

Death, which are probably irreconcilable; it is a dissension in the camp of the libido itself, and it does eventually admit of a solution in the individual, as, it is hoped, it will do also in the future of civilization. The ethical standards of the cultural ego do not trouble enough about the mental constitution of human beings. It is presumed that a man's ego is psychologically capable of anything that is required of it. "What an overwhelming obstacle to civilization aggression must be if the defence against it can cause as much misery as aggression itself!" The fateful question to Freud is "whether and to what extent the cultural process will succeed in mastering the derangements of communal life caused by the human instincts of aggression and self-destruction."

Altogether this is a monograph which should be read and studied by all.

C. STANFORD READ.

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*Recent Advances in the Study of the Psychoneuroses.* By MILLAIS CULPIN, M.D., F.R.C.S. London: J. & A. Churchill. Pp. viii + 348. Demy 8vo. Price 12s. 6d.

The book opens with a historical introduction, and then proceeds to psychopathology *via* the psychoneuroses of war. Subsequent chapters deal with the Present Position of Psycho-analysis, the Relation of Physiological and Psychological Processes, Nomenclature and Diagnosis, Occupational Neuroses, and Psychoneuroses in Industry. Four chapters are written by independent authors, and deal respectively with Individual Psychology (Dr. A. R. Redfern), Analytical Psychology (Dr. James Young), the Psychopathology of Childhood (Dr. E. Miller), and Psychotherapeutic Clinics (Dr. J. R. Rees).

The book is well written, interesting and pleasantly presented. Especially good are the chapters on war neuroses and industrial psychology—two aspects of the subject in which the author's extensive experience stands him in good stead. Well chosen clinical material, succinctly described and profusely scattered throughout the book, gives vividness to what might otherwise have proved a mere collection of dull theories. We are glad to see emphasis laid on the relations between mental and bodily processes, though it seems a pity that the constitutional method of approach (as exemplified, say, by Kretschmer) was not accorded definite recognition. The chapter on Adler is clear and adequate, as is that on child psychology. The inclusion of the chapter on Psychotherapeutic Clinics is of special significance and usefulness, now that the systematic treatment of the milder forms of mental disorder is likely to receive a new impetus as a result of the recent Mental Treatment Act.

The merits of the book are many. There are, however, one or two defects worth mentioning. The main one is in connection with the theoretical background, which is described in a manner that is not only eclectic, but indefinite. The most important chapter in this

respect is the one on the "present position" of psycho-analysis. This account might do for a description of psycho-analysis as it was fifteen years ago, but as a presentation of "recent advances" it seems singularly inadequate. The more modern views are not described, and the newer formulations in terms of ego, super-ego and id are entirely omitted; indeed most of the theoretical exposition lacks formulation, continuity and system. As a result the reader is left with an impression of vagueness and diffuseness.

Further, many psycho-analytical terms are employed without preliminary definition. For example, on p. 70 reference is made to the "anal-erotic trend" and to the "super-ego," but neither of these has previously been defined. A further, more explanatory reference to the super-ego occurs, it is true, on p. 150, but even then it only occupies a line or two. The account of it given by Dr. Miller in his chapter is a little more explicit, but no very clear distinction is drawn between super-ego and "conscience." A similar comment might be made upon the phrase "pregenital stage of libido development" occurring on p. 96. It might of course be argued that this book is intended to deal with "Recent Advances," and not with basic and established theories; but we think that there is still so little understanding of psycho-analysis outside very specialized circles that people who are likely to read this book are entitled to expect a definite statement of the main body of psycho-analytical doctrines.

Some of the more special and less generally accepted views are not always sufficiently separated from the general theory. Thus it is stated on p. 67 that the great importance of the "birth trauma" is part of the psycho-analytical tenets. But if the term "psycho-analysis" be properly reserved—as it should be—for the views of the Freudian school, then it should be pointed out that the birth trauma is principally emphasized by Rank, and is not universally accepted by orthodox Freudians. It seems a pity, too, that no mention should be made of Ferenczi's "active therapy." The author is, at times, rather dogmatic on matters that are still, to say the least of it, controversial, as when he draws a parallel between Jung's types and clinical forms of mental disorder.

The chapter on Jung's psychology is not very satisfying. Largely owing to the critical attitude adopted by Dr. Young, it is difficult to get any very clear-cut impression of the subject. It is, of course, a difficult matter to describe Jung's theories at all, but to combine a *précis* with a criticism of them in the space of 30 pages is well-nigh impossible. The psychology of types is poorly described, and an inadequate impression is given of the introvert. The reader is apt to get the impression that introversion is merely another name for self-absorption or egocentricity, and the fact is not sufficiently brought out that the mental processes of the introvert are largely conditioned by a subjective factor that is inherited, symbolic and derived from the collective unconscious.

Notwithstanding these criticisms, the book is a worthy member of the excellent series to which it belongs; it should be in the hands of all general practitioners interested in mental work, and should

do much to further a more modern outlook upon the problem of the neuroses and psychoneuroses. J. ERNEST NICOLE.

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*Modern Psychotherapy.* By EMANUEL MILLER. London: Jonathan Cape, Ltd., 1930. The Modern Treatment Series. Crown 8vo. Pp. 131. 5s. net.

The general practitioner will find in this book an excellent presentation of this much-disputed subject; it is remarkable how wide a field the author has managed to cover, and how much information is compressed into so small a volume.

Psychotherapy is defined as any form of healing which has as its object treatment by mental influence, and, with this definition in mind, the author points out that much of the technique employed in administering physical treatment can be included as psychotherapy. He argues, however, that such methods are often used unconsciously by the medical practitioner, who would be in a stronger position to help his patients if he were "systematically conscious of the deliberate psychological additions to his ordinary medical armamentarium."

A point emphasized in this book is that physicians possess very different capacities for applying one or another variety of psychotherapy and for treating patients of different psychological types. This difficulty is often ignored in books on the subject, and is apt on occasion to be forgotten by practising psychotherapists themselves.

The author proceeds to a clear description of the various methods at present in use. The analytic methods of Freud, Jung and Adler are described, and an account is also given of hypnosis, hypno-analysis, suggestion, auto-suggestion and re-education. In these chapters impartiality is admirably maintained, although the criticism of Adlerian theories does not perhaps sufficiently allow for recent changes of thought in this psychological school.

In a chapter on the "Applications of Psychotherapy," the author gives a brief account of the various conditions in which such treatment can be usefully employed. The psycho-neuroses are classified and described, treatment in the psychoses is mentioned, and drug-addiction and alcoholism are considered. In attempting scientific precision and detailed descriptions of the different syndromes, the point of view of the general practitioner seems in this chapter to have been lost; no broad general descriptions are given by which the doctor would be helped in deciding which of his patients are most suitable for recommendation to a specialized psychotherapist.

A chapter on "Early Treatment and Prevention" is, however, included, and a most useful section is concerned with psychotherapy in organic disease—a subject which has only recently begun to attract the attention it deserves.

The book should prove very useful to all who seek up-to-date knowledge of a rapidly growing department of medicine.

MARY C. LUFF.

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