

The book is divided into six parts, dealing with what psychology is, the psychology of learning, of feeling and emotion, of thinking and imagining, of perceiving, and of personality.

We cannot remember reading a text-book on psychology which is better laid out and in which the subject-matter is more clearly presented.

The psycho-analytic views might, however, have been given in rather greater detail and at more length. The author does refer to the psycho-analytic theories as "fascinatingly real" and to the account of the developing personality as "a veritable mirror of one's own self".

In the same way, having regard to the clinical importance being attached to the Rorschach test, we think that greater attention might have been paid to this.

G. W. T. H. FLEMING.

Personality Maladjustments and Mental Hygiene. By J. E. WALLACE WALLIN, Ph.D. London: McGraw-Hill Publishing Co., Ltd. 1935. Pp. xii + 511. Price 18s. net.

The author is Director of the Division of Special Education and Mental Hygiene for the Delaware State Department of Public Instruction. His book is described as the outcome of the investigation of numerous cases of mental defect, disability and adjustment difficulty.

He begins with a description of what we understand by mental health, and then proceeds to describe the symptoms of personality maladjustments and their treatment. We do not altogether agree with the statement that rest as a general treatment in nervous and mental difficulties is not held in such high repute to-day, and most certainly not with the statement that "nowadays the substitute for the rest treatment is occupational therapy and social diversion". There is nothing more irritating to a sick mind than "social diversion".

It is doubtful if the economic depression has really led to any increase in mental disorder; if there is any it can only be slight.

We should like to see the following paragraph broadcast and indelibly imprinted in the minds of man: "A large proportion of our social and political distempers can, doubtless, be traced to the disfigured, discordant, dissatisfied personalities that inhabit the earth. Were the earth peopled with more harmonious and better integrated personalities, there would be less political and social conflict and fewer wars and rumours of wars. If the nations of the earth showed more regard for the principles of mental sanity and mental hygiene in their relations with one another, occasions for the exhibition of national bigotry, violent jingoism, jealousies, hatreds and international strife would be reduced to a minimum, if not to the vanishing point. Mental health and mental hygiene in international as in personal relations mean facing the facts and issues candidly and dispassionately, without bias, duplicity, hypocritical diplomacy, or subservience to insensate emotional urges." If the statesmen of modern Europe could only be segregated for a few years and dealt with, preferably by prolonged narcosis, there might be some prospect of peace at last. The child-guidance movement is an invaluable movement, but requires greater scope and development. How true is it that "the smattering of scientific information that teachers have obtained from the vast field of applied

mental science constitutes a wholly inadequate foundation to prepare them for the difficult work of analysing, understanding and interpreting the behaviour patterns and personality make-up of their pupils ; . . .” We do not think that those who are psycho-analytically minded will agree with much of the teaching in this book ; they will regard it as superficial and savouring too much of the “ sound common sense ” which has been shown from a psychological point of view to be not always quite so “ sound ” as it should be.

The author does not like the concept of an unconscious mind, but regards it as a convenient fiction, although at the same time admitting the existence of “ unconscious or subconscious processes that can profoundly influence one’s attitudes, disposition and beliefs ”. We cannot see any difference.

The author adds an appendix on the treatment of “ stage fright and other forms of fear ”.

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The Natural History of Mind. By A. D. RITCHIE, M.A. London: Longmans, Green & Co., 1936. Pp. vi + 286. Price 15s. net.

This is a wholly excellent book, which requires little reviewing, save such as indicates the necessity of reading it. The author is described on the title-page as Lecturer in Chemical Physiology at the University of Manchester. It is a tribute to the catholicity of his interests that he is able to write such a treatise, and that his work is so conspicuously free from academic bias—a fact particularly to be noted in the chapter entitled “ Living and Lifeless ”. This latter section is almost unique in that, though devoted to the ultimate fabric of being, it is noteworthy by reason of its sanity. The insistence on the necessary connection between philosophy and psychology is a salutary doctrine in days when the mind is regarded as a sort of troublesome butterfly, to be secured once and for all in the meshes of the psychometric net. The criticisms of psycho-analysis are both pungent and fair. The analysis of the tenets of behaviourism is excellently expounded. Herein is to be found one of the better summaries of the achievements of those who find the salvation of psychology in the salivation of dogs.

The usefulness of this book is directly proportional to its modesty. The reader is not made to feel that he is being afforded embarrassing admission to holy mysteries, which demand of him that strange mixture of reverence and credulity insisted on by so much psychological writing of the present day.

In reviewing this book one deliberately abstains from a too close analysis of its contents, which are expressed in an even and logical sequence, which prevents one from too much comment on isolated sections. The style is remarkably lucid, almost as though the author believed the disgraceful heresy that a culture indebted to the arts is not out of place even in dealing with the new heaven of psychology, where the angels are all Wranglers, and Father Time, with his sickle, has given way to the metronome. The author never obtrudes a conspicuous gift for apt and witty phraseology, so that when this latter manifestation appears it is of added excellence, occurring, as it does, in a setting of so much worth.

A. GUIRDHAM.
