

*A Manual of Psychotherapy.* By HENRY YELLOWLEES, O.B.E., M.D., F.R.C.P.S.Glasg. London: A. C. Black, Ltd., 1923. Crown 8vo. Pp. vii + 247. Price 10s. 6d.

This excellent manual contains three sections. The first deals with the principles underlying psycho-therapy, the second with the methods of practising it, and the third describes the main morbid states in which it has been found useful.

The scope of the work is, therefore, wide, and the author has contrived to condense a great deal of information into its various chapters.

The first section gives a very lucid and logical *résumé* of modern psychological theory, such subjects as the unconscious mind, conflict, repression, etc., being dealt with in a manner which does not (as unfortunately happens in many works on modern psychology) arouse the resistance of the reader who is tackling them for the first time. Concrete expressions and examples are used as far as possible, and technical terms are introduced only where absolutely necessary.

In the second section psychotherapeutic methods are described. Suggestion, hypnotism, dream analysis and psycho-analysis are discussed in turn, and there is an interesting chapter on the theories and practice of auto-suggestion. The procedure in each method is given in detail, and there are many hints which will be of use even to the experienced.

The last section gives a very succinct account of the subdivision and classification of the neuroses and psycho-neuroses, and ends with some interesting clinical notes of typical cases.

The author has succeeded in presenting the salient points of his subject in such a readable form that he has made its principles appear simple and its procedures easy, and it is probable that the beginner will find success not quite so easy of attainment as this manual would lead him to expect; its optimistic outlook should, however, carry him through his initial difficulties, and in meeting them he will derive much guidance from its pages.

W. MOODIE.

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*Theories of Memory.* By BEATRICE EDGELL, M.A., Ph.D. Oxford: Clarendon Press, 1924. Crown 8vo. Pp. 174. Price 7s. 6d.

Dr. Edgell is one of those constitutionally interrogative writers whose recurrent notes of interrogation do not necessarily denote a laudable curiosity concerning the facts of nature. Beginning with Hering's classical paper "on memory as a universal function of organized matter" (or rather Butler's excerpts therefrom), she proceeds to review—unfavourably—the biological, behaviourist, new rationalist and Bergsonian conceptions of memory by way of introduction to the statement of her own views in the sixth and last chapter. Her chief concern here is not memory but a "memory-image." It is true that on p. 145 "memory is cognition of something known before," but this is so incidental a remark that it can hardly