
Dr. Stekel's somewhat profuse contributions to psychopathology are always attractive by reason of the easy style in which they are presented, as well because of the comparative simplicity in which difficult problems are dealt with and the dogmatism shown, which tends to leave no doubt in the mind of the uncritical reader that the truth has been arrived at. This book is the forerunner of nine others, seven of which have already appeared in German, the complete work to be entitled Disturbances of the Impulses and the Emotions. The volume under review in the first part deals with the manifold phenomena, mental and somatic, of the anxiety neurosis. With a valuable wealth of case material the author demonstrates the relation of anxiety to the complex symptom clinical pictures which may be met with, and points out how these are dependent upon repressed psychic factors. In many ways Stekel differs from Freud. He states that he has not been able to find the so-called 'neurasthenia' of his teacher and he recognizes no actual 'neuroses,' but only 'psychoneuroses' (or parapathias), believing that every state of morbid fear is psychically determined. Further, he prefers to conceive of only one psychoneurosis differing in forms and degrees, though he advisedly thinks of retaining Freud's classification for the present. Anxiety is regarded as the neurotic sister of fear and engendered by the repression of the instinct of preservation linked with the sex impulse. Every neurotic has a fear of his own self, i.e., has a fear of his own conscience, his own criminal impulses, and ultimately anxiety is the fear of annihilation of the ego. Pleasure without guilt is the neurotic's ideal. Nevertheless, Stekel seems somewhat to contradict himself, for he sums up case 85 by stating that "her anxiety neurosis and insomnia were simply the result of abstinence." Freud is differed from again, in that this writer views the distinction between the sex-impulse and the ego-impulse as "artificial, theoretical and not corresponding to actual life." It can hardly be said, however, that he brings forward sufficient adequate reasons for throwing over such a fundamentally important conception, and all his clinical material tends to show the validity of Freud's views.

The second part deals with the phobias, chapters being also given on hypochondria, the psychic treatment of epilepsy, and on the border line of psychosis. The phobia is conceived of as a compromise in a fight between two effects. It is a truce enforced with the aid of anxiety, and constitutes a punishment exacted by the consciousness of guilt. Hypochondria is here looked upon as a special form of anxiety hysteria and is considered in four forms—the nosophbic form, the hysterical, the compulsion-neurotic, and the paranoidal form. Among the confused features which hypochondriaces show, it is demonstrated that the obsessional fear is a substitute for a repressed sexual experience of phantasy, that the zone involved is always an erogenous one, and that the condition has arisen through consciousness of guilt and ideas of retribution. There is a constant oscillation between sex longing and sex aversion. Stekel's views on epilepsy are well known. He believes that
so-called idiopathic epilepsy is nothing like as common as is usually supposed, and that a large percentage are neurotics who evince a great tendency to dissociation and a most marked criminality. "In the epileptic attack the moral consciousness is overpowered by the unconscious criminality." The fit is a substitute for the crime, and results from a feeling of guilt and fear of punishment.

In the third part the general psychology of fear, and diagnosis and treatment, are discussed, with a concluding chapter devoted to prophylaxis. It is to be deplored that such a brief space is given up to the technique of psychotherapy, the more so when we think that so much of the previous material might have been condensed with advantage. There are some errors which evidently are due to faulty translation, besides many spelling mistakes, which should be corrected in further editions. Theoretical considerations concerning the psychopathology of anxiety are little in evidence, and it seems that without much criticism we are asked to accept the stated conclusions. Stekel's confident assertions are somewhat alluring, but those who have knowledge of the subject will be able to note the doubtful points, and those who only require a clinical insight into anxiety states, as met with in general practice, will probably find the dogmatic attitude helpful. No fewer than 139 cases are quoted in illustration, a factor of much value. The volume should constitute a worthy addition to those publications which aim at furthering psychopathological knowledge without entering into abstruse details. Its sphere of usefulness will lie mostly among practitioners and students, though neurologists will find much interesting material. An index would enhance its worth.

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The author claims that this is a guide-book and not a text-book, and is meant for the general reader rather than the technical psychologist. This warning is necessary, for otherwise, in spite of the wealth of analogy and the clear statement, the book is somewhat disappointing. The descriptive psychology is so good that the reader is tempted to wish that the author had dealt in the same way with the more philosophical and physiological aspects of memory. To begin with, memory is discussed and described and distinction is drawn between the after-sensation, after-image and revived image. The relationship of perception and image and the function of the image in relation to meaning are discussed. The differences of individual mental reactions depending on differences of imagery are dealt with, and the importance of such dwelt on. The author then turns to dreams, and fully discusses the Freudian interpretation and the theory of Dr. Rivers that the dream consists in the unmasking of lower levels of experience. A long chapter is devoted to forgetting, dealing first with the problem of repression and discussing the relation of this to attention and to inhibition and facilitation. Rivers' speculations on suppression and fusion are dealt with, and the author gives his own classification of the