

Concepts and Problems of Psychotherapy. By L. E. HINSIE, M.D. London : W. Heinemann, Ltd., 1938. Pp. xii + 199. Price 15s.

The outstanding feature of Dr. Hinsie's survey is undoubtedly the plate opposite p. 46. Here are depicted a maze of rivers, lakes, ponds and sluice-gates—all duly ticketed in psycho-analytic jargon. It is a curious fact that since Freud first propounded his theory of the unconscious, numerous authors have been at great pains to retranslate it back into symbolic form. An informative psycho-analytic iconography already could be collected. In such a work Graham Howe's delightful manikins should certainly obtain a place.

In this "authoritative study" the wrapper explains, "the author sets out clearly the teaching of the four main lines of psycho-therapeutic approach". Whatever the reader's views may be on Adler and Jung, he will probably agree that an exposition of six pages apiece is hardly adequate. The survey of the Freudian theory leads off with a fundamental blunder, resulting in considerable subsequent confusion. Freud, it is explained, postulates two primary instincts, the sadistic or thanatotic and the masochistic or erotic! The repetition-compulsion is never explicitly mentioned, and curiously enough the Oedipus complex has somehow found its way into the chapter devoted to Adolf Meyer. In view of the work done by M. Klein and A. Freud for instance, it is surprising to learn that analysis "is not recognized as applicable to patients under the age of puberty".

In the next chapter the high-sounding psycho-biological theory associated with the name of Meyer is reviewed. Here certain psycho-analytic mechanisms, skipped in the previous chapter, receive due attention, the importance of an adequate case-history is stressed, and the value of such psychiatric adjuncts as nursing, occupational therapy and social service is reiterated *ad nauseam*.

C. A. Landis provides an interesting chapter in which he attempts a statistical evaluation of psycho-therapeutic methods. His figures are based on reports from the New York State Mental Hospitals, the Maudsley and Cassel Hospitals, the New York Psychiatric Institute and the Berlin Psycho-analytic Institute, roughly between the years 1917 and 1935. His conclusion is that the results obtained by psycho-analysis are no better than those reached by other forms of intensive psycho-therapy, and that the former treatment lasts on an average three times as long. Landis is the first to admit that a number of "unknowns" detract from the value of his findings.

S. M. COLEMAN.

Sex in Everyday Life. By E. F. GRIFFITH, M.R.C.S., L.R.C.P. London : G. Allen & Unwin, Ltd., 1938. Pp. 379. Price 10s. 6d.

The author, a member of the medical committee of the National Birth Control Association, presents a clear and well-balanced statement of the case for the scientific control of conception, contraception, abortion and sterilization. Technicalities are avoided as far as possible, the volume being intended for the enlightenment of the educated layman.

The first section of the book deals with practical scientific data, including an introduction to the anatomy, physiology and psychology of sex. Here also are considered the methods of and medical indications for contraception, abortion and sterilization. In the second part the ethical and religious problems arising therefrom are discussed in detail. Some of the subjects considered are, the attitude of the church towards sex generally and contraception in

particular ; the case for premarital examination and premarital sexual relationship ; masturbation ; methods of sex sublimation and sex education of children. In an appendix of about 100 pages, various matters touched upon in the text are given more detailed and technical consideration. These include the indications for therapeutic abortion ; abortion laws and statistics for various countries ; statistical evidence showing the increased danger of successive and badly spaced pregnancies ; the case for voluntary sterilization and eugenic breeding, including the recommendations of the Brock Committee ; birth-rate statistics for various countries, and statistical evidence showing the unreliability of Knaus's " safe period ".

Dr. Griffith strongly advocates an unshameful and straightforward ventilation of sexual knowledge both for the child and adult. He condemns the false modesty, prudery and taboo which surrounds sexual matters. Without minimizing the strength of the arguments in favour of this view, the fact remains that since the birth of human society sex has always been hidden, forbidden, and veiled in mystery and magic. We know the reason for this, and the question is, is that reason no longer valid ? For instance Dr. Griffith believes that as soon as the child begins to ask questions on childbirth he should have his curiosity satisfied. There should be no tales of storks or gooseberry bushes ! The myths given are not particularly poetic examples of our rich legacy of nursery tales and legendary, largely evolved to satisfy curiosity and so deflect sexual energy into cultural channels. The questions remain, Are we as yet sophisticated enough completely to divorce ourselves from the nursery ? and again, Is it certain that Dr. Griffith has anything better to put in its place ? Lastly, without being flippant, a hedonistic argument presents itself. The witty French philosopher tells how, after the Penguins had been baptized, St. Mael, beguiled by the devil, provided clothes for them. Innocence was lost on the island : shame, modesty, coquetry and the other complex and typically feminine sentiments came into being. The saintly man was dismayed to find " des petites Pingouines de six à sept ans, la poitrine plate et les cuisses creuses, qui s'étaient fait des ceintures d'algues et de goémons et parcouraient la plage en regardant si les hommes ne les suivaient pas ".

S. M. COLEMAN.

Sex in Relation to Society. By HAVELOCK ELLIS. London : W. Heinemann, Ltd., 1937. Pp. xvi + 530. Price 12s. 6d.

Sex in Relation to Society was originally published nearly thirty years ago, as the sixth volume of the author's *Studies in the Psychology of Sex*. The present edition, abridged and revised throughout, is intended for a larger public. In the preface Ellis tells us that having re-examined his work from a later standpoint, he has received two opposed impressions. He notes with satisfaction a movement towards general sexual enlightenment ; while lamenting that practice has not kept pace with knowledge, " the attitude of law and the police remains fixed to its nineteenth century phase ".

If in the previous volumes of the " Studies " it was the scientist who was uppermost, here the social reformer and practised essayist are to the fore. It is quite impossible to do justice to or even attempt to discuss the many important and very controversial problems dealt with by the author. It is hardly necessary to state that every psychiatrist, if he has not done so already, should make acquaintance with this important work.