

**If A Man Be Mad.** By HAROLD MAINE. Victor Gollancz, Ltd. Pp. 435. Price 15s.

This autobiography of an alcoholic makes an exceptional novel, of considerable social and psychiatric value.

To a lonely, frightened child security first comes with the present of a gun. Aged 11, the child discovers the same security in a medicinal dose of brandy. This experience is often confirmed, on joining the army at 16. Imperceptibly, alcohol becomes indispensable to the child remaining within the man.

The bulk of the book relates the author's experiences at many hands in many institutions, in his struggles against his addiction. He finds horror, comedy, tragedy and—sometimes—understanding. He gains rare insight into the minds of some psychotics, which his gifts as an author enable us to share.

Recovery comes through his work on behalf of other patients.

The story, as a whole, is a grim one ; but it is well written, reads easily, and deserves to be read.

D. E. R. KELSEY.

**The Case Against Psycho-Analysis.** By ANDREW SALTER. Medical Publications, Ltd. Pp. 158. Price 10s. 6d.

"*Sex underlies everything* : Mr. Jones wrote a story for his high school magazine only because he was sexually frustrated. Now Mr. Jones collects postage stamps and is trying to build up his savings account only because he had poor toilet training as a child." Thus Mr. Salter enunciates and illustrates one of the fundamental principles which, he asserts, guide the psychoanalyst in the treatment of EVERY man who comes into his office. This extract is typical of the tenor of the book.

Every analyst is familiar with Mr. Salter's line of argument and, aware of its possible unconscious motivation, has a certain sympathy for its author. Others may be less charitable, and will certainly doubt whether Freud was merely the muddle headed purveyor of pornography Mr. Salter implies.

D. E. R. KELSEY.

**Mind and Life.** By SIR ARTHUR TANSLEY. George Allen and Unwin, Ltd. Pp. 170. Price 15s. net.

It is rare these days to find an unprejudiced exposition of a school of thought upon any of the fundamental problems ; and one can become confused by the outpourings of vigorous pens and voices, each extolling its own point of view, while doing less than justice to the views of others.

Here, in twelve essays, with great fairness and the simplicity which is possible only for the very clear thinker, the author examines the essence of current thought upon man's place in "The Divine Scheme," and the forces which cause him to function as he does.

The author uses his personal philosophy, which is based upon a firm belief in the ultimate reality of spiritual values, only to show the common factors behind the polymorphous thoughts and behaviour of men.

This book will prove of value to all of an academic, political, ecclesiastical or philosophical turn of mind.

D. E. R. KELSEY.

**First Contributions to Psycho-analysis.** By SANDOR FERENCZI, M.D. Authorized translation by ERNEST JONES, M.D. The Hogarth Press and The Institute of Psycho-analysis. Price 30s. net.

This book includes several of the papers that now belong to the classics of psycho-analysis, such as Introjection and Transference ; On Obscene Words ; On Onanism ; Stages in the Development of the Sense of Reality ; The Ontogenesis of the interest in Money. In addition it contains Ferenczi's pioneer papers on Impotence, Homosexuality, Paranoia, Symbolism, etc.

One cannot criticize work of this class. One can only marvel at the penetrating insight of the author. And the style, as it is rendered by the translator, is a model of clarity and simplicity.

No practising analyst can afford to neglect to read these papers; nor, I would add, can anyone who essays to criticize the principles of psycho-analysis.

This book has been out of print for many years, and its reappearance is an event of considerable importance.

D. E. R. KELSEY.

**Psychosomatic Medicine.** By FRANZ ALEXANDER. London: George Allen & Unwin, Ltd., 1952. Pp. 300. Price 21s.

This book is in two parts. In the first the general principles of psychosomatic medicine are given. "Psychological processes . . . are at the same time physiological processes and differ from other body processes only in that they are perceived subjectively . . . they can therefore be studied by psychological methods." "The main contribution of psychoanalysis to medicine has been to add to the optical microscope a psychological microscope . . ." "Theoretically every disease is psychosomatic . . ."

It is asserted "A mysterious and vague correlation between personality and disease does not exist . . ." but that much work has been done to elucidate the specific emotional factors in different somatic diseases, which is described in Part Two of the book.

Dr. Alexander differentiates two types of response to an anxiety producing situation, (1) preparation to deal with it actively, by an increased response of the sympathetic nervous system, found in essential hypertension and migraine, (2) retreat to "increased dependence like the small child who turns to the mother for help . . .", thus increasing parasympathetic excitation. This regressive tendency is found to underlie many diseases, such as disturbances of the gastro-intestinal tract, thyrotoxicosis, diabetes; and, most thoroughly of all, asthma, in which there is a fantasy of regression to the womb.

These theories are given to explain a large assortment of facts found by psychoanalysis and given in the text of this book, and much of the interest and fascination of the book lies here. Thus in the history of hyperthyroid patients "a unique and striking feature is the frequency of dreams of death, caskets, ghosts, and dead persons which these patients report spontaneously."

Such facts can be confirmed by any skilled person who takes the trouble to investigate and Dr. Alexander is duly modest in respect of his conclusions—"I wish to emphasize that at the present state of our studies we are not yet able to evaluate the aetiological significance of all of these findings."

But, considering the long period of time in which the field of psychosomatic medicine has lain fallow, Dr. Alexander and his colleagues in the Chicago Institute for Psychoanalysis can be proud of what they have achieved. It is the results of their seventeen years' collaboration, which are set forth in this excellent book.

C. E. H. TURNER.

**Some Common Psychosomatic Manifestations.** By J. BARRIE MURRAY. Second Edition. Oxford Medical Publications, 1951. Pp. 285. Price 17s. 6d.

The author accepts that there are physical manifestations of emotion. Thus he describes the physical symptom of sighing as being the response to an accumulation of carbon dioxide in the circulation, which occurs when the patient is absent minded. "It is as though the respiratory centre, so easily influenced by the emotions, indulges in day-dreaming at the same time as the patient . . ."

But the book does not follow this psychosomatic approach beyond the functional sphere into the sphere of organic lesions; rather is it concerned with assessing "symptoms which are psychogenic and not organic."