

Concepts and Problems of Psychotherapy. By L. E. HINSIE, M.D. London : W. Heinemann, Ltd., 1938. Pp. xii + 199. Price 15s.

The outstanding feature of Dr. Hinsie's survey is undoubtedly the plate opposite p. 46. Here are depicted a maze of rivers, lakes, ponds and sluice-gates—all duly ticketed in psycho-analytic jargon. It is a curious fact that since Freud first propounded his theory of the unconscious, numerous authors have been at great pains to retranslate it back into symbolic form. An informative psycho-analytic iconography already could be collected. In such a work Graham Howe's delightful manikins should certainly obtain a place.

In this "authoritative study" the wrapper explains, "the author sets out clearly the teaching of the four main lines of psycho-therapeutic approach". Whatever the reader's views may be on Adler and Jung, he will probably agree that an exposition of six pages apiece is hardly adequate. The survey of the Freudian theory leads off with a fundamental blunder, resulting in considerable subsequent confusion. Freud, it is explained, postulates two primary instincts, the sadistic or thanatotic and the masochistic or erotic! The repetition-compulsion is never explicitly mentioned, and curiously enough the Oedipus complex has somehow found its way into the chapter devoted to Adolf Meyer. In view of the work done by M. Klein and A. Freud for instance, it is surprising to learn that analysis "is not recognized as applicable to patients under the age of puberty".

In the next chapter the high-sounding psycho-biological theory associated with the name of Meyer is reviewed. Here certain psycho-analytic mechanisms, skipped in the previous chapter, receive due attention, the importance of an adequate case-history is stressed, and the value of such psychiatric adjuncts as nursing, occupational therapy and social service is reiterated *ad nauseam*.

C. A. Landis provides an interesting chapter in which he attempts a statistical evaluation of psycho-therapeutic methods. His figures are based on reports from the New York State Mental Hospitals, the Maudsley and Cassel Hospitals, the New York Psychiatric Institute and the Berlin Psycho-analytic Institute, roughly between the years 1917 and 1935. His conclusion is that the results obtained by psycho-analysis are no better than those reached by other forms of intensive psycho-therapy, and that the former treatment lasts on an average three times as long. Landis is the first to admit that a number of "unknowns" detract from the value of his findings.

S. M. COLEMAN.

Sex in Everyday Life. By E. F. GRIFFITH, M.R.C.S., L.R.C.P. London : G. Allen & Unwin, Ltd., 1938. Pp. 379. Price 10s. 6d.

The author, a member of the medical committee of the National Birth Control Association, presents a clear and well-balanced statement of the case for the scientific control of conception, contraception, abortion and sterilization. Technicalities are avoided as far as possible, the volume being intended for the enlightenment of the educated layman.

The first section of the book deals with practical scientific data, including an introduction to the anatomy, physiology and psychology of sex. Here also are considered the methods of and medical indications for contraception, abortion and sterilization. In the second part the ethical and religious problems arising therefrom are discussed in detail. Some of the subjects considered are, the attitude of the church towards sex generally and contraception in