

practitioner will turn hopefully to this monograph on a symptom for which he is called upon to prescribe almost daily. He will find in it an extremely interesting account, vividly written, of all that is at present known and conjectured of the nature of sleep and the causes of insomnia, together with a clear summary of Pavlov's work on the conditioned reflex in its relation to the mechanism of sleep. The treatment of insomnia, on the lines with which he is already familiar, is discussed with shrewd and illuminating common sense, and the hypnotic drugs are evaluated according to their different merits and shortcomings.

It is only when the general practitioner looks to find what the modern methods of psychotherapy have to offer in the treatment of insomnia that he may be a little disappointed. Psycho-analysis and Jung's system of psychology are expounded clearly, but with more emphasis upon their philosophic aspect than upon their practical application; the unconscious motives which may give rise to anxiety and hysteria are indicated more clearly than the means of dealing with them when they have been brought to light. Cases of compulsion neurosis are regarded as beyond the reach of psychotherapy.

In the last chapter, which contains nine illustrative cases, prominence is given to endocrine disturbance and its correction by means of glandular extracts. The psychological situation of the patients is presented from several points of view, but here, as elsewhere in the book, the author does not succeed in making clear the factors which bring about repression, and seems to underestimate the helplessness which the barriers of the unconscious impose upon the neurotic.

Those who are already familiar with psychopathology will appreciate the reminder that insomnia may sometimes be a positive, though inapposite, watchfulness—"when the wolves came down from the mountains primitive man lay awake, and when there is a lock-out in the cotton trade the Lancashire operative may do the same"; and many will profit by the experience which is embodied in the chapter on general treatment.

F. A. HAMILTON.

A Point Scale of Performance Tests. Vol. 1: Clinical Manual.
By GRACE ARTHUR, Ph.D. New York: Commonwealth Fund,
Division of Publications, 1930. Medium 8vo. Pp. 82. Illustr.

Without question there is a great need for some simple scale of tests to allow of an assessment of mentality which does not unduly favour the verbalist, or handicap those imperfectly acquainted with the language in which the examination must in the main be perforce conducted. The present work is by one well qualified to meet these difficulties. Dr. Arthur, at St. Paul,

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Minnesota, has been psychologist to a clinic attended by persons of the most diverse mental levels, seeking advice on a multitude of problems, from bad school reports, through vocational guidance to actual more or less criminal offences. Her *clientèle* have included both the 100% American and the newly-caught stranger from an alien civilization, as yet mazed by the utter difference between the requirements of twentieth century industry and schooling and a nineteenth century, if not older, home life. Moreover, her chief was a most careful and conservative psychiatrist.

Dr. Arthur has standardized a scale for a series of well-known tests, and her results should be given careful consideration by all. They are most applicable to the relatively leisured conditions of child guidance, or vocational guidance, clinics. Even those who have to conduct examinations at a much more rapid rate will learn from the details of the scale of points, though it is unlikely that they can work their cases out in detail on the lines suggested, simply because the examination would take from thirty to ninety minutes a case, and then only cover part of the ground needed for a full mental diagnosis. As a starting-point for simplification this is an excellent work, and unless this type of investigation is followed up, non-verbal tests will remain in the state of uncertainty that enveloped the ordinary tests of the serial type before the days of Binet.

While, however, the results of Dr. Arthur's work should be carefully considered by all English psychologists and "certifying officers," her scale would require verification before it could be applied in a mechanical manner. Some of the points of scoring, notably those for the Healy picture completion tests, would weight the scales against the ordinary child in this country because of the comparative unfamiliarity of some of the objects. For example, in the Healy completion A on the American scale a pumpkin scores very low as an object which is being kicked, yet it is not unlike a "soccer" ball, while the American football and baseball, which count most on the Western scales, are quite unusual objects to our elementary-school children. These difficulties could soon be adjusted by a little research, and, indeed, may be explained in the as yet unissued second volume, which gives details as to the construction of the scale of points suggested. At any rate, an application of the scale to two unselected cases showed that it gave quantitative results quite in line with those determined by mere observation, and the extra assurance might well be of value in the event of a legal dispute. On the whole, however, the work is likely to be of greater value in vocational guidance or the investigation of maladjustment in those of good intelligence than in the ascertainment of the defective. As yet its place is the laboratory rather than the consulting-room.

The Commonwealth Fund should be congratulated on the publication of records of detailed work on which the shorter methods of public practice must ultimately be based.

F. C. SHRUBSALL.