

(*vide* 260) an appeal for funds to carry out a scheme for intensive research into the cause of insanity and methods of treatment at a number of centres for a period of five years—in other words team-work on an organised plan.

Let us hope that this scheme will mature in the near future, and that there will soon be an opportunity of settling once for all these grave problems, the solution of which is long overdue.

Part II.—Reviews.

The Hygiene of Marriage. By ISABEL EMSLIE HUTTON, M.D. Foreword by Prof. A. LOUISE McILROY, M.D., D.Sc., O.B.E., London: William Heinemann (Medical Books) Ltd., 1923. Crown 8vo. Pp. xii + 112. Price 6s.

It is with some reluctance that the reviewer approaches a work of this kind. Sexology, admittedly a difficult subject to write about, has only in recent years been accepted as a respectable branch of sociology; and like most sociological subjects it has a medical aspect, the importance of which is beginning to be apprehended. The "abnormal" in sexual matters has been much studied, and sexual inversion and perversion present no mystery. It is not the same, however, with regard to the normal sexual life of men and women. We know about ourselves, but it is a secret we carry to the grave. About others we can only guess, and, as often as not, succeed in guessing wrongly. To the rake, every man and every woman is a rake when opportunity occurs. To the virtuous, the world is innocent of sin. True it is that the so-called sexually repressed men and women seem to find satisfaction in imagining evil in others, but it is only imagination after all.

Doctors like Havelock Ellis and philosophers like Freud profess to reveal the truth, and perhaps do, but on the other hand they may not. Their knowledge must be very limited, for everybody has a different sex problem to contend with.

Other writers on the normal sexual life—those whose books are designed for general consumption—are in the main not to be congratulated on their efforts. Their facts may be correct, but the dish is not uncommonly nauseating owing to the overdressing of sickly sentiment, or the facts are put crudely and coarsely and the whole subject degraded.

It is generally admitted, however, that there is a need for some really wholesome and refined but unemotional book on normal sexology, to put in the hands of young people, more especially those actually contemplating marriage. The ignorance of youths and maidens and even of many older people on simple sex anatomy and physiology is well known to physicians—an ignorance which is answerable for many disasters, both physical and mental. After all, the elementary facts of the reproductive side of life and what they

mean to the individual are but matters of ordinary education, or should be, and young people should not be left to grope in the dark for knowledge on a subject which is of more importance to them than the art of reading, writing and arithmetic.

Of all the books written with this object in view, that by Dr. Emslie Hutton will stand out pre-eminently. After reading her book, the subject of this review, we feel (as we have stated in a previous number) that it is "a wholesome book written by a wholesome woman, and is sure to have a wholesome effect if read by the right people." The only matter we have any doubt about is the wisdom of including the chapters on "Birth Control" and "Contraceptives." For one thing, to some extent their inclusion restricts the applicability of the book, and again, these are very debatable subjects. We agree with Prof. A. Louise McIlroy, who in a foreword to the book says:

"With regard to contraceptives, their use should be limited to those cases where pregnancy would involve danger to the health or life of the woman concerned, and their employment should be carried out on the advice of the medical profession alone. Marriage with abstinence from sex union, to the majority of normal individuals, is almost impossible, and may lead to evils. The normal healthy function of marriage should not be interfered with, and if children are the result, sacrifices must be made for their proper upbringing and welfare."

These matters are, however, discussed with delicacy and discretion—indeed throughout the chapters this same remark applies.

We may say that if the truth of normal sexual life is to be found anywhere it is here—at least that is how we feel on the matter, for who should know better than a sound medical woman, as Dr. Emslie Hutton strikes us to be (and a married one too)? Again, she lays no claim to be a sexologist, which is a further recommendation.

Although she disclaims any attempt to deal with the æsthetic beauty of marriage, yet by her womanly feeling and sympathy, betrayed on every page, she reveals to her young readers that it exists, and promises them that they may look forward to finding it with certainty.

It is the difficulties and anxieties of the early weeks of married life which she specially deals with, for they are mainly caused by a want of knowledge of quite simple matters. She has, however, much to say about the period before marriage, *i.e.*, to those engaged or about to be married. In this chapter—"Before Marriage"—one of the best—she talks about the general health of both parties, heredity, insanity, epilepsy, alcoholism, tuberculosis, cancer, hæmophilia, consanguinity, continence before marriage, sex instinct in man and in woman, age, economic conditions, nationality and practical considerations. All of it would have delighted Sir George Savage, who was the greatest authority on these questions.

We lay no claim to know more about women than a woman does. We should, however, know something about men, and we must confess that Dr. Emslie Hutton does too. We give a few extracts of interest:

"Every act of sexual intercourse that takes place out of wedlock is a possible source of contagion, whether the woman be of the *demi-monde* or one who pretends

to be more or less respectable. Wives must know, however, that happily there are many men who are absolutely continent up to the time of their marriage, and so have run no risk of being infected. Probably the number of these is greater than is generally believed.

"There are all sorts of erroneous ideas, which seem to be generally accepted, regarding the need for sexual intercourse before marriage, and young men are much in need of proper information on this subject. Many think, indeed, that it is injurious to the health to abstain, but it has been quite clearly proved that in the vast majority of healthy young men this is not so."

Then she tells the reason why!

Should a man tell? Dr. Emslie Hutton says:

"The wise woman, however, will never ask for such confidences, and will intimate that she does not desire them; such is the mentality of most women that knowledge of this kind will certainly make them unhappy, and probably leave in their minds a latent feeling of resentment."

Should a woman tell? On this subject Dr. Emslie Hutton is wise—and silent.

"It is necessary then for a man to feel sexual attraction as well as love for the woman he is to marry; for the woman it is not necessary to have sexual attraction, for if she really loves her husband, the other is almost sure to follow."

Dr. Emslie Hutton separates feelings of love from the exercise of the sex instinct, and she is right. Biologically the origin of all love and tenderness was maternal love. The male had plenty of sex instinct and was altogether the brute. Later the male and female natures mixed and the maternal love survived in the male as love in its widest sense—sympathy, kindness, tenderness, altruism, etc. Thus, as our author says—a man may love one woman and be sexually attracted to another.

Other chapters deal with the "Consummation of Marriage," "Married Life," "Birth Control," and "Contraceptives." Those sections which are descriptive of the generative organs are clearly and concisely written. The physiology of reproduction is put in a form easily understood. She has words of wisdom for her readers regarding intercourse, impotence, sex periodicity, etc.

In concluding our review we would like to say this: although Dr. Emslie Hutton's book is especially written for the education of young married people or those contemplating marriage, there is much in it that is of the greatest interest to the medical practitioner, and there is no one but would be wiser for reading it, and less inclined to talk nonsense on a subject people are prone to think they know all about, yet in the main know little, and that little very foolish indeed.

J. R. LORD.

The Clinical Examination of the Nervous System. By G. H. MONRAD-KROHN, M.D.Christiania, M.R.C.P.Lond., M.R.C.S.Eng., with a Foreword by T. GRAINGER STEWART, M.D., F.R.C.P. London: H. K. Lewis & Co., Ltd., 1923. Second edition, crown 8vo. Pp. xvi + 148. 33 Illustrations. Price 6s. net.

That this book was a permanent continuation to neurological literature we had no doubt about, and on the appearance of the first