that wishes may be described as volitions in the affective stage, or, conversely, that volition is originally an acknowledged wish, which has become conscious and relatively free from affect. The foreconscious wish is an expression of a tendency towards adaptation. If the adaptation is not in accord with our present conventional standards it is repressed, but if the wish accords with our ego-ideal the will re-enforces it. This investigation tends to show that unconscious, foreconscious, and conscious thought processes are but three manifestations of the same fundamental adaptive function.

Although there is nothing definitely original in Varendonck's thesis, his trained self-analysis results in a presentation of certain psycho-analytically established mechanisms in a new and stimulating light. So much is this the case that in reading his pages the reviewer often fancied for a moment that new ground was being broken. The work is distinctly a valuable contribution to psycho-analytical literature.

ALFRED CARVER.

Vom seelischen Gleichgewicht und seinen Störungen (Mental Balance and its Disturbances). By WALTER GUT. Pp. 163. 1921. Zurich: Art. Institut Orell Füssli.

THIS brochure gives a popular exposition of psycho-analytical findings as they may be applied to the elucidation of those milder neurotic disturbances which are met with in everyday life. It is somewhat on the lines of Stekel's popular works, but Gut, particularly in his final chapter, appears to have a religious bias.

In the first chapter Gut shows, with well-chosen examples, that every physical disturbance or defect, whether innate or acquired, has a tendency to produce an alteration in the psyche. He then passes on to consider the disturbances of mental balance which arise in the nervously predisposed, and deals successively with the influence of infantile experiences and disturbances occurring during the course of subsequent development, here tracing the cause and effect of numerous family conflicts. No acknowledgements or scientific references are made, but the subject is clearly though superficially expounded, and good examples are employed.

Gut next considers the effect upon the individual of present-day social conditions, and contrasts these with those obtaining in former ages. Finally, the problem of how to conserve mental health is dealt with. Gut emphasizes the fact that the content of consciousness is only a fraction of our psychic life, and counsels everyone to get in touch with his unconscious tendencies. He points out the danger of repression and of taking refuge from reality in phantasies, and also of allowing fixations in the past to occur and hamper us. This chapter is replete with biblical quotations; but it is doubtful how far such advice as, for example, "Let the dead bury their dead" or "Take no thought for the morrow", is likely to be helpful to the neurotically disposed individual.

As a popular exposition this little book doubtless has its place and should serve a useful educative purpose.

ALFRED CARVER.