

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.

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**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.

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**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

to regard all psychopathic behaviour as an attempt to avoid the arousing of anxiety. In this present work, his many previous contributions to the study of anxiety are shaped into a harmonious whole. This has necessitated certain modifications of previous theories, but nothing vital has been lost.

However satisfying this work may be psychologically, in actual fact it adds very little that is of direct clinical significance; this despite the statement on the wrapper that *Inhibitions, Symptoms and Anxiety* is the author's most important contribution to the purely clinical side of psycho-analysis during the period since the war. What is learnt here is incontrovertible, once the initial difficulty of conceding to the psycho-analytic concept that all behaviour is derived from constructive and destructive impulses has been surmounted. But however psychologically sound it may be, it is of little help in the elucidation of an anxiety state to realize that the condition is ultimately due to deprivation and non-gratification, modelled on the experience of birth. Contrast these broad concepts with the clinically valuable, if much more disputable, theories expounded in his early papers on, for instance, the anxiety neurosis.

In these Freud taught that in such conditions the causal factor was always to be found in some disturbance of the *vita sexualis*. This theory met with great opposition, and many cases have been published in which the anxiety state has been explained satisfactorily along other lines. On the other hand, practically every subsequent authority has admitted that some cases of anxiety neurosis do support the Freudian theory, and no psychotherapist would attempt now to treat this disorder without first investigating thoroughly the sex life. The same argument holds good for Freud's investigations into the psycho-neuroses. These early papers may have had the fault that they generalized from the particular; the theories founded upon direct clinical experience may have to be revised. Their importance lies in the fact that Freud drew general attention to the presence of certain ætiological factors in the cases he had studied—factors which had previously been overlooked.

The present work is devoted to broad psychological concepts, schematization and ultimate conclusions. Psychologically profound and extremely interesting, it has only a remote relation to clinical psychopathology. It is written with Freud's usual lucidity and the translation is well done. Contemporary with the present volume, an American translation by M. A. Bunker has been published serially in the *Psycho-analytic Quarterly*. Abstracts of the letter have appeared in the Epitome Section of this Journal, to which the reader is referred for a summary of conclusions.

STANLEY M. COLEMAN.

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**Friendship-Love in Adolescence.** By N. M. JOVETZ-TERESHCHENKO.  
London: George Allen & Unwin, Ltd., 1936. Pp. 367. Price 16s.

It is the aim of this book to prove that in adolescence there is a specific mental phenomenon—friendship-love, or more shortly love—which is quite separate from, and is in conflict with, the sexual urge. The essential data upon which the investigation is based consist of the intimate diary of a Russian boy, John Z—, written between the ages 13 years 4 months and 16 years 1½ months. This is supplemented to some extent by the adult John's recollections, and also from other sources. In a short chapter additional matter is brought forward, extracts from diaries, letters, etc., of other adolescents.