

**Mental Health Through Will Training.** By ABRAHAM A. LOW, M.D.  
Boston: Christopher Publishing House, 1950. Pp. 393.

The material of this book consists of descriptions of a form of group therapy used by the author, with quotations from his patients' utterances and the explanation he gives in return. While the very circumstances of these pronouncements may well excuse a certain inaccuracy and popular form of expression, the reader would still expect to find, somewhere in the book, some clear statement of the writer's standpoint and beliefs. His standpoint is, at least negatively, expressed by him in his preface, when he says, "I cannot share the view that human conduct is the result of unconscious drives, sexual or otherwise." The system of help given to the patients under the auspices of Recovery, Inc. (of which Dr. Low is the Director), seems a mixture of self-help *à la* Dubois, plus a good deal of suggestion based on the popular conception of the will as the only agency for ordering our lives and controlling our impulses and even our beliefs.

The author's style, however, is so racy, journalistic and propagandist that psychological precision is sacrificed for the sake of quick appeal, and nowhere does a clear view of the author's psychological beliefs emerge. What are we to make, for instance, of the author's use of the terms "relaxed feelings" or of his attempted distinction between feeling and temper, or of his definition of temperament as the "sum total of original responses of which a person is capable"?

Enough has been said to warn readers that here will they find no reasoned account of either theory or technique, but only a kind of exhortation that might be of some limited value in a popular journal of the "How-to-Control-your-Mind" type, but should never be the basis of a serious book on psychotherapy.

J. ERNEST NICOLE.

**Adler's Place in Psychology.** By LEWIS WAY. London: George Allen & Unwin, 1950. Pp. 317.

It is not always easy, from Adler's own voluminous writings, to obtain a clear conception of his system of psychology, and Mr. Way has rendered a real service by categorizing so clearly the views of the Adlerian School. This he has done efficiently, soberly, and with much more regard for the exponents of other schools than is usually found in books of this kind.

Particularly useful are his discussions of the relationship between Adler's viewpoint and psychoanalysis, Behaviourism, McDougall's School, Kretschmer and Jung. The author admits one criticism of Adler, namely that his views are biased by too strong a partiality towards the extraverted view of life. The final chapter on Adler's cultural background is specially interesting.

The book is clear, sound, comprehensive, and is strongly recommended for all requiring a systematic statement of the Adlerian standpoint.

J. ERNEST NICOLE.

**What is Hypnosis?** By ANDREW SALTER. London: The Athenaeum Press, 1950. Pp. 95.

This little book is of importance, because it aims at giving an explanation of hypnosis in the light of conditioned responses. It leans heavily on Kretschmer's views concerning the release of such primitive functions as hypnoic thought and hypobulic behaviour, and it stresses by means of most interesting case-histories the therapeutic use of autohypnosis. The author does not profess to have answered all possible questions, and indeed indicates directions in which further research is urgently needed.

The book can be recommended as a genuine attempt to place hypnosis on a sound basis, thereby lifting it from the mumbo-jumbo with which it tended at one time to be associated.

J. ERNEST NICOLE.