book in their library as it contains much valuable and useful information which is clearly set out and accompanied by beautiful drawings and well diagrammed.

A. W. Y.


This small volume is according to the author "the result of an attempt to treat the tension aspect of tension and pain not as a symbolic expression, but as a fact, and one which has quite probably an important part to play in the theory of feeling, and perhaps of consciousness itself." He argues that the reproductive and self-preservation instincts are activities to relieve the tension which various stimuli bring about. Through the latter instinct painful stimuli are avoided and tension thus obviated. Pleasure generally appears from the neutralisation or discharge of tension and is proportional to this rate of change, while pain accrues from non-fulfilment of such changes. The relation of these feelings to tension is mathematically and diagrammatically expressed. The anticipation of tension relief gives us fore-pleasure and this consciously and unconsciously constitutes the interest of life. Conscious anticipation of tension in the imagination is fear. Masochism is regarded as a prolongation of fore-pleasure in which, though pain is apparently enjoyed, the pleasure is really taken in an unconscious anticipation of the relief of tension. Love and hate and the libido theory of Freud are discussed on this basis. The author states that he had surmised that there might be a 'death instinct' prior to reading Freud's speculations on the subject in his *Beyond the Pleasure Principle.* He also observes: "Freud's idea is that the organism welcomes stimuli in order to maintain itself in a state of rest, whereas mine is that it deliberately disturbs rest in order to obtain pleasure, although the attainment of pleasure, it is true, does bring it back into a state of rest."

Much that the writer says has been to some extent formulated already by Freud, Kempf, and others. We cannot look upon lowly living matter as merely automatically reacting to certain stimuli. These reactions are purposive and some psychical element, however embryonic, must be postulated. There is much evidence of useful thought in the book and on a difficult theme. Those who need some brief insight into the subject will here find their needs supplied.

C. S. R.


The author, who has previously published many works on kindred subjects, deals with the marriage problem in a simple, rational, and instructive way. It is evident that he has read widely and has modern psychological knowledge, upon which he mostly founds his principles of the source of the pitfalls. Though these pages are only intended as a more or less superficial survey of an intricate and wide theme, they can be recommended as a useful exposition of the main factors involved.

C. S. R.
Pleasure and Pain

C. S. R.

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