

**Melancholia in Everyday Practice.** By EDWIN HOPEWELL ASH, M.D.  
London: John Bale, Sons & Danielsson, Ltd., 1934. Pp. iii + 136.  
Price 7s. 6d.

The first part of this book gives descriptions of the various types of depressive states, together with some case-histories. Dr. Ash's classification appears to be somewhat out of date, and is somewhat confusing. A brief chapter is devoted to involuntional melancholia, but no mention is made of those cases which are complicated by arterio-sclerotic features which help in assessing prognosis. In fact, the latter is completely ignored. Diagnosis is next discussed. It is difficult to understand why a chapter is devoted to the differential diagnosis between mania and melancholia, and the description of the diagnosis between melancholia and schizophrenia is difficult to follow.

Under "Treatment" the danger of suicide is emphasized, but there is little in the way of advice as to the precautions which should be taken.

There is a brief note on the question of certification, but nothing on the alternative methods of voluntary or temporary treatment for which so many depressive patients are eminently suitable.

The main bibliography consists of Henderson and Gillespie, Craig and Beaton, and Kraepelin.

It is difficult to see in what way the book will be of benefit to the general practitioner.

LOUIS MINSKI.

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**Psychology and Health.** By H. BANISTER, M.Sc., Ph.D. Cambridge: University Press, 1935. Pp. viii + 256. Price 7s. 6d.

This book, as stated in the preface, is written primarily for general practitioners and those without any specialized knowledge of psycho-pathology. It is written in an easy style, and avoids unnecessary "psychological jargon" as far as possible.

The psychopathological theories of Janet, Freud, Jung and Adler are described with a definite anti-Freudian bias. Some of the arguments against psycho-analytical theories seem to play into the Freudians' hands. For instance, on p. 57 it is stated—"It is a well-known fact that patients can produce dreams to please their analyst, and that many of the experiences they relate with minute detail are *unconscious* fabrications". Surely these phantasies are just what the analyst wishes the patient to produce. What little psychiatry is found is rather loose. Thus anxiety states seem to be synonymous with neurasthenia according to the author, and some of the symptoms described appear to be those of a depressive rather than a true anxiety-state.

There are chapters on treatment by suggestion (including hypnosis) and analysis, and one also on the general treatment of the neurotic patient. These are quite well done, but the difficulties are not sufficiently emphasized. In the first chapter the author remarks on the waste of time incurred in the neurotic patient attending weekly for a bottle of medicine, whereas later in the book the importance of the suggestive effect of the bottle of medicine is mentioned.

The question whether a psychotherapist should be medically trained or not is briefly dismissed, as is also the important point of advising a neurotic patient to marry.

Apart from these minor points the book should prove useful in providing medical practitioners and students with some understanding of psychological problems and the psychological aspect of physical illness.

The book is well indexed and there is quite a good bibliography.

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