one would wish children to be. Apart from the fact that Miss Bradby's views as to the psychology of dreams have by no means passed beyond the region of debate, it is an extremely moot point whether the encouragement of dream analysis as a general habit is desirable in the interests of mental health, though its value for therapeutic or scientific purposes is no doubt considerable. We do not indulge in a laparotomy unless there is something the matter.

Miss Bradby covers such a wide range of debateable subjects that criticisms such as the above naturally suggest themselves. We can, nevertheless, cordially recommend her book. She has an ingenious and fertile mind, and she strikes out an original line of her own. She has written a readable, interesting, and suggestive book. She has, moreover, the most commendable habit of always providing examples—and excellent ones it may be said—to emphasize the points which she wishes to make; as, for instance, that of the lady who dreamt that she “turned into a tablecloth to escape from someone who insisted that she should do pioneer work” (p. 51). From which it would appear that the unconscious has a certain dry humour of its own; and there would, after all, seem to be no particular reason why this should not be the case. The amusement which patients with dementia præcox so often derive from their hallucinatory experiences would seem to favour such a view.

H. DEVINE.

Nerves and the Man: A Popular Psychological and Constructive Study of Nervous Breakdown. By W. C. LOOSMORE, M.A.
Cr. 8vo. Pp. 224. 1920. London: John Murray. 6s. net.

THE author writes as one who “himself knows what nervous breakdown is”, and who now publishes his experience in the hope of helping others who unhappily know it. Perhaps this is merely a literary artifice; at any rate he spares us the details of his case. To nervy people in search of advice—and we all like to listen to it sometimes, especially if it is impersonal—his book may be commended; they will find plenty of it here, for much of what he has to say is cast in that form. But the excellence of his book does not lie merely or mainly in the excellence of the advice it contains. Not only, for instance, does he properly deprecate introspection, but—what is more to the purpose—he directs his readers' attention in practical ways to outside things. So, from such matters as the importance of chewing one's food, or measures for the combating of insomnia, we are quickly led to more alluring topics—the pleasures of the garden, the art of listening to music, the choice of books, the sweet influences of religion—and long before nearing the end we have ceased to consider seriously what special value his recommendations may have for nervy people, our attention being taken up rather by the general interest of the subjects he raises. This is as it should be, and is a main reason why his pleasant and temperately written homily should be useful to those to whom it is principally addressed.

SYDNEY J. COLE.