therapy except for reviving dissociated memories for the purpose of re-associating them. He discusses and criticizes Coué's theory, especially the so-called law of reversed effort, pointing out that what Coué calls 'will' is not will at all, but a spasmodic conflict between a suggestion and its opposite. With the practice he finds himself in agreement, but points out that autosuggestion can hardly be started except by heterosuggestion and that some sort of autognosis is necessary. The last three chapters are devoted to an exposition of Bergsonian philosophy, but it is not explained how the author's psychological and therapeutic teaching are connected with this system. Why, then, this philosophical digression, which is somewhat inadequate and therefore hard to follow? Apart from this, the book is simple in its wording, and should at any rate serve to stimulate those interested in the subject to read more widely, but one would have liked to see a psychologist of the reputation and standing of Dr. William Brown making it more clear that many of his assertions are of the nature of concepts and policies rather than phenomena.

R. G. GORDON.

Outwitting our Nerves. A Primer of Psychotherapy. By JOSEPHINE JACKSON, M.D., and HELEN M. SALISBURY. Crown 8vo. Pp. 403. 1922. London: Kegan Paul, Trench, Trübner & Co. Ltd. 7s. 6d. net.

As a popular but up-to-date exposition on 'nerves' and all that that term embraces, nothing but praise can be accorded to the authoresses. Within these pages Freudian principles and their practical applications are dealt with in a homely way which should appeal to a wide section of the community. When it is so essential that society should be educated towards a truer understanding of what 'nerves' and a 'nervous breakdown' really mean, it is highly gratifying to find that the reader is at once told that there is nothing the matter with a person's nerves, that a "nervous disorder is not a physical but a psychic disease. It is caused not by lack of energy, but by misdirected energy, not by overwork or nerve depletion, but by misconception, emotional conflict, repressed instincts, and buried memories". Such a veridical statement cannot be sufficiently impressed upon the mind of the laity and also upon the medical profession, in view of the fact that even at the present day there is a tendency to regard every possible abnormal mental symptom, including even the writing of libellous postcards, as due to some hypothetical nervous exhaustion. No progress in mental medicine can adequately take place until such a fallacy is invalidated. In a plain but interesting manner the story of the instincts, the subconscious mind, and the relations of mind and body are tellingly presented, thus leading up logically to the why and wherefore of the development of symptoms and the rational psychotherapy for their removal. Suggestion, persuasion, and psycho-analysis as methods of treatment are discussed and given their true value, and it is logically pointed out how in the majority of instances the principles involved in the last-named have to be applied in order to reach the *fons et origo* of the disorder.

There are, however, some adverse criticisms to be made. It is curious, after showing that 'nerves' are really mental in origin, that the statement

should be made (page 13), "but insanity is a physical disease, implying changes or toxins in the brain cells". In the great majority of cases no such implication has a right to be made in the face of modern knowledge, and such theories have mainly resulted from ignorance and materialistic speculation. Too much stress in many parts is laid upon the effects of suggestion and autosuggestion, the latter especially being a conception of very doubtful scientific validity, and in the glossary some terms are poorly or inaccurately described. In dealing with the mental element in organic malfunctioning, we think that a belittling of possible somatic factors is too much in evidence, and this exaggerated standpoint is harmful. Nevertheless, in its entirety the authoresses show that they have read widely, and from both the theoretical and practical sides have produced a very acceptable and readable book. In the hands of a tyro in such matters it should prove of great value, not only in correcting misconceptions on 'nervous disorders', but in further stimulating study of the hidden workings of the self. A short bibliography is given with this aim in view.

C. STANFORD READ.

The Care of the Adolescent Girl: A Book for Teachers, Parents, and Guardians. By PHYLLIS BLANCHARD, Ph.D., with Prefaces by Dr. MARY SCHARLIEB and Professor STANLEY HALL. Pp. xxi + 201. 1921. London: Kegan Paul, Trench, Trübner & Co. 7s. 6d. net.

THIS is not a book that can be recommended without reserve. Its author, impressed by the upheaval of the great war which has "brought to woman new duties and grave responsibilities", aims at giving advice to teachers, parents, and guardians to enable them to provide young girls with "information concerning their own natures". In the main the chapters deal with the love and sexual life of the female adolescent; but a strange medley of extraneous topics is included—for example, philosophic views of love from Empedocles to Schopenhauer, 'will to power', illegitimacy, Jung's theory of dementia præcox, the raping of conquered women, etc. As a result, the ground covered is too extensive to be dealt with in any but a superficial way. Further, much space which might have been allotted to more pertinent material is filled with florid and trite rhetoric. "We need the love that renews and replenishes its energies in the love of its mate, to turn its forces outward again in ever-widening social and racial expressions. For this is the love that is eternal, the love that brings to its possessor the joy of fulfilment that is beyond all expectation"; and so on. Without doubt there is a truth enshrined in this; but surely when the author wrote it and many similar passages she failed to keep in mind the average parent or guardian confronted by the average adolescent girl (i.e., flapper) of to-day. Or is it thus we teach young girls to understand their natures? Moreover, Dr. Blanchard has as facile a command of up-to-date psychological terms and phrases as any American journalist who is specializing in 'moral uplift', and she talks psycho-analysis as though to the manner born; but that her acquaintance with this subject goes very deep the present volume showeth not. She seems to have read a good deal, but if all her reading had been assimilated she could hardly have