designedly omitted any reference to the congenital group of cases and the tests which are now employed to estimate the degrees of mental defect. Such omissions would seem to be scarcely justified in a book which might be expected to give a thoroughly comprehensive account of mental disorder.

Throughout his book the author stresses the physical aspect of mental disorder, and in general he follows the teaching of Tanzi, Bianchi, Régis, Kraepelin, and Janet. He has a thorough acquaintance with the work of English psychiatrists, and makes frequent reference to the work of Bolton, Mott, and other writers in this country. He devotes but little attention to the views of the psychogenetic school, which, in general, has exercised a particularly strong influence on American psychiatry. Apart from the omissions to which reference has been made, the book may be recommended as a sound text-book of psychiatry, containing in its preliminary chapters biological details which are not usually included in works of this kind.

H. Devine.


In medical psychological circles the complaint is often made that the technique of Jung has not been clearly formulated. Dr. Long's description of her practical handling of the unconscious material in the numerous cases from which she quotes should go far to remove criticism on this score. Both Jung's conception of the unconscious and his technique will be found to be implicit in her examples of dream interpretation. There is no attempt at a systematic formulation of either, because the nature of the book does not allow of it. It is a collection of papers delivered from time to time to various societies.

In describing her cases Dr. Long shows a rare and keen insight into the subtleties and diversities of human conduct. In apprehending the subtleties she does not lose sight of the prime cause of psychological sickness, which she finds in undue persistence of instinctive trends of thought and conduct that prevent adaptation to the world of everyday reality. In so far as these have a concrete sexual content she realizes the value of Freud's reductive method of interpretation in bringing them to the light of consciousness. She whole-heartedly acclaims the value of his work, but experience has made her realize its limitations. She considers that the reductive method is only useful up to a certain stage in analysis, and that pushed beyond that stage its uncompromising use does violence to psychological data in the light of the researches in mythology of Jung and others, and fails as a therapeutic measure.

Following Jung, she employs, in addition to the reductive method, the constructive method of handling dreams. She shows that in addition to expressing an unfulfilled wish the dream has the function of presenting the psychological situation from the unconscious standpoint. This view is compensatory to, or corrective of, the conscious view. Therefore, when
rightly understood and appreciated in consciousness, it has value in promoting psychological harmony. A good example of the function of the unconscious which consists in presentation of the psychological situation is the dream of the neurotic lady who identified herself with her suffering mother. The free associations of the dreamer are tabulated. The piecing together of these associations is shown to give an accurate representation of the patient's psychological situation in the early stages of analysis. This is an admirable piece of technique, on which Dr. Long is to be congratulated.

The keynote of the book is to be found at the beginning in the quotation from Jung's *Psychological Types* (not yet published). An extract may be given:—

"It was, and always is, phantasy which builds the bridge between the irreconcilable claims of the object and of the subject, of extraversion and introversion."

Dr. Long shows how regressive phantasy is always the agent which prevents the patient from taking up the normal burden of life. On the other hand, she vindicates the truth of the above statement by examples of phantasy which, *constructively handled*, indicate the way out from the neurotic impasse.

Technical terms are used sparingly throughout. It is therefore a book eminently suitable for the general reader, and it is to be hoped that it may stem the present tide of misrepresentation and exploitation, a danger which is peculiarly liable to beset any new form of science.

**JAMES YOUNG.**


In this eugenic tract the author lays down the principles of beauty in the human person. He asserts that certain characteristics, negative and positive, must be fulfilled in order that a person may be regarded as beautiful, that is 'fitted for parenthood', and in the first part of the book these are defined.

In the second part he gives his views as to how beauty is to be conserved and propagated. He points out the harm done by prostitution in spreading venereal disease, but at the same time remarks that it does something to prevent the propagation of the feebleminded in view of the low conception-rate amongst prostitutes and the large proportion of feebleminded in their ranks.

He shows good sense in insisting that eugenics cannot be enforced by law, but only by education and publicity, and quotes the tabus against incest and inbreeding to show how easily the sexual impulses are controlled by convention. He considers that at present the world is over-populated, and that the only remedy is to spread the knowledge of how to prevent conception amongst the classes which are multiplying with undue rapidity. At the same time he points out how the most beautiful women are at
The Psychology of Phantasy

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