and cannot be dated by the delays of publication.

Perhaps of most value to readers of the *Journal* is the realization that many of the controversies which have shaken the psychiatric world, and now seem to have degenerated to the formal posturing of Chinese theatre, are still alive elsewhere; the hybrid vigour of the work thus generated prompts the hope that crossing back will be achieved.

ANTHONY COSTELLO.

The Moral Judgement of the Child. by JEAN PIAGET. London: Routledge and Kegan Paul. 1968. Pp. 418. Price 18*s*.

This is vintage Piaget. First published in English in 1932, it illustrates the author's ingenuity of method, and his originality of thought in interpreting and systematizing results. The investigations are concerned with the appreciation of the rules of games, with attitudes to lying, and with the development of the idea of justice. The theory of the development of moral judgement which is put forward implicitly foreshadows much of Piaget's later work, and perhaps the most remarkable feature of the book is that it points to the close connection between moral and cognitive development. In Piaget's words, 'logic is the morality of thought, as morality is the logic of action'.

Referring to the views of anthropologists, sociologists and philosophers of the time. Piaget discusses the conflicting theories of those who explain moral consciousness by means of purely individual processes, and those who admit the necessity of inter-individual factors. According to the first, there is in humans an inherent moral sense, which entails a respect for rules and laws as such. According to the second view, the appearance of a sense of duty develops from the child being subjected to the commands of adults and other children. Though Piaget recognizes that egotism and sympathy have individual or biological roots, he points out that these are necessary, but not sufficient conditions for the development of moral consciousness. He states that 'apart from our relations to other people there can be no moral necessity'. From the psychological point of view an *a priori* norm has no existence except as a form of equilibrium, i.e. when mind and reality become co-existent. The emergence of this equilibrium parallels that of logical thought. Thus the first stage of moral development, in which children's moral codes are determined exclusively through the moral constraints of the adult, could be described as one where accommodation predominates. As in the corresponding stage of intellectual development, this means that the child is exclusively guided by external, environmental factors. The majority of children aged 6 to 8 still condemned lying only because it was forbidden, and considered rule-breaking in terms of the seriousness of the ensuing consequences. Motives and particular circumstances are ignored.

Between nine and eleven years a ritualistic attitude and a scrupulous adherence to rules in games is found. This transitional stage is characterized by assimilation, i.e. the strict and unmodifiable application of internalized rules and concepts, irrespective of the situation to which they are applied.

This stage is superseded by one where moral judgement is based on reciprocity and co-operation. Motives as well as consequences are taken into account, and most of the twelve-year-olds accounted for the necessity for rules in terms of the need for equality and fairness. This stage represents an equilibrium, at which external and internal forces are balanced in determining moral judgement. Piaget thinks that co-operation and discussion gives rise to reflection and objective verification. This leads to a conscious realization of the logic of relations in both moral and the intellectual sphere.

So much for Piaget's impressive and elegant reasoning. However, even for those Anglo-Saxons for whom his theories are too esoteric, too elaborate, or simply too difficult to follow, there remain the many delightful accounts of the children talking about their games, their behaviour and their attitudes. This reviewer, who met Piaget only after he had become an eminent authority surrounded by countless assistants, cherished a less portentous image of him playing marbles and shouting 'tommike'! with the children of Neuchâtel.

BEATE HERMELIN.

ANXIETY AND PHOBIAS

The Psychology of Anxiety. By EUGENE E. LEVITT, London: Staples Press Ltd. 1968. Pp. 259. Price 36*s*.

A perennial problem in the behavioural sciences is the barrier of a common language. A psychiatrist would probably expect a book entitled 'The Psychology of Anxiety' to be of direct relevance to clinical problems. *Angst*, after all, is often said to be the fuel which fires neurosis. However, anxiety in the sense used by Dr. Levitt has little to do with the panic and tension so often found in psychiatric patients. Instead, his book chiefly concerns mild anxiety as measured by symptom inventories such as the Taylor Manifest Anxiety Scale and the State Trait Anxiety Inventory. Most of these inventories are lists of diverse neurotic

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.