

a guiding hand in all that is done to his patients. He must remain in the insulin ward until the last patient is out of hypoglycæmia. At about mid-day, the approximate time for terminating hypoglycæmia, it is a great advantage to have other doctors within call. Experience is just as important for the nursing staff as for the doctors. The nurses should be carefully selected, and taught by written, verbal and practical instructions. Treatment should be carried out confidently, as it would be a pity to miss the chance of promoting improvement by allowing patients or those in charge to become disheartened. Full records should be kept, and contact maintained with discharged patients for at least five years, preferably ten.

H. PULLAR STRECKER.

An Enquiry into Prognosis in the Neurosis. By T. A. Ross, M.D., F.R.C.P. Cambridge University Press, 1936. Price 10s. 6d.

This is an admirable book. It has three outstanding virtues: (1) It is factual and gives figures, showing, not what is presumed to have happened, but what actually has happened to a large number of cases which were treated at the Cassel Hospital; (2) it displays an excellent combination of common sense with an adequate understanding of psychopathology—an unusual combination; (3) it reveals Dr. Ross's nationality through his style, which is terse and to the point.

The tables of results are interesting and full—too full to be discussed at length here. The total results are 45% well, 25% improved after 1 year, a figure falling to 34% and 6% after 5 years. The figures correspond roughly to the few sets of figures published. They certainly should give grounds for satisfaction, seeing the severity of the cases treated.

Dr. Ross goes into the pros and cons of hospital versus out-patient treatment, and briefly discusses various types of treatment. He favours analytical psychotherapy, in which analyses of various depth (though never so intense as the Freudian psycho-analysis) are combined with a certain degree of persuasion. He emphasizes the importance of the "moral influence" of the therapist in the Weir-Mitchell treatment, and points out how this, the most important adjuvant, is forgotten by many writers in describing this form of treatment. Hypnotism he does not care for, as its cures are largely symptomatic, and he draws a comparison to the happy, immediate, but nevertheless undesirable results of alcohol and morphia in relieving neuroses.

This is an altogether valuable book, both for the psychotherapist and the practitioner who wants guidance as to what the outcome of neuroses is likely to be.

W. L. NEUSTATTER.

Inhibitions, Symptoms and Anxiety. International Psycho-analytic Library, No. 28. By SIGMUND FREUD. London: The Hogarth Press and the Institute of Psycho-analysis, 1936. Pp. 179. Price 6s.

Ernest Jones has said that anxiety is the most important single symptom in psychopathology. Prior to Freud, psychiatry had hardly approached the subject, and any knowledge we now possess upon it is to a large extent due to his pioneer work. It was Freud who first isolated and stressed the importance of the anxiety syndrome. Again it is due to his teaching that we have learnt