one can even go so far as to accept his dictum that 'a bad player is capable of gradually ruining a good instrument,' i.e., that chronic functional disease may lead to structural changes in the organism. But the author goes farther, and indicates that the disharmony of home life, the disorganization of political life, and overspecialization in medicine, are symptoms of a lack of cohesion which may explain the increase of cancer! Such statements, even though speculative, can only weaken his case in the eyes of critical readers, and are all too likely to be misinterpreted by non-medical readers, and to make fine food for the faddist and the members of healing cults.

In his last chapter, the author gives us an illuminating answer to the question, 'What, then, is to be done?' We are all, he says, suffering more or less from 'dissociation.' This is the result less of our present circumstances than of our past education. Education has been taking us away from life. Industrialism has robbed us of the satisfaction of work. Departmentalism in government, like specialization in medicine, has narrowed our outlook. In every way we are become cogs in a machine—mere parts, dissociated and predisposed to neurasthenia or worse. And the cure is to reintegrate. The medical profession must realize that in ordinary medical psychology no elaborate technique is really required. The primary desiderata are sympathy, and a first-hand experience of men. Given these, the doctor's task is to examine the patient, to relate him to his particular environment, to help him to understand it, and to inspire him with the moral energy to face and appropriate it. This naturally should be done by the general practitioner; but until he can free himself from State dictation and regain that central humanitarian sense which is his raison d'être, this function may be taken over by the psychotherapist. Psychology is simply one half of the supreme science of psychosociology. Thus there must be the closest cooperation between the psychotherapist and the educationist, that is, between the exponents of cure and prevention.

In short, the author shows us that any attempt to base the neuroses upon a single impulse is foredoomed to failure, that we must consider racio-sociological factors, and, in the prophylaxis of psychological disorders, co-operate with educators to give the next generation the fuller life that we need—'life more abundant.'

**Stanley Cobb.**


Herein are combined in one volume the author's previous contributions—"Introduction to the study of mental diseases," and "Notes on mental diseases." Some additional material has been furnished to the subject of mental hygiene, social psychiatry, the mental factor in industry and vocational guidance. A new chapter has been added setting forth the relationship of certain of the endocrine glands to disorders of the nervous system. Though the writer draws attention to the fact that the relation of psychology to medicine is not thoroughly appreciated, it seems that he himself is, from this
point of view, somewhat at fault, for the student will find here little to throw light on mental disease from the psychopathological standpoint. This is conspicuously illustrated in the author's dealing with hallucinations and delusions, the only rational explanation of which lies in this realm. We here might stress the point that in such works as this it is a mistake to include short chapters on pure psychology. A student of psychiatry is thereby led to suppose that the perusal of such few pages equips him sufficiently for the understanding of the intricate problems before him, whereas his psychological studies must be greatly extended if he is to become capable of dealing with this branch of medicine.

The second part of the book deals with the various mental disorders in a descriptive way, and there is here some material of value.

C. Stanford Read.


From a scientific point of view we can hardly take the contents of this little book seriously. The writer, doubtless with the best of intentions, gives in the main banal, but hardly useful advice, and the nerve sufferer will gain no real insight into the origin or meaning of his symptoms. We learn that "the majority of nerve troubles result from the brain being worked in too many different directions"; again, "the ideal treatment for nerves is a long sea voyage." Claustrophobia and agoraphobia "all resolve themselves down to the fact that the sufferer needs rest, quiet, food, sleep, and to be rid of undue worry; then the nerves will resume their normal state." "Depression is merely one of the symptoms of nerves that are slightly overstrained." These excerpts sufficiently indicate the type of literature. One rational piece of advice given is that nerve tonics should be left alone.

C. S. R.


The writer, with all his interest in psychology, has little, if any, good to say for what he terms the "New Psychology," meaning thereby the Freudian theories. He deplores the number of novels embodying these conceptions which the present generation is fed on and which should be labelled "poison: to be used with care." He is consoled by the thought that Freudianism will eventually go the way of all "isms." Subsequent to his opening chapter on "Psychology and Fiction," in which he discourses generally, the author gives us an interesting series of psychological studies of the lives and literary contributions of writers. Among others he deals with Dostoevsky, Marcel Proust (whom he regards as the greatest psychological novelist of his time), James Joyce, Dorothy Richardson, W. N. T. Barbellion and Henri-Frédéric Amiel (diarists), the poet Georges Duhamel, D. H. Lawrence, and St. Loz Strachey. These studies will doubtless appeal to many psychologists who wish to widen their mental horizon.

C. S. R.
An introduction to the study of mental disorders

C. Stanford Read

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