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. Loe Strachey. These studies will doubtless appeal to many psychologists who wish to widen their mental horizon.

C. S. R.
Mending your nerves

C. S. R.

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