

Dr. Miller's *Types of Mind and Body* is No. 4 of the Medical Series. The author has had a unique experience of functional nervous disorders and war neurology, and his close study of human nature under these handicapped conditions is revealed in this book. He deals with his subject under the headings of "Morphology," "The Physiological Background," "The Psychological Aspect" and "Cross-Currents." He follows Bleuler and Kraepelin in his conception of two main normal reaction types. He concludes that "the centre of gravity of our norm of human behaviour lies nearer to the cyclothymic reaction than it does to the schizothymic reaction." The demands which have to be met by these fundamental types in psychological development and disease either accentuate or produce "cross-currents" in this demarcation.

Of great interest are his analyses of the physical and mental "make-ups" of certain literary celebrities, especially as regards these "cross-currents." Micheal Angelo and Leonardo da Vinci have definite schizothymic marks and asthenic physiques. Rubens, Peter Brueghel and Frans Hals are syntonetic and full-blooded; similarly, Verlaine and Beudelaire. Cross-currents have made their effects felt in the psychological characters of Milton, John Bunyan, Frederick the Great, Byron, Robespierre, Nietzsche, etc.

There is a good deal of original thought in this readable book, particularly in the last two chapters.

J. R. LORD.

Prescribing Occupational Therapy. By WILLIAM RUSH DUNTON, Jr., B.S., A.M., M.D., Springfield, Illinois; Baltimore, Maryland. London: Baillière, Tindall & Cox, 1928. Crown 8vo. Pp. vii + 142. Price, cloth, \$2.10 [10s.]; paper, \$1.35.

Something of a practical nature about occupational therapy from the editor of *Occupational Therapy and Rehabilitation*, the official journal of the American Occupational Therapy Association, is surely deserving of attention. Dr. Dunton is one of the pioneer writers on occupational therapy, his text-book, *Occupational Therapy*, first appearing in 1915. In 1919 it was followed by a work on *Reconstruction Therapy*—a very important outgrowth of the parent subject.

Though modern conceptions of occupations as a form of therapy took root in America before the Great War, occupational therapy received its greatest impetus and entered into a wider area of medical treatment when the great problem arose how best to deal with a host of young men, survivors in that struggle for civic and national liberty, the Great War, who were suffering in various degrees from disabilities of body and mind, which rendered them unfit to return to their previous occupations and civil responsibilities. There was an intermediate stage during the war when, at the war hospitals, considerable bedside occupational work was organized, chiefly by voluntary agencies, and painting, toy-making, basket-making, beadwork, etc., became a feature of the war hospital

wards. It was not, however, until late in 1918 that the Army authorities entered the field officially and launched the Army Education Scheme. One of the stated objects of the scheme is worth mentioning here, it was "To hasten recovery by occupying the minds of patients and reviving interest."

The movement in this country has undoubtedly been handicapped by the want of (1) a manual on the theory and practice of occupational therapy, and (2) educational centres for occupational therapists. Apart from some helpful papers scattered in journals and Mr. Deely's useful practical work (reviewed in this Journal, October, 1927), there was really nothing which aimed at satisfying the demands of the former,* and as for the latter, the development of an important London scheme is still held up for want of the necessary funds.

A work, therefore, of the nature of that before us is particularly opportune, and though decidedly American and written to suit the conditions in that country will, until a comprehensive English text-book on the subject appears, fill the gap referred to above very effectively.

Part I deals with "General Principles." The chapters are headed "Significance," "Prescription" and "Fatigue," respectively.

As regards "Significance," the broad view is taken that occupation all therapy includes a variety of activities and is not limited to craft-work. The author gives reasons for this which are worthy of attention, yet, nevertheless, there is a danger in this conception unless craft-work is the centre of concentration and the others regarded as important auxiliaries and not necessarily an integral part of the duties of the occupational therapist. From a practical point of view it is not to be expected that the occupational therapist can be also expert in gymnastics, calisthenics, and recreations, such as music, games, folk-dancing, etc. It is right, however, that the importance of these as adjuncts to occupations in the patients' re-education and habit-training should be stressed in a work on occupational therapy.

The basis of "Prescribing" is the recognition of (1) nature and stage of the disorder, (2) the constitution of the patient, (3) special psychological and physical difficulties, (4) whether the patient is a visualist, audist or kinæsthetic, (5) age of patient, (6) contra-indications and precautions, both physical and mental.

A knowledge of what is meant by "fatigue," its recognition and how to avoid it, is essential to the successful practice of occupational therapy. These are all dealt with satisfactorily by Dr. Dunton.

Part II is headed "Special Application," and the chapters "Mental Disorders," "General Medical," "Surgical," "Orthopedic," "Cardiacs," "Tuberculosis," "Children" and "Bed Occupations."

The first of these is all too short for the mental occupational

* We might mention also *Industries for the Feeble-minded and Imbecile*, by A. Bickmore. London: Adlard & Son, 1913.

therapist, but as far as it goes the teaching is sound and admirably put. The application of occupational therapy to cases of mania, melancholia, dementia præcox, paranoid dementia, the psychoneuroses, feeble-mindedness is described. It must not be thought, however, that the other chapters are not of interest and importance to the mental occupational therapist. On the contrary, a good practical knowledge of all these special applications is necessary in both hospital and private practice—a matter upon which sufficient stress is not laid. A lack of it accounts for most of the failures of this kind of treatment in mental disorders. We cannot deal with this matter here, but the fact must be patent to anyone who carefully studies this part of the book.

Our general conclusion is that, having regard to what we have previously said, this book can be recommended for use in public and private mental hospitals. A mental occupational therapist equipped with it and with Mr. Deely's *Industries and Occupations for the Mentally Defective* cannot go far wrong if heed is paid to Dr. Dunton's teachings which may be accepted as both sound and authoritative.

J. R. LORD.

The Encyclopedia of Psychology. Editor-in-Chief, ELMER S. PRATHER, Directing Editor, SAMUEL H. MCKEAN, Sen. Brussels: Psychology Foundation S.A., 1928. 8vo. Pp. xiv + 397. Price £2 2s.

This handsome volume is designed to be the means of bringing into every home "the truth, laws and tangible benefits" of modern psychology.

It is mental hygiene in a thoroughly practical sense. It is in the home that the seeds of mental hygiene should be first planted. The reviewer, in another capacity, writing on "Mental Hygiene as an International Movement," said: "Mental hygiene is primarily a matter for the hearth and home. Successfully planted there it spreads to communities and nations and dominates the psychology of multitudes. The reign of peace throughout the world depends upon the cultivation of mental hygiene. Like individuals, nations have adjustments to make."

The articles, written by well-selected exponents of every branch of psychology, present the various subjects in easily understood language without neglecting either length or depth of meaning—a matter of not a little difficulty even to the most experienced of teachers. That they are intended to help individuals in their own personal difficulties, will be seen from such titles as "Originality," "Why Human Beings behave as they do," "Happiness," "Conquest of Fear," "Human Desires," "The Seven Deadly Sins," "Introspection," "Needless Apprehension," "The Achievement of Personality," "Jealousy," "The Practical Aspects of Fear," "Anger, its Use and Abuse," "Help by Hope," "Mental Control," etc. There are 38 articles in all, and interspersed are 22 pages of appropriate mottoes and proverbs.