view when its practice is applied to the treatment of neurosis. The psychology of the analytic situation and actual meaning of such treatment are ably discussed, and later, in a historical retrospect, past mistakes in technique are dealt with. The dynamic factors existing between patient and analyst are the foundation of any resolution of symptoms, and mere 'talking out,' collecting associations, or analyzing out one complex after another, is shown to be largely sterile. It is the whole personality which has to be analysed. Timely stress is laid on the warning that there is a danger of the analyst looking for confirmation of theories while he thinks he is promoting the process of curing a neurosis. Most defects in technique and difficulties arising in the course of treatment result from an incorrect conception of the real nature of the psychoanalytic aim, and the study of the content of these pages should clarify these greatly. It is thought that in the future there will be a simplification of the method and that it may be combined with other methods of psychotherapy. The book should be useful to an increasing number of readers.

C. S. R.


Though fresh books on psychiatry appear from time to time there are comparatively few which justify their publication. This volume, however, is decidedly an exception, and can be heartily recommended to the student who should at an early stage be imbued with the conception of mental disorder as described herein. The author does not pursue the stereotyped plan followed in most textbooks. He opens with an instructive chapter on personality development, tracing the growth of structure and function from lowly animal life to man. Later, he discusses the evolution of personality disorders arising from dysharmonies of the instinctive life and points out the mental processes involved. The various psychoses and psychoneuroses are excellently described, with illustrative cases. Other interesting chapters deal with mental hygiene and the psychopathology of the normal individual. Whether psychiatric nursing should be included in a book of this type is debatable, but we certainly think that the first aid details (with over two pages devoted to poison antidotes) would have been better omitted. Dr. Thomas Salmon writes an introduction, and a good bibliography is appended. Only essentials are given here, as the title states, but they are correctly and interestingly described and the book admirably fulfils the author's aim.

C. Stanford Read.


This little book presents an admirable collection of addresses by representative psychiatrists delivered under the ægis of the National Committee for Mental Hygiene in America. The essays deal with the emotional basis of human behaviour, the opportunities for the application of mental hygiene in
education, family life, in the pre-school age, the care of the feebleminded and the training of the social worker. All are written in a clear and informative style, and if they bring nothing strikingly new to the trained psychiatrist they cannot fail to be a help and an inspiration to the educated layman interested in social work. Without in any way offering views which can be regarded as extreme or 'cranky,' they present what is new in psychological outlook in a sane and restrained manner, so that the book can be confidently recommended to the general reader.

R. G. GORDON.


Given a concept which is part of the truth, and a superficial knowledge of allied subjects, it is not difficult to present a thesis in semipopular language which hangs together as a presentation of the whole truth. This Dr. Berman has done in the present volume, in which he seeks to maintain that all human personality and behaviour depend exclusively on the chemical balance of the endocrine glands. He decries psychological investigation, and his neurological knowledge is evidently not sufficiently profound to make him realize the difficulties presented by some of his statements from that point of view. His arguments are chiefly by inference, which he maintains is as valuable in scientific investigation as study of facts. This will hardly appeal to the English, who have prided themselves on the building of theories on empirically observed facts. In brief, his whole theory of facial and other bodily and mental glandular stigmata is altogether too plausible to be probable.

R. G. GORDON.


This interesting small volume comprises a series of eleven lectures delivered at the University of Bordeaux last year by the two professors whose names appear above, and also by Drs. D. Anglade and A. Hesnard. The subject dealt with is that of Parkinsonism, as it appears in various nervous diseases, such as Parkinson's disease itself, epidemic encephalitis, in progressive cerebral arteriosclerosis, etc. By their definition the authors describe the bradykinetic syndrome as consisting in "a slowness in initiating and performing voluntary movements, without paralysis in the strict sense, and with no disorder of coordination." A minute and painstaking clinical investigation of the syndrome is furnished, and comparisons instituted between its manifestations in the different diseases above alluded to. The mental state said to be associated with bradykinesia is discussed, as well as the pathology of the syndrome and its treatment.

There is not a little in the book that is provocative of thought and deserving of serious consideration, since in some respects the conclusions drawn are in contrast with commonly received clinical interpretations. For instance, the lecturers point out that the syndrome is by no means soleiy
Mental Hygiene

Social Aspects of Mental Hygiene

R. G. Gordon

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