and psychiatrists who can combine scientific expertise with a sense of where the important problems lie.

ISAAC MARKS.

**Phobias: Their Nature and Control.** By S. RACHMAN. (American Lectures in Living Chemistry, edited by I. NEWTON KUGELMASS). Springfield, U.S.A.: Charles C. Thomas. 1968. Pp. 123. Price \$8.75.

This monograph is written by a psychologist; it reports his views on the phenomenology of phobic states and their treatment by behaviour therapy. It is published as if it were a set of lectures on Living Chemistry; although the Editor in the Foreword states that each volume in the series 'unravels the chemical mechanisms . . .', no further mention is made of this discipline. The author does not inform the reader that an understanding of morbid fear must extend beyond clinical psychology, for example to biochemistry, or more particularly to other areas of psychiatric practice.

It is clear that the author is a disciple of Wolpe and Eysenck. To the reviewer his style of writing appeals more than that of his prophets, but there is need for a

grander account of phobias than this; one which will take a broader view, recognizing that such a patient has a family with social responsibilities; an impaired adaptation to fear or a limited tolerance of distress; and an amalgam of personality traits as yet defying definition, but not description.

The practising psychiatrist might wish different points of emphasis in a treatise on phobias. The nature of anxiety in depressive illness does not merit discussion; while it is repeated in over half the chapters that the control of phobic symptoms by systematic desensitization is not accompanied by symptom substitution.

The author writes with clarity, reporting a simple logic to hearten this approach to treatment. He banishes, though with at least some caution, the gloom of a decade ago when it was believed that the complete removal of phobic symptoms could only rarely be achieved. For these reasons the publication of this book is welcome.

R. C. B. AITKEN.

#### ALCOHOL AND DRUGS

**A Survey of Alcoholism in an English County.**

By M. C. MOSS and E. BERESFORD DAVIES. 6968. Privately circulated. pp.vii + 127. No price stated.

This book, by Geigy who financed the research described, is in danger of failing to receive the attention it deserves because it has not been distributed through normal publishing channels. Indeed it is difficult to tell potential readers how to obtain a copy.

Covering the whole of Cambridgeshire it is the most comprehensive account of the prevalence of alcoholism yet to have been carried out in Britain where, despite a wealth of epidemiological talent, surveys of alcoholics have been neglected. Partly this has been because the problems of definition are so thorny, partly because concealment of information makes ascertainment so difficult.

The authors used the key informant method to detect cases. They sought details of all potential alcoholics from hospitals of all sorts, private practice psychiatry, the probation service, police, Alcoholics Anonymous, the Samaritans, managers of hostels and other social and welfare agencies including the Local Health Authorities. (Rather surprisingly nearly all the cases supplied by A.A. were known to the department of psychiatry.) Details were verified with general practitioners. To qualify as an alcoholic there had to be reliable evidence of regular or periodic heavy drinking, preferably based on the informant's personal knowledge and in addition known social or psychological or general medical ill-effects during the study period of three years.