view when its practice is applied to the treatment of neurosis. The psychology of the analytic situation and actual meaning of such treatment are ably discussed, and later, in a historical retrospect, past mistakes in technique are dealt with. The dynamic factors existing between patient and analyst are the foundation of any resolution of symptoms, and mere 'talking out,' collecting associations, or analyzing out one complex after another, is shown to be largely sterile. It is the whole personality which has to be analysed. Timely stress is laid on the warning that there is a danger of the analyst looking for confirmation of theories while he thinks he is promoting the process of curing a neurosis. Most defects in technique and difficulties arising in the course of treatment result from an incorrect conception of the real nature of the psychoanalytic aim, and the study of the content of these pages should clarify these greatly. It is thought that in the future there will be a simplification of the method and that it may be combined with other methods of psychotherapy. The book should be useful to an increasing number of readers.

C. S. R.

Essentials of Psychiatry. By GEORGE W. HENRY. With a chapter on Psychiatric Nursing by ADELE POSTON. 1925. London: Baillière, Tindall & Cox. Pp. xiv + 199. Price 13s. 9d. net.

THOUGH fresh books on psychiatry appear from time to time there are comparatively few which justify their publication. This volume, however, is decidedly an exception, and can be heartily recommended to the student who should at an early stage be imbued with the conception of mental disorder as described herein. The author does not pursue the stereotyped plan followed in most textbooks. He opens with an instructive chapter on personality development, tracing the growth of structure and function from lowly animal life to man. Later, he discusses the evolution of personality disorders arising from dysharmonies of the instinctive life and points out the mental processes involved. The various psychoses and psychoneuroses are excellently described, with illustrative cases. Other interesting chapters deal with mental hygiene and the psychopathology of the normal individual. Whether psychiatric nursing should be included in a book of this type is debatable, but we certainly think that the first aid details (with over two pages devoted to poison antidotes) would have been better omitted. Dr. Thomas Salmon writes an introduction, and a good bibliography is appended. Only essentials are given here, as the title states, but they are correctly and interestingly described and the book admirably fulfils the author's aim.

C. STANFORD READ.

Social Aspects of Mental Hygiene. 1925. New Haven: Yale University Press; London: Humphrey Milford, Oxford Univ. Press. Pp. 150. Price 7s. 6d.

THIS little book presents an admirable collection of addresses by representative psychiatrists delivered under the ægis of the National Committee for Mental Hygiene in America. The essays deal with the emotional basis of human behaviour, the opportunities for the application of mental hygiene in