should be made (page 18), "but insanity is a physical disease, implying changes or toxins in the brain cells". In the great majority of cases no such implication has a right to be made in the face of modern knowledge, and such theories have mainly resulted from ignorance and materialistic speculation. Too much stress in many parts is laid upon the effects of suggestion and autosuggestion, the latter especially being a conception of very doubtful scientific validity, and in the glossary some terms are poorly or inaccurately described. In dealing with the mental element in organic malfunctioning, we think that a belittling of possible somatic factors is too much in evidence, and this exaggerated standpoint is harmful. Nevertheless, in its entirety the authoresses show that they have read widely, and from both the theoretical and practical sides have produced a very acceptable and readable book. In the hands of a tyro in such matters it should prove of great value, not only in correcting misconceptions on 'nervous disorders', but in further stimulating study of the hidden workings of the self. A short bibliography is given with this aim in view.

C. STANFORD READ.

The Care of the Adolescent Girl: A Book for Teachers, Parents, and Guardians. By PHYLLIS BLANCHARD, Ph.D., with Prefaces by Dr. MARY SCHARLIEB and Professor STANLEY HALL. Pp. xxi + 201. 1921. London: Kegan Paul, Trench, Trübner & Co. 7s. 6d. net.

This is not a book that can be recommended without reserve. Its author, impressed by the upheaval of the great war which has "brought to woman new duties and grave responsibilities", aims at giving advice to teachers, parents, and guardians to enable them to provide young girls with "information concerning their own natures". In the main the chapters deal with the love and sexual life of the female adolescent; but a strange medley of extraneous topics is included—for example, philosophic views of love from Empedocles to Schopenhauer, 'will to power', illegitimacy, Jung's theory of dementia praecox, the raping of conquered women, etc. As a result, the ground covered is too extensive to be dealt with in any but a superficial way. Further, much space which might have been allotted to more pertinent material is filled with florid and trite rhetoric. "We need the love that renews and replenishes its energies in the love of its mate, to turn its forces outward again in ever-widening social and racial expressions. For this is the love that is eternal, the love that brings to its possessor the joy of fulfilment that is beyond all expectation"; and so on. Without doubt there is a truth enshrined in this; but surely when the author wrote it and many similar passages she failed to keep in mind the average parent or guardian confronted by the average adolescent girl (i.e., flapper) of to-day. Or is it thus we teach young girls to understand their natures? Moreover, Dr. Blanchard has as facile a command of up-to-date psychological terms and phrases as any American journalist who is specializing in 'moral uplift', and she talks psycho-analysis as though to the manner born; but that her acquaintance with this subject goes very deep the present volume showeth not. She seems to have read a good deal, but if all her reading had been assimilated she could hardly have
formed the expectation, still less expressed the earnest hope, that her book will enable young girls to analyze themselves.

These faults apart, however, the pages contain a good deal of reliable information which should be common knowledge in every household and school, and the author's presentation of it has a value in so far as it may bring helpful truths before those many readers who like facts and sentiment mixed. This is all to the good. Nevertheless, we would submit the following two considerations. When it is a matter of 'understanding' anything about ourselves, adolescents and children alike learn more, and with greater advantage, when the plain facts are put straightforwardly before them. Second, just as no physiologist would think of ornamenting his description of a physiological process with rhapsodical embellishments, so the psychologist must be content to accept a no less prosaic standard in his own books. To do otherwise is to confound science with sentiment, and to muddle the understanding by emotional obscurities.

Dr. Blanchard has intelligence, and she is obviously moved by a warm sympathy for young girls; this should enable her in a future book to be of greater practical use to those whom she wishes to serve and who sorely need the instruction which she might give.

J. F.

Hints to Probationer Nurses in Mental Hospitals: with a Brief Introduction to Psychology. By RICHARD EAGER, O.B.E., M.D. (Aberd.), Medical Superintendent, Devon Mental Hospital. Demy 16mo. Pp. 80. 1922. London: H. K. Lewis & Co. 1s. 6d. net.

This small volume is intended as a help to those starting attendant duties in mental wards who have had no previous training in such work and who await systematic lectures. Useful general rules are laid down, ward duties are very briefly sketched out, and needful action in emergencies dealt with. The latter half is devoted to an endeavour to give the probationer some idea of normal and abnormal psychology in outline. Thus consciousness, the unconscious, perception, association, instincts, emotion, volition, illusions, hallucinations, 'conflict' and 'complex', rationalization, repression, projection, dissociation, delusions, dreams, and symbolism are dealt with in turn.

Though we consider it a very laudable attempt on the part of Dr. Eager thus to train probationers and give them some insight into psychological conceptions, it is more than doubtful if even a few of such readers would be able to gain any useful grasp of the subject even in a most elementary way from the perusal of his book. Psychology presents unusual difficulties in this respect to those who have not had an adequate education, and especially is this so in reference to such conceptions as complex, rationalization, dissociation, and symbolism. The more intelligent mental hospital attendant will at any rate be stimulated hereby to take an added interest in those under his care, and may by subsequent lectures gain a really useful though slight understanding of the mental mechanisms underlying the symptoms he observes. With the above reservations, only good can accrue from the circulation of these 'hints', which doubtless will be favourably received in mental institutions.

C. STANFORD READ.
The Care of the Adolescent Girl: A Book for Teachers, Parents, and Guardians
D. F.

J Neurol Psychopathol 1922 s1-3: 304-305
doi: 10.1136/jnnp.s1-3.11.304

Updated information and services can be found at:
http://jnnp.bmj.com/content/s1-3/11/304.citation

Email alerting service

These include:
Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

Notes

To request permissions go to:
http://group.bmj.com/group/rights-licensing/permissions

To order reprints go to:
http://journals.bmj.com/cgi/reprintform

To subscribe to BMJ go to:
http://group.bmj.com/subscribe/