

There is an excellent chapter on sensation and the development of perception, in which Jaensch's theory of eidetic imagery receives adequate consideration. The cerebral cortex and its mnestic-associative functions, including an account of the "Gestalt" function and of the frontal lobe syndrome. The development of the psycho-motor functions and the subcortical centres. The central psychic functions—cognition, conation and affectivity. The relation of the latter to the endocrine and vegetative nervous systems.

Part II: Evolution of the mind. References are made to picture agglutination and projection, development of centripetal functions, of language, of centrifugal functions and of affectivity. Two chapters deal with Kretschmer's own theory of the hyponoic and the hypoboulic mechanisms.

Part III: The instincts and their transformations. Three instincts are recognized—food-seeking, the danger and the sexual instincts. No mention is made of the herd instinct. A full critical discussion of the Freudian theory follows. The temperaments. Types of body build (Kretschmer's types). This chapter is very original and illuminating; the two temperament groups are the cyclothymes and schizothymes, which again are classified as hypomanic, syntonio and melancholic, and hyperæsthetic, medium schizothyme and anæsthetic respectively.

Part IV: Intelligence and character. Ethics and environment. Constellations and complexes and their relation to symptom formation. Abreaction. Rationalization. The primitive reactions, with an exposition of the author's theory of hysteria. The personality reactions, the psycho-pathology of cycloid and schizoid border-line cases. Katathymia. The autistic wish-fulfilments.

This part of the book should prove particularly valuable to psychiatrists, especially to those who work in out-patient clinics.

Part V: Methods of examination, including a detailed description of Kretschmer's "psychobiogram"—a scheme for criminological, differential psychological and psychiatric diagnosis. The last chapter deals with psychotherapy, and though of necessity brief, is of some practical value. The methods described are the suggestive, the psychagogic and the psycho-analytic. The supplement contains a useful bibliography.

The book can be thoroughly recommended. It is readable, lucid and up-to-date, and easily merits an early translation into English.

R. STRÖM-OLSEN.

Insomnia: An Outline for the Practitioner. By H. CRICHTON-MILLER, M.A., M.D.Edin. and Pavia. Arnold & Co., 1930. Pp. xi + 172. Price 10s. 6d. net.

Sleeplessness is so dangerously easy to treat, and so difficult to cure by the ordinary methods of medicine, that the general

practitioner will turn hopefully to this monograph on a symptom for which he is called upon to prescribe almost daily. He will find in it an extremely interesting account, vividly written, of all that is at present known and conjectured of the nature of sleep and the causes of insomnia, together with a clear summary of Pavlov's work on the conditioned reflex in its relation to the mechanism of sleep. The treatment of insomnia, on the lines with which he is already familiar, is discussed with shrewd and illuminating common sense, and the hypnotic drugs are evaluated according to their different merits and shortcomings.

It is only when the general practitioner looks to find what the modern methods of psychotherapy have to offer in the treatment of insomnia that he may be a little disappointed. Psycho-analysis and Jung's system of psychology are expounded clearly, but with more emphasis upon their philosophic aspect than upon their practical application; the unconscious motives which may give rise to anxiety and hysteria are indicated more clearly than the means of dealing with them when they have been brought to light. Cases of compulsion neurosis are regarded as beyond the reach of psychotherapy.

In the last chapter, which contains nine illustrative cases, prominence is given to endocrine disturbance and its correction by means of glandular extracts. The psychological situation of the patients is presented from several points of view, but here, as elsewhere in the book, the author does not succeed in making clear the factors which bring about repression, and seems to underestimate the helplessness which the barriers of the unconscious impose upon the neurotic.

Those who are already familiar with psychopathology will appreciate the reminder that insomnia may sometimes be a positive, though inapposite, watchfulness—"when the wolves came down from the mountains primitive man lay awake, and when there is a lock-out in the cotton trade the Lancashire operative may do the same"; and many will profit by the experience which is embodied in the chapter on general treatment.

F. A. HAMILTON.

A Point Scale of Performance Tests. Vol. 1: Clinical Manual.
By GRACE ARTHUR, Ph.D. New York: Commonwealth Fund,
Division of Publications, 1930. Medium 8vo. Pp. 82. Illustr.

Without question there is a great need for some simple scale of tests to allow of an assessment of mentality which does not unduly favour the verbalist, or handicap those imperfectly acquainted with the language in which the examination must in the main be perforce conducted. The present work is by one well qualified to meet these difficulties. Dr. Arthur, at St. Paul,

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