

## BOOK REVIEWS

L. ELLIS: *Theories of Rape: Inquiries into the Causes of Sexual Aggression*. Hemisphere, New York. xiii + 185 pp.

As Hans Eysenck notes in his Foreword to this book, Lee Ellis carefully climbs onto more than a few precarious branches in order to confront several controversial issues connected with rape which are too important to be appropriately ignored by the scientific method. Issues concerning social class, race, pornography and social reactions to rape victimization are dealt with forthrightly, in depth, and in a remarkably succinct manner (8 chapters including summary and epilogue). In my view the author shows a firm command of the literature and a clear ability to separate the important from the unimportant.

The book begins by considering three contemporary views of rape. For Ellis, feminist theory views rape primarily as an act of aggression filled with socioeconomic and political meaning while social theory stresses the acquisition of attitudes conducive to rape and evolutionary theory emphasizes the adaptive value of strong sex drives in males. A separate chapter on trait theory is not provided although particular elements of this approach are incorporated into later chapters.

The culmination of the book is to be found in Chapters 6 and 7 in which the author outlines 'A Synthesized Theory'. Central to this is the concept of a *forced copulation threshold* in which a number of variables combine to lead an individual to reach activation point. For Ellis, rape is decidedly a sexual act originating deep in evolutionary biology. Thus Ellis outlines the neo-Darwinian idea of gene-based *r/K* reproductive strategies in which a trade-off occurs between opportunistic mating (*r*) and stable parenting (*K*). In this formulation, males are more *r*-selected than females and thus more prone to force copulation, with some males being more *r*-selected than others. Given that this is so, Ellis draws the necessary implications: those most prone to rape will differ in brain functioning and hormone levels from those less inclined to rape. It is here that *r/K* theory touches base with extant dimensions of personality including systems of arousal and sensation seeking. Purely genetic determinism does not operate, however, for many environmental influences can also come into play to affect the systems, including sociocultural factors and pornography as well as the direct learning experienced as a result of sexual encounters. While Ellis has his own ideas on which are the important variables that activate behaviour, his model is quite general and allows for modification as empirical research continues. This is obviously the way of good science. In my view this book makes an extremely important contribution.

J. PHILIPPE RUSHTON

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C. G. N. MASCIE-TAYLOR and A. J. BOYCE (Eds): *Human Mating Patterns*. Cambridge University Press, New York (1988). i + 237 pp. \$49.50 Hardback.

"Who marries whom, and why?" remain fascinating questions. This book provides some answers, overviews, and an excellent set of bibliographies, all from a broadly sociobiological perspective. Fourteen chapters from anthropologists, geneticists, primatologists, statisticians and zoologists from Britain, Europe and North America are presented based on updated papers read in Oxford at a 2-day meeting of the Society for the Study of Human Biology.

Much useful information is available divided into four sections. In the first, dealing with historical and demographic studies, A.D.J. Macfarlane argues that the increasingly universal pattern of mating engaged in by the English has been distinct for centuries from those prevailing elsewhere in the world in that choice between partners is considered desirable to satisfy psychological needs. A. C. Swedlund briefly looks at how better estimates of genetic distances between individuals is helping to rejuvenate the study of population structure. C. Peach and J. C. Mitchell examine the related phenomena of how education and social segregation affect ethnic inter-marriage in the United States while L. Jakobi and P. Darlu study small isolated populations to see whether marriage rules conserve demographic equilibria.

Of particular interest for readers of this journal may be the second section on assortative mating. Here C.G.N. Mascie-Taylor critically overviews the literature on psychometric characteristics and suggests the existence of a weak positive relation between assortative mating and fertility. C. Susanne and Y. Lepage show there is assortative mating in both European and non-European samples for a wide variety of anthropometric variables and G. W. Lasker provides a chapter on the repetition of surnames in family trees, a technique pioneered 111 yr ago by George Darwin, the son of Charles Darwin.

The third section deals with the medical and biological aspects of inbreeding. A. F. Read and P. H. Harvey review how both inbreeding and outbreeding avoidances provide interesting theoretical challenges for understanding the evolution of mating systems. D. Quiatt examines how familiarity may override genetic kin preferences in the distribution of social behaviour in primate societies. A. H. Bittles and E. Makov overview the literature on the risks associated with consanguinity concluding that they have been considerably exaggerated. P. Harper and D. F. Roberts provide examples from research on haemophilia, Huntington's chorea, and phenylketonuria to illustrate some of the interrelationship existing between genetic disorders and mating practices.

The fourth and final section contains chapters on how social, religious and cultural factors set human mating systems apart from those of other organisms. B. Dyke and P. G. Riviere show how mating rules can be quantified and related to behaviour. V. Reynolds overviews his work on religious beliefs and human fertility showing, for example, that Islam has maintained a highly pro-natalist ideology from the beginning which today results in a higher birth rate (6.5) than the world average (3.8) or the average for the less developed countries (4.4). He notes that the low status of Moslem women may be influential in maintaining the high fertility rates. Finally, M. Borgerhoff Mulder examines whether models of polygyny derived from animal research can be applied to human populations. For example, in both cases, it may be the wealthy, resource rich individuals who are able to mate the most.

It is becoming clear that many scientific advances take place at interdisciplinary interfaces. One of the great advantages of the sociobiological approach is how it goes beyond narrow parochialisms. Nowhere is this more currently apparent than in the study of mate choice.

J. PHILIPPE RUSHTON

JOHN S. DACEY (Ed.): *Fundamentals of Creative Thinking* (1989). 303 pp. \$39.00 Hardback.

A good book on the fundamentals of creative thinking would be very welcome; unfortunately, this is not it. The book contains short descriptions of hundreds of theories, and of many experiments, but it fails to link the two together in any meaningful fashion, and it is quite uncritical in what it has to say about the theories. A whole chapter is devoted to psychoanalytic and humanistic theories, full of meretricious sesquipedalianism and little factual support, yet there is no description of what is probably the best supported scientific theory of creativity, namely that of K. Simonton. Altogether it is difficult to understand the principles on which Dacey has collected his references; one would look in vain for the very important contribution by Gordon Claridge, or by K. O. Gotz, or many others.

Running throughout the book is a determined environmentalist prejudice which disposes the author to interpret most findings which are neutral on this issue as supporting the environmentalist tradition. Consider the following: "In those families that were selected because one of the parents had clearly demonstrated high creativity, slightly over half of the children were above average in creativity. In the group of families chosen because a school system had nominated a teenage family member as being extremely creative, only one-third of the parents were above average in creative achievement. Although this finding cannot be considered definitive in the 'nature-nurture' debate, it does offer some credence to the position that environmental factors such as a parenting style and home atmosphere plays the greater role". It is never explained why this should be so, no model of genetic influence or environmental influences is suggested, there is no quantitative treatment of the data, we are not told whether the genetic factors considered are just additive genetic variance, epistasis, dominance or assortative mating, and whether the environmental factors are within family or between family. In fact of course nothing can be deduced from the data as given as regards the respective influence of heredity and environment. All one can say is that Dacey seems to know very little about modern behavioural genetics, and seems to care even less.

Bad Ph.D. students have a habit of simply putting down seriatim the theories and facts they have encountered, rather than integrate them into a meaningful whole. Dacey has followed this programme, lacing it with his own beliefs that we can through education greatly influence creative thinking. That there is very little evidence for this does not seem to worry him. It is hoped that a more factual, better organized and truly creative book will come along to put all the pieces of this jigsaw together in their proper order.

H. J. EYSENCK

MICHAEL GOSSOP: *Relapse and Addictive Behaviour*. Tavistock/Routledge, London. 305 pp. £29.95 Hardback.

"The ebb and flow of the 'addict's' behaviour, called recovery and relapse, is no different from the ebb and flow of behaviour in general. . . . Life is about the psychology of concession—giving things up that have once been dear and valuable to us but are no longer." Howard Rankin's chapter (quoted here), like those of Bill Saunders and Steven Allsop, are the more spicy chapters in this paella on relapse. As a meal it is indigestible in places, and repetitive, but the Editor has clearly been keen to give a variety of psychologists their chance to have a go—usually to have a go at Marlatt and Gordon, whose books and papers are much quoted! Alan Marlatt and Judith Gordon, founders with Gloria Litman of this field, do have their own chapter, but it seems more to keep their readership informed than to answer points raised earlier in the book.

Is the relapse literature simply providing a lot of words to organise what is really common sense about habits and changing habits? Perhaps, but there has been such mystification about the 'diseases' of addictions that it is good to be brought back to common sense. And politically, relapse theory happily takes the middle ground between the 'powerlessness' of the loss of control/illness model, and the moral model where 'relapse' was lack of fibre.

There seems to be much more theory than empirical data in this field. Sadly, where data is richest—on the power of low 'self-efficacy' to predict relapse—there are worrying signs of tautology. People who don't think they'll be able to succeed in a certain situation, don't succeed. This has been shown for smoking as well as for alcohol and drug habits: Stephen Sutton points out that the question "What do you think the chances are that you'll quit smoking in the next six months?" is the best predictor of giving up cigarettes at follow-up 6 months later! If there is one fact in clinical psychology already known it is that past behaviour predicts future behaviour. What we need is to see whether altering self-efficacy by treatment alters outcome.

Virginia Berridge proposes in her historical chapter, that the term relapse began to be used in the inebriety world when 19th century treatment proponents found that construing the problem as an illness was not sufficient to stop it. The term is also used in this book for sex-offenders who repeat their behaviour, a subtle move from the more judgemental term recidivist. Iain Brown does not like relapse as a term, preferring something that conveys more of what he (and Allsop and Saunders) see as intentional in those who have bad habits that they keep repeating.

Readers of this Journal who would like to know about individual and personality measures which predict relapse will find little to grasp. I fear that practitioners may be disappointed too—this is not a handbook of treatment methods. Indeed, deterrent medication which is one of the more established preventers of relapse is only mentioned once, in a rather opaque case history where Antabuse was recommended. But there are some gems in this book, and it marks an important stage in psychology's attempts to explain addiction. Afficionados should own it, and clinical psychologists would do well to dip into it (especially the spicy chapter I mentioned) because thinking about how we change habits is surely top of the clinician's diet.

JONATHAN CHICK