

Part II.—Reviews.

The Energies of Men: A Study of the Fundamentals of Dynamic Psychology. By WILLIAM McDUGALL, F.R.S. London: Methuen & Co., Ltd., 1932. Pp. 395 + ix.

This book is the outcome of an endeavour to present in one volume of moderate compass the essential parts of its writer's comprehensive *Outline of Psychology* and *Outline of Abnormal Psychology*. These two volumes were almost too bulky for the use of the student as an introductory text-book, though they are indispensable for the purposes of reference and advanced studies. This work is concerned almost exclusively with two great problems: What is the native endowment of man? How does that endowment, through growth, become the many-sided marvel, a human personality? As might be expected, the answers given to these questions in this book provide the student with a thoroughly dynamic and practical appreciation of the inherited and environmental factors which determine the reaction of the individual to life.

The author explains in his preface that in his earlier efforts to throw light on the nature of man he has found that the usage of the term "instinct" has involved him in endless controversy. In this book he has used this term in a stricter sense, and has preferred the word "propensity" to designate those factors of our constitution which he formerly called "instincts". This concession to his critics, he observes, does not imply any radical change of view, but it does meet an objection to the wider usage of the term "instinct"—an objection not without a certain weight; and it enables him to treat the difficult instinct-intelligence problem in what he believes to be a more satisfactory manner than he had previously achieved.

Prof. McDougall does not discuss *Gestalt* psychology at any length, but he is fully alive to the importance of this new development in psychology, and comments favourably upon the principles it aims to develop. We feel, indeed, that much of the teaching of the new school is implicit in the psychological principles formulated by Prof. McDougall himself in his various contributions to psychology.

As in the majority of his books, Prof. McDougall has many interesting things to say about animal behaviour in this, his most recent work. His studies on these lines are both pleasing and instructive.

The reader of this attractive book cannot but feel how much British psychology has been enriched by the work of its author. His achievements cannot here be outlined, but it must always be remembered that when, as far back as 1905, he defined psychology as "the positive science of conduct or behaviour", he gave a new orientation to a more or less academic science, having but little bearing upon the realities of life. Many years after this definition was formulated it was adopted by the extreme behaviourist, with the result that Prof. McDougall felt he could not have his definition identified

with a school of psychology which ignored the method of experiential observation or introspection. As far as we can gather from his writings, it would seem that the definition the author of this book prefers is : " Psychology is the science which aims to give us a better understanding and control of the organism as a whole". It would be difficult to formulate a more suitable definition than this.

It can certainly be claimed that Prof. McDougall has greatly enriched our knowledge of psychology as defined above, and we can confidently recommend this work, which gives a summary of his most recent views.

H. DEVINE:

A Thousand Marriages: A Medical Study of Sex Adjustment. By R. L. DICKINSON and L. BEAM. Foreword by HAVELOCK ELLIS. Williams & Norgate and Baillière, Tindall & Cox, 1932. Pp. xxvi + 482. Price 21s.

This is one of a sequence of twelve volumes to be published under the auspices of the National Committee on Maternal Health, Inc. The material has been contributed by R. L. Dickinson, a distinguished American gynaecologist and obstetrician, and the book—excepting one chapter—has been written by Miss Beam.

Marriage has already been studied through the *questionnaire* (Katherine B. Davis) and through the *interview* (G. V. Hamilton). It is approached here from a new angle—the case-histories of a gynaecologist. In about 1,000 of his cases—drawn mainly from the professional classes—he was able to obtain sex-histories; the average period of observation was seven years, but in some cases it extended over forty years.

The subjects of the study were classified into brides, widows, separated or divorced women, and those who had adjusted sufficiently well to marriage to continue living with their husbands.

Dr. Dickinson attempts to correlate emotional with pelvic states; he contends that vulva, clitoris, vagina and breasts document sex habit and practice, and that this documentation is corroborated by behaviour during interview and by physiological reflexes during pelvic examination. In the main, his conclusions are commonsense, but one might contest the changes that he considers characteristic of auto-erotic practice if only on a question of scientific method, for it was only when a patient who did not spontaneously confess to such habits displayed these changes that he made further inquiries.

One of every two women who continued to live with their husbands found her marriage sexually satisfactory; the other suffered from frigidity, dyspareunia or some form of unhappiness.

Those who were happily adjusted averaged coitus twice weekly, and despite a popular belief to the contrary, the older couples practised coitus as often as the younger.

Unusually passionate women made up a small proportion of the total. A study of them revealed no unusual factors; they were normal, healthy, respectable people of high general capacity.

Dyspareunia is an active refusal of coitus, frigidity a passive refusal. The frigid wife is verbose, according to Dickinson, and a great talker about her husband's faults and her own wrongs; the dyspareunic wife lets her symptoms express her aggressive feelings.