

*The Sex Complex.* By W. BLAIR BELL, B.S., M.D. London: Baillière, 1916. Pp. 233, with 50 Plates. Demy 8vo. Price 12s. 6d. net.

In the sub-title this volume is described as "A Study of the Relationships of the Internal Secretions to the Female Characteristics and Functions in Health and Disease." Professor Blair Bell has here sought to bring together, in a more or less coherent form, those investigations of himself and other workers bearing on the same point, which seem to demonstrate that the reproductive functions are controlled by all the organs of internal secretion acting in conjunction, in such a way that the existence is indicated of a genital system, or, as the author terms it, a "sex complex." In the past the ovaries have been regarded as the plastic agents of femininity. We must now regard them, the author insists, as part of a system to which most, if not all, the other endocritic glands belong, these latter being of equal reproductive importance with the ovaries themselves. We also have to realise that the genital influence of the endocritic glands is not only on the anatomical and physiological integrity of the uterus, but also on the general metabolism, and so ultimately on the psychology, of the individual. The same principles apply also to masculinity, although in this field they are only incidentally discussed in the present volume.

The volume is divided into two parts, the first mainly physiological and morphological, and the second pathological. In the first are considered in order the ovaries, the thyroid, the parathyroids, the pineal, the pituitary, the thymus, the suprarenals, the pancreas, and the mammary glands. The last, indeed, are dismissed as not true organs of internal secretion, except in the sense that "every cell in the body should be considered to be an organ of internal secretion," and something is done to clear up the puzzling and contradictory theories which have been put forward to explain the secretion of milk by the simple suggestion that we are in the presence merely of a redirection of maternal elements from the placenta to the breasts, which have been previously "sensitised" by a variety of stimulating agents, hormonal and other.

As regards the correlation of the internal secretions in their genital functions, the author concludes that the secretions of the ovaries have no direct influence on the general metabolism, but that they have a highly important function in keeping the other members of the endocritic system in touch with the necessities of the reproductive situation. The rest of the endocritic system is related to the genital function in various ways, some glands (thyroid, pituitary and suprarenals) influencing the development, integrity, and activity of the genitalia, others (thymus and possibly pineal) appearing to prevent sexual precocity. Further, all the endocritic organs, acting in harmony, control the metabolism in response to the necessities of the genital functions, and in addition adapt the whole organism to the situation, and regulate the secondary characteristics, physical and psychic, to the needs of the individual. But if the reproductive organs are removed or atrophy, the rest of the endocritic system loses its genital functions, and, contrariwise, insufficiency of the thyroid, pituitary or suprarenals may cause the genital functions to cease.

After the summing up at the end of Part I, a chapter on "Psychological Characteristics" is inserted. This has somewhat the appearance of a "foreign body" in the volume. No doubt the internal secretions have a highly important bearing on the psychic condition, but knowledge is still very imperfect and fragmentary. There are, indeed, a few points to bring forward, such as the influence of the thyroid in increasing mental energy, and the action of excessive secretion of calcium salts in lessening mental equanimity; but for the most part the author is here reduced to vague generalities, and many of these doubtful. He abandons, indeed, the judicially scientific attitude of his earlier chapters, and his confidence grows in this unfamiliar field as his knowledge diminishes; such generalisations as that modern women, in contrast to men, are more altruistic than primitive, are altogether hazardous. Finding that he has so little to say about women's psychology, the author takes a further leap and discusses their social sphere. He scarcely seems to realise the importance of the paragraph in which he effects this transfer. It is a somewhat illogical and incoherent passage (p. 114), which begins by stating that "competitive work"—evidently meaning industry—being "strictly speaking an evolutionary form of the hunter's craft," is injurious to women's finer psychical functions, goes on to assert that genius cannot possibly occur in women, and ends by stating that more latitude is required in the definition of sex. It would need some pages to deal with all the erroneous and misleading assertions in this paragraph, but it may suffice to remark that (1) so far from the industries being a form of hunting and pertaining to men, the most usual primitive rule is in very diverse parts of the globe that, while the men fight and hunt, the women alone are concerned with the industries, even agriculture and house-building; (2) since it is generally accepted that genius may sometimes occur in women it is idle to make an arbitrary statement to the contrary without an analysis of genius, and a careful investigation of the alleged cases; and that (3) if we accept the author's wider latitude in defining sex, if even the gonads are not essential, if the most various masculine traits may appear in a "true woman," it would be very suprising, even *ex hypothesi*, if genius were not sometimes to appear in women. The author has failed to realise that the social and psychic sphere of women is determined by a number of biological factors, and not exclusively by the very imperfectly known endocritic glands.

Part II deals mainly with derangements of development of the reproductive organs, and with the various disturbances of the internal secretions in their effects on characteristics and functions. In discussing hermaphroditism it is pointed out that so-called "true hermaphroditism" in man (with the occurrence of ovo-testes) is better termed "glandular partial hermaphroditism," and the author fully describes a case of his own, one of the three or four definite cases so far known. The different balance of the internal secretions in the sexes is well illustrated by the fact, to which the author calls attention, that in boys sexual precocity may be produced by neoplasms and hyperplasia in the suprarenal cortex, testes, pineal, and possibly pituitary bodies, while in girls such precocity is nearly always produced by ovarian tumours and hyperplasia; changes in the suprarenal cortex, pineal, and pituitary bodies, which in boys pro-

duce precocity, in girls producing masculinity. The author reasonably protests against the operation of oöphorectomy before some attempt has been made "to gauge the degrees of femininity and ovarian activity" in the woman, as it is probably only in the cases in which these are below the average standard that the operation is little likely to produce serious metabolic disturbance.

The second part of the book concludes with a short section on "Sexual Psychoses," which the author begins with a reproof to alienists for failing to grasp the fact, "that has always been staring them in the face," that insanity may depend on the state of the internal secretions. It is unpleasant to be stared at by hypothetical secretions, and it is to be hoped that Professor Blair Bell may soon be able to isolate the ovarian secretion to which he attributes so much influence. In the meanwhile the assumptions here made may suggest various considerations to the hesitating alienist. The author takes for granted that excessive or defective sexual feeling, leading to various psychic anomalies, is entirely a matter of excess or lack of "ovarian secretion." But clinical evidence in all countries shows that oöphorectomy in a large proportion of cases leaves the sexual feelings intact, or even increases them, and as our author insists that the ovaries are only one member of the sex complex, that seems to be the natural result which we should expect to flow from his own premises, even when we put aside all that may be said for a cerebro-nervous factor.

The psychological and psychiatric sections form but a subsidiary portion of this interesting work. It embodies the investigations of a recognised authority in his own field, and will be found full of help and suggestion by the workers in many other fields.

HAVELOCK ELLIS.

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*The Theory of Psychoanalysis.* By C. S. JUNG. New York: Nervous and Mental Diseases Publishing Co., 1915. Pp. 135.

To a number of the readers of this Journal the writings of Freud are for many reasons distasteful. Their scientific training causes them to refuse to accept theories stated with little proof, and, even if the attempt be made to keep as open a mind as possible, their common sense rebels against some of the sexual doctrines he promulgates. But when they turn from the literature of the master to that of his disciples there is disgust. These out-Herod Herod, no doubt seeking a cheap notoriety by their unbridled licence.

The work under review is, however, in a different class, and it is interesting to psychiatrists for several reasons. First, Jung has studied the insane; secondly, he does not dogmatise, but condescends to give the reader a closely reasoned argument; and thirdly, though he acknowledges the inspiration received from Freud he is no blind follower of his. In fact, in regard to some of the most important doctrines of psychoanalysis he is unorthodox. In the opening chapters time after time he praises several of the wonderful discoveries of the master (Freud), then discusses them, and finally winds up by proving how untenable they are. It makes one think irresistibly of setting up a ninepin only to knock it down shortly afterwards. Then, again, the "censor" or "censure" is