Reviews and Notices of Books.


There are few psychiatrists who can present the problems of the mind as lucidly and interestingly as Dr. William White. We have had many valuable contributions from him in which he takes that broad viewpoint which is so essential to the student. In this small volume he states his main idea has been not so much to present a body of facts as to create a state of mind. This he does admirably by dealing briefly with all the most important psychological conceptions as they relate to mental medicine. An addendum on “Bad thinking in medicine,” concludes a book which is most excellently adapted to the needs of those the author addresses—the medical student, beginners in psychiatry, social workers, and all interested in mental hygiene.

C. S. R.

The Inner Discipline.—By Charles Baudouin and A. Lestchinsky. Translated from the French by Eden and Cedar Paul. 1924. London: George Allen and Unwin, Ltd. 7s. 6d. net.

The authors herein present for the intelligent layman the past and present teachings concerning mental forces and their guidance for health. In their opinion “there seemed room for a book which could find a place between the technical treatises comprehensible only to experts and the popular handbooks characterized by all the blemishes of a shoddy civilization—a manual which might prove a really helpful guide to its readers.” We can hardly think that in the late flood of psychological literature no previous helpful guide can be found, yet in this volume there are chapters which make for special interest. In Part II. the various methods of psychotherapy are briefly and usefully discussed—suggestion, simple and hypnotic; the persuasion of Dubois; psychoanalysis; and autosuggestion. As may be surmised from M. Baudouin’s other works, this last-named method is given a value which we think is hardly scientifically merited. Nevertheless, it is pointed out how all of them must be studied and each applied as suitability directs. Part I. deals with the philosophical and religious teachings of Buddhism, Stoicism, Christianity, and the development of Christian Science and ‘New Thought.’ Those who desire a wider viewpoint from the historical side will appreciate this section. The book is eminently readable and the matter simply presented. It should help many to understand the intricate factors involved in ‘Inner Discipline.’

C. S. R.

The Nervous Patient.—By Millais Culpin, M.D., F.R.C.S. With chapters by Dr. Stanford Read on Major Psychoses and Mr. W. S. Inman on Eye Symptoms. 1924. London: H. K. Lewis & Co., Ltd. 10s. 6d. net.

The task of assessing the relative importance of the physical and psychical components of disease has never been squarely faced until recent years, and
An Introduction to the Study of the Mind

C. S. R.

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