

*Practical Psycho-analysis.* By H. SOMERVILLE, B.Sc., L.R.C.P., M.R.C.S. London: Baillière, Tindall & Cox, 1922. Demy 8vo. Pp. x + 142. Price 6s.

What would be thought of a writer who published a small book therein describing some theoretical considerations of surgery with some slight details of technical procedure, and telling his readers that they should then be prepared to perform major operations? Such a conception is unfortunately analogous to this volume under review. Any medical man who has not "the time to read the larger works on the subject," and study such an intricate subject widely, should not presume to meddle with the mal-functioning of the human mind. Naïvely, however, Dr. Somerville suggests that those of his readers who wish to pursue the subject further may consult the works of Freud and others, and that a useful account of normal psychology may be found in a recent psychiatric text-book! In the face of such an attitude towards the study of the theory and practice of any form of psychotherapy, but especially so with regard to psycho-analysis, it must be pointed out that a long and painstaking acquisition of knowledge concerning the normal and morbid mind in all its allied spheres must precede any attempt to deal with human material. The main content of these pages is devoted to a brief survey of Freudian principles, and it is shown how these should be applied to elucidate and alleviate cases of war neurosis. The practical application, however, is that of a psychological analysis, and not psycho-analysis, which is a definite method very different from what the author describes. The book title is thus very misleading, and it is to be hoped that no reader who has read this little work will consider himself in a position to psycho-analyse or to know adequately anything of its practice, for the mode of procedure given in Chapter X may be a guide to some sort of analysis, but not to the special method named in the title. We can see a distinct sphere of usefulness in this volume for those who treat certain types of neuroses and who require added insight into the mechanisms involved, but since it deals mainly with war cases, it is a pity that for this purpose it was not published earlier.

C. STANFORD READ.

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*Suggestion and Mental Analysis: An Outline of the Theory and Practice of Mind Cure.* By WILLIAM BROWN, M.A., M.D.Oxon., D.Sc., M.R.C.P.Lond. London: University of London Press, Ltd., 1922. Crown 8vo. Pp. 165. Price 3s. 6d. net.

The aim in this book is to develop the view that a sound system of psychotherapy is possible which combines suggestion and auto-suggestion on the one hand and mental analysis (including the Freudian system of psycho-analysis) on the other. Dr. Brown is of the opinion that "mental conflict" and "bad auto-suggestion" are the two general factors which operate in the production of neurotic symptoms, and it is upon the existence of these two factors that he bases his psychotherapeutic system. He finds that the mental conflict results in "a weakening of mental synthesis," which manifests