

insane are not amenable to hypnotism or suggestion ; suggestion being a normal function of integrated mind, it is not to be expected that it will remain intact in the process of mental disintegration. But the book remains of value for all those concerned with psycho-therapeutics and especially psycho-analysis. It is attractively written, and many points of special or general interest are incidentally discussed.

HAVELOCK ELLIS.

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*Psycho-analysis and the War Neuroses.* By Drs. S. FERENCZI (Budapest), KARL ABRAHAM (Berlin), ERNST SIMMEL (Berlin), AND ERNEST JONES (London). Introduction by Prof. SIGM. FREUD. London: Allen & Unwin, Ltd. (for the International Psycho-analytical Press), 1921. Medium 8vo. Pp. vi + 59. Price 7s. 6d. net.

It may very likely be true that the aetiology and mechanisms involved in the production of the war neuroses are by no means so simple as perhaps most observers have been wont to regard them. During the war few who had charge of such cases found their leisure sufficient to make deep studies of individual mentalities even if thought necessary, and therefore those who had cast away the old and useless materialistic conceptions came principally to two conclusions. Auto-suggestion at the moment of some emotional shock could account for many symptoms, while others were due to the psychic conflict between the fear of self-preservation and duty to the herd, with the repression of the former. That both these factors had some intimate relationship with the neurosis may be conceded, but not a few of the psycho-analytic school who have analysed more intensely state that the basic roots lie much deeper. Opponents of Freudism have pointed with satisfaction to the above pathological theories because they seemed to demonstrate that no sexual element entered therein, and that therefore war neuroses differed in their essential mechanism from civil ones, or Freud was entirely mistaken in his conceptions as to the origin of a neurosis. The writers contributing to this book think otherwise, and endeavour to show that adequate study may confirm Freud's views, and that at any rate if the—up to the present superficial—investigation of war neuroses has not shown that the sexual theory of the neuroses is correct, that is quite another matter from showing it is incorrect.

Freud states that in the traumatic war neuroses the ego of the individual protects itself from a danger that either threatens it from without, or is embodied in a form of the ego itself; in the peace time transference neuroses the ego regards its own sexual hunger as a foe. It might even be said that in the case of the war neurosis the thing feared is after all an inner foe, in distinction from the pure traumatic neurosis and approximating to the transference neurosis.

Ferenczi traces most anxiety symptoms to an increased ego sensitiveness, for because of shock, interest and libido are withdrawn from without, and a damming up of the libido in the ego results which may degenerate into a kind of infantile narcissism. Anxiety is the sign of the shock to the self-confidence. Those symptoms which only express the situation at the moment of trauma are the conversion hysterias.

There is a primary motive of pleasure in remaining in secure childish retreat, and a secondary gain of compensation in flight from the front. Such reactions are atavistic and seen in animals.

Abraham has much the same view-point. The potential war neurotic cannot suppress his narcissistic tendency, cannot sacrifice his ego for the herd, and the trauma which destroys his narcissistic belief in his immortality sets up a neurosis through regression. Inquiry would show that the victims were bad adaptors to life with infantile fixations. The exclusive association with men may aid the development of a neurosis as narcissism and homosexuality are intimately connected.

Simmel thinks that there is a narrowing of the personality complex from compulsory discipline and psychical exhaustion, that from emotional repression there accumulates undischarged mental material, and that with a disaster the individual breaks down. Auto-suggestion plays a rôle in that the neurotic succumbs to over-strong emotionally toned ideas which have arisen at a time when the ego complex is weakened or suspended. Consciousness refuses to assimilate the horrors, and the power of the unconscious attracts the whole psychosis, terror and the dread of death constituting the primary basis of the dissociation. Simmel treated his cases by a combination of analytical-cathartic hypnosis with analytical converse during the waking state, besides dream interpretation.

Jones finds it difficult to think that the primary gain of illness (*i.e.*, wish to leave the front, etc.) without other factors can adequately account for a war neurosis, as it only involves half-repressed and half-conscious conflicts. The same holds good of the idea that the neurosis is the result of a conflict between the ego-ideal and the instinct of self-preservation, as both tendencies belong to the ego and both states of mind are in contact with reality. He discusses the components of fear, and feels that the useless component of dread is akin to the morbid anxiety shown in the neuroses. The terror in the war neuroses may be the same as morbid anxiety. This latter depends on repressed sexual hunger, and the former may therefore be due to repressed narcissistic hunger. Intolerance of this leads to dread in the presence of danger, and is correlated with the inhibitions of other manifestations of fear with the accumulated tension characteristic of life in the trenches. Jones comes from this to the comforting conclusion that a normal man (*i.e.*, one with no undue narcissism) would be entirely free from fear in the presence of any danger.

In order to assimilate much that is in this book one has certainly to be conversant with modern psycho-analytical work. Freud's latest investigation of narcissism has seemingly been very fruitful in its application to mental disorders, and it seems likely that through the efforts of his school the psycho-pathology of the war neuroses will be placed on a much firmer foundation. At present only the fringe has been touched. The contents of this little book are very readable, and any recommendation is superfluous in view of the authors' names.

C. STANFORD READ.

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