of the individual because they cannot become assimilated to his conscious purposes, or the energy they contain be utilized in forward living activities."

We regard this monograph as an excellent and valuable presentation of a viewpoint which admirably sums up the principles upon which the study of psychiatry should be founded. Any student of mental medicine will do well to absorb its contents, so that he may recognize at an early stage the sterility of the merely descriptive aspect of his studies which has for so long hampered progress in this branch of medicine. The book, however, should be read by everyone whose interest lies in humanity’s strivings. It constitutes a highly worthy successor to the author’s previous contributions on such problems.

C. Stanford Read.


In an endeavour to discover if there was any correlation between certain endocrine disorders and special psychotic syndromes, twenty-two male patients in St. Elizabeth’s Hospital, Washington, were studied by the author and his assistants for six months. No selection was made on the basis of mental disorder, but the group had in common only some kind of imbalance of one or more of the ductless glands. Since the pathology of psychotic disorders is in so many directions obscure, work which will throw any light on the problem must be specially welcomed. The discoveries of the internal secretions of the body, and the part they play in the emotional spheres more especially, have led some observers to see therein the key to all mental deviations, and though there are excellent reasons for recognizing in the interplay of hormones a factor which must by no means be neglected, we must be on our guard not to mistake cause for effect or speculate wildly with knowledge which at present is scanty and doubtful in many of its applications. Intensive study as here undertaken can only be productive of good when so scientifically carried out, for, as Dr. Fay shows, up to the present little work on such lines has been attempted.

Certain observations made by Mott, Kojima, Rossi, Prior, and Laingue-Lavastine are quoted, and both Cushing and Jelliffe have pointed out that the psycho-analytic school should take cognizance of these endocrine factors in dealing with infantile complexes. In drawing any conclusions from the results of therapy, the three forms of treatment here more or less simultaneously undertaken have to be taken into account. Only in two cases can it be thought that occupational therapy lent any aid towards improvement or cure, but it is well shown that any mental improvement or regression is quickly mirrored in a patient’s work, which therefore becomes a valuable indicator of his condition. With regard to glandular therapy, almost every case was stimulated, some having their trouble increased, but most receiving some benefit. There was a decided increase of interest in the environment in a few, and a forced extroversion was also noted. In
one case the effect was spectacular, but in the large majority of cases any improvement was only temporary. Nevertheless the author is led to believe that gland feeding may be of value in breaking the vicious circle of mental disease, and that thyroid stimulation with psycho-analysis may be an excellent method of attacking incipient schizophrenia. Though psycho-analytic treatment showed no conspicuous results, mainly from the conscious and unconscious resistances met with, which it could not adequately overcome, it is thought that benefit may accrue in certain types. Every case was schizophrenic or had schizophrenic features, with evidence of submyxœdema, hyperthyroidism, or hypoadrenia, and one with dyspuitatism. Two simple schizophrenies were both submyxœdemic, while two cases with features of circular insanity had hypoadrenia. The hyperthyroids as a whole seemed more extroverted than the others.

From these findings it is patent that there is nothing epoch-making about this monograph; but the few facts elicited are of interest and value, and should stimulate further research on similar lines. The main content of the book consists of detailed case histories from which the reader may well judge of the mental material here dealt with. Such individual study and treatment is always gratifying to note, and we have nothing but praise for Dr. Fay's progressive and broad-minded psychiatric attempts.

C. Stanford Read.


In this very interesting volume, Dr. Sidis records his views, based on a lengthy experience, of the treatment of the psychopathies. Briefly, his thesis is that all psychopathic disturbances are to be ascribed to two factors: an actual emotive experience, or series of such, occurring in the life of the patient, and an innate failure of the total integrative function of the mind, or, physiologically speaking, the nervous system. The actual mechanism involved in the disturbance is a dissociation which leaves a system of ideational emotive complexes free in the subconscious and acting independently of the main mass of the personality, and any treatment, to be successful, must aim at the elucidation of the disturbing complex. So far, these views are not at variance with the generally accepted conception of psychological disturbance as a whole; but the whole subject is treated in a rather arbitrary fashion from this very limited point of view, and one fails to find any reference to other modern conceptions, such as, on the psychological side, to any other mechanism or to personality response, etc., or, on the physiological side, to such factors as the relation of the endocrine system to the mental state.

The first portion of the book is devoted to a detailed description of different states of dissociation or suggestibility, normal and pathological, which the author has determined, and to which he applies such terms as the hypnotic state, the hypnoidal state, hypnolepsy, etc., and he adduces an interesting theory that the hypnotic, the normal sleeping, and the fully