Towards the end the book is supplied with an appendix giving analyses of pedigrees by Prof. Hogben, a glossary of genetic and psychiatric terms and a clearly written schedule for recording pathological pedigrees.

Since this work is strong meat even for those moderately versed in a difficult and problematic subject and is necessarily packed full of detail, space will only permit of reference to certain sections without implying, however, that those omitted are any less interesting or useful.

The book firstly introduces the reader to the genetic principles underlying inheritance; this chapter by Prof. Ruggles Gates, although in the main clearly expressed, suffers from the complexity of the subject. His general remarks emphasise the increasing gravity of our task in combating the problems now inflicted on civilisation by the progressive success of medicine in overcoming the symptoms of inherited diseases. By means of graphs and tables the various modes of inheritance are shown. It would, however, have been of great advantage if diagrammatic drawings had been added of the exact behaviour of the chromosomes in mitosis, of the important process of maturation of the germ cells and of the subsequent events leading to the variations in Mendelian behaviour in order to clarify his discussion. A clear conception of these fundamental phenomena of nature is essential to the full appreciation of the remainder of the book and it is hoped that the contributor will consider remedying the defect.

Two chapters by W. Russell Brain, D.M., F.R.C.P., deal with hereditary nervous disorders and epilepsy. In regard to the former it is striking how relatively clear-cut are most of the disorders described in the mode of their inheritance in contrast to somatic diseases. The absence of hereditary factors in disseminated sclerosis supports the theory of an exogenous etiology affecting the individual later in life in contrast to many of the lesser known and definitely inherited diseases of the nervous system. The discussion on epilepsy clearly shows the need for careful investigation of pedigrees since in about 50% inherited predisposition plays a part; in the balance other important etiological facts also exist, there being those in whom combinations of predisposition and exogenous factors operate and others in whom the former may be excluded altogether from the picture. Multiple factors of Men-
Mental inheritance, rather than the dominance or recession of a single factor, would appear to be the most probable mode of transmission.

In some 60 pages Chapter Four deals with the important but still obscure and somewhat confused subject of heredity in mental disorders. At the beginning of the section the author, Dr. Aubrey Lewis, has boldly admitted our past failures as psychiatrists and geneticists alike to struggle with the difficulties peculiar to the field of psychiatry. It appears likely for some time to come that our position will improve relatively slowly until we can differentiate clearly between what is exogenous and endogenous in the causation of the psychoses. Until extended knowledge makes possible a rapprochement between psychogenic schools and the physiogenic, confusion must remain. Nevertheless, this ably-written chapter clears the ground in many respects and the practitioner is given an understanding of what is at present accepted as fact and also what is doubtful in regard to the main conceptions of mental disease and the multiplicity of factors involved such as environment, personality and other contributing causes. In discussing the method of approach towards overcoming our difficulties, the writer, referring to those mental disorders seen in institutions and their being regarded by some as not necessarily biological types, states that this criticism may be met on clinical grounds and that "however difficult of application the same non-social medical principles are used for the recognition of mental disorders as for 'physical diseases.'"

To the uninitiated I fear this statement may be misleading and, without wishing to be critical, it seems to require qualification. If our mode of investigation, clinical but, in the living insane, more especially pathological, had been equal to that in physical diseases it is probable that these mental diseases so categorically called endogenous could hardly even to-day retain this term which frankly admits our ignorance of etiology. It is the implications of the expression "endogenous" to which it is necessary to call attention and the part which they play in our outlook and diagnosis. Whether the issues at stake bode for good or for ill, the future will surely have to be faced for, as has been pointed out, any improvement in our power to alleviate mental disorder, especially the graver forms, will at once intensify the eugenic problems. Let it be said that this is no reason for curbing our efforts towards establishing to the full extent the rôle of exogenous factors as related to causation and heredity. Detailed information is supplied as to the mode of inheritance in the manic-depressive psychosis and schizophrenia, these diseases serving as an interesting contrast to each other. The discussion on blastophonia and idiokinesis might have been treated more fully but much more will have to be known before we can claim to assess the importance of these influences upon germ plasm. In view of this the writer may be excused the suggestion of bias obtained by the reader. The summing up of the position is clearly if cautiously expressed and forms a valuable guide to the psychiatrist and practitioner as to the main lines of approach in giving advice on genetic prognosis.

Of interest to everyone is the chapter on mental defect contributed by Dr. Henry Herd. In the preliminary pages he points out the failure of the policy of segregation and the lack of unanimity of experts regarding sterilisation mainly because there is still no agreement as to the relative importance of heredity and environment and therefore on the effectiveness of the measure. Rightly the attitude to the whole problem is regarded as being not one of public policy but in relation to the individual case, and grave responsibility rests on the general practitioner in giving advice. Whatever views may be maintained for or against sterilisation, it can be said that a broad minded, balanced and scientific attitude has been adopted throughout the whole chapter. The nature and varieties of mental defect, the method of inheritance and its two main theories, Mendelian and toxic, are clearly expressed and make interesting reading. Numerous pedigree charts are given which will enable the physician to build up similar family histories in his own cases.

In the latter half of the book various authorities contribute chapters on diseases of the skin, eyes and ear, asthma, the blood, cardiovascular diseases, renal disease, the endocrines, tuberculosis and cancer, each chapter being supplied with numerous references. The potential value of the book is tremendous, covering as it does wide fields in medicine and biology. It is to be hoped that its essentially practical nature will be appreciated and made use of by those for whom it has mainly been com-
The Last of the Taboos: Mental Disorders in Modern Life. By Isabel Emslie Hutton, M.D., Hon. Physician, British Hospital for Functional, Mental and Nervous Disorders; Physician, Ellen Terry National Home for Defective Children, etc. London. Wm. Heinemann (Medical Books), Ltd. 1934. 6s. net.

Those whose work is in any way concerned with the care and treatment of the mentally sick continually realise the handicap to their activities caused by the public attitude towards this type of illness. This handicap arises not only through the unwillingness of relatives to face the fact that a member of their family is mentally ill and in need of specialised treatment, but also from the intense fear which is so commonly shown by the patient himself if any suggestion of an illness of the mind is made to him. Although much lip-service to a new point of view has been paid by substituting the term “mental hospital” for that of “lunatic asylum,” and “mental illness” for “insanity,” yet the underlying fear which remains in the lay mind frequently prevents satisfactory treatment from being arranged.

Dr. Hutton’s small and simply written book is an attempt to bring the whole subject of mental illness into line with public thought about sickness in general. It fulfils a great need and the method of arrangement is admirably suited to its purpose. Beginning with a chapter on the attitude of the public towards insanity, the author passes on to simple definitions of the various types of such illness, followed by a consideration of the underlying causes and the possible treatment that can be adopted. A subsequent interesting chapter deals with the history of the care of mental patients, and she then considers in a frank and courageous way the vexed question of sterilisation of mental defectives. Her conclusions on this subject tally very closely with those reached by the Sterilisation Committee which has recently issued its report.

In attempting to deal in a simple and yet comprehensive manner with such a subject as mental illness, it is naturally impossible to avoid all expression of personal opinion and one cannot help feeling that the author’s opinion is in many cases rather more optimistic than is justified by facts. It is of course very much better to err on the side of optimism rather than pessimism in presenting the subject to the lay reader, but if such a book is read by people who have near relatives suffering from mental illness it may lay them open to future disappointment, especially with regard to the possibility of cutting short an attack by early treatment.

The emphasis on the eugenic aspect of the problem is wise and in no way extreme and should encourage those who are in any way anxious about possible hereditary taints in their families to seek sound advice on the subject.

The author has throughout attempted to dispel the popular notion that mental patients are dangerous, almost inhuman creatures who can never again take their place in ordinary life, and her suggestions for improved treatment of these patients are constructive and practical.

One can only hope that such a book will do a good deal to render its title no longer true, for all who are concerned with mental illness realise that until the subject ceases to be “the last of the taboos,” their efforts must continue to be handicapped.

A Hand Book of Psychiatry. By John H. Ewen, M.R.C.P. (Edin.), D.P.M. Bailliere, Tindall and Cox. 1933. 262 pages. Price 12/6 net.

Dr. Ewen states in the preface that this volume “aims at giving as complete an account as possible in small compass of the salient features of the subject of mental disorder." He further hopes that the “book will prove of use to those studying for a diploma in Psychological Medicine and perhaps to those taking Psychiatry as a subject in the higher medical examinations.”

In form it has the appearance of being prepared with some regard to order and method. But there is little evidence of critical selection or clarity of thought as revealed by his exposition, if such a jumble deserves the name. Thus we read “Pathological reactions to
Psychic trauma may be looked on as manifestations of organic memory." (page 6.) Without some elucidation in the text, which it does not receive, such a statement is, to say the least, obscure, and there are frequent examples throughout the book of a similar kind.

In the section on heredity, there is no mention whatever of the work of Rudin and his school; the results of Stockard (page 11) confirming the "Law of Plastophoria" (sic) is given, and no mention made of its lack of confirmation in the careful work of Durham and Woods; we are informed (page 9) that "much of what has previously been considered as constitutional is now believed to be individual," whatever this may mean, and that "statistics show" amongst other things "(d) a very high proportion of the forebears of mental defectives are alcoholic or the subject of nervous disease. (e) Mother-daughter is the common form of transmission," and that "neuropathy is believed by some to be an heritable mendelian unit and is probably recessive." (page 10.)

This chapter, "The Aetiology of Mental Disorder" ends with the words, "General Recovery rate. Of late cases, twenty-five per cent. recover. Twenty-five per cent. improve. Fifty per cent. die or become chronic." On page 27 we read "2. Disorders of Ideation. A. Absence of ideation. Stupor, exhaustion and confusional states, schizophrenia, melancholia, amnesia, dementia."

In the list of "Theories of Causation" of Schizophrenia, no mention is made of the well-known views of Adolf Meyer, whereas to McDougall is ascribed the view that he sees in it "a disturbance of the sentiment of self regard." (page 35.) As to heredity, "fifty per cent. show some hereditary taint." In the section on Pathology "The haemolastic crisis" described by Robertson, now known to be based on statistical fallacies, is mentioned; Spielmeyer's name does not occur. In prognosis, no mention is made of the frequently benign significance of a stormy onset, of all single points probably the most valuable.

In the section on "Melancholia," no mention is made of the frequent paranoid features. A section is devoted to the "Insanity of Reproduction" (page 130) in which it is truly stated that "it is not now considered to be a separate entity." Why describe it as such?

Some 100 pages of the total are devoted to the consideration of the various organic types of reaction; 2 pages are allotted to anxiety states.

The book keeps up its standard to the very end, for in the glossary we read: "Affect. A psychic feeling state correlated with a physiological innervation state. Feeling if strong, becomes affect as physical innervations may be released. Sibling. Brother or sister of psychotic."

Surely publications of this kind do nothing but harm to psychiatry.

**The Care and Training of Mentally Defective Children. By Jennie Benson. Local Government Publications. 1934. 3/6 net.**

There is a dearth of books on the actual training of ineducable defectives in groups and for this reason, Mrs. Benson's book is to be welcomed. It is of special value because it is an account of actual work which she has done. Written as the result of close and sympathetic contact, she speaks with conviction of what she believes to be the duty of the community to the low-grade child.

Her concern is with the occupation centre child, who she believes, with right training, may live in the community and be a "social asset" rather than a "social liability." She stresses the right of the deeply defective child to a place in the world and an opportunity to be educated for the life he will live when he becomes a man in years—not for his commercial value, but as a human being with rights. That this may be more completely done, she emphasises the importance of an early beginning, that good habits may be formed and a right social attitude assured.

She gives in her first chapter what she considers to be the aims of an Occupation Centre and then proceeds to plan an ideal building for its work. She states her belief that the time will come when "Authorities will arrange for the education of all defectives, just as normal children are catered for to-day."

The building she plans is very much after the pattern of a modern open air Nursery School and she rightly emphasises the necessity for space, air and freedom and would add a garden as a necessary part of the Centre. Knowing, as she does, the difficulties under which Occupation Centre workers labour, she gives this picture of the ideal setting, as an
encouragement to present-day pioneers to work unceasingly for better conditions.

Mrs. Benson considers that the chief factor in such a Centre is the Supervisor—"An expert in all modern Infants' School methods and accurate knowledge and understanding of the Montessori method." The atmosphere created by the right type of woman will be calm, pleasant and strong, and the teacher drawn to the work by genuine love for the child.

It is obviously difficult to compress into a book of less than 100 pages a full account of the work of a Centre.

A short chapter is given to the children who attend—the low-grade defective excluded, as ineducable, from the special school, the child who, in some areas has ineffectually passed through the elementary school and cannot adjust himself to normal life. Within these groups again there are many individual differences of character and capability and, as with normal children, the individual potentialities of each child have to be discovered and developed and harmfully-directed energies redirected—the good strengthened in order to eradicate the possibilities of evil. After one chapter on the general programme of a Centre, seven are devoted to an account of the various subjects of the curriculum.

First place is given to training in good personal habits—training which is impossible in many of the children's homes. Bodily cleanliness, good habits of eating and drinking, leading to pride in their environment and care of the Centre itself. The value of the holiday, when the teachers live with the children for a week or fortnight and are able to carry this training much further, is specially emphasised.

A full chapter is given to the programme of physical work and a separate one to poetry and musical appreciation.

A list of individual occupations with some general hints on the use of the apparatus, forms another chapter and in a short chapter on speech training a number of exercises are given, as supplementary to the incidental teaching of speech.

The chapter on handwork opens with the quotation "I, too, will something make and joy in the making." The text following does not elaborate this thought and this to the reviewer is disappointing and the quotation from the report on the Primary School does not seem very helpful in considering handwork in relation to the definitely defective child. A list of suitable types of handwork is given.

Chapter 12 deals with Nature Study and Scripture. Through the gentle handling of pets, the care of flowers and plants, the child comes to understand the love of God and even the defective child can develop the religious sense. Through this training, he feels the protecting love of God. Hymns and stories are suggested to help to develop this side of the child's life—leading from Nature to Nature's God. She says: "The daily kindness to one another, the tending of plants, flowers and pets will do more to satisfy the ethical instincts than any number of prayers committed to memory." She does not, however, consider the teaching of prayers a vain proceeding—presumably, if the right atmosphere has been created and the prayers are a true expression of the child's feelings.

Chapter 13 deals with Medical Treatment and the great importance that should be attached to the treatment of the physical abnormalities from which defective children almost invariably suffer. Failing their systematic supervision by the Public Medical Officers, she shows what can be done by the supervisor and teachers to help the child's physical condition, by proper attention to rest periods, clothing, diet and exercise. She points out the importance of the mid-day meal and suggests menus for winter and summer.

The purpose and method of keeping progress books and the importance of contact between the Centre and the children's homes is discussed.

A special chapter is devoted to the Percussion Band, based on the methods of Miss De Rusette. It is a very practical chapter, from which almost any teacher could start this branch of the work. It describes the development of the band, the method of conducting a lesson, the work to be achieved, and a list of suitable music. At the end of the book, a comprehensive list of music, with the necessary instruments and their cost, is added.

A chapter on the telling of stories, with a list of suitable stories and a special chapter on the Project method conclude the main portion of the book.

In conclusion, Mrs. Benson reiterates her conviction that the sub-normal child can be socialised. Her own personal experience has proved this to her. She has seen individuals and homes changed through the help of the
occupation centre and she hopes to see this
work made so efficient that if, at any future
period, it is taken over by the Education
Authorities, there will be found to be a begin-
ing of a perfect system of training.

A foreword is contributed to the book by
Miss Ruth Darwin.

E.E.W.

REPORT OF THE COMMISSIONERS OF PRISONS
AND THE DIRECTORS OF CONVICT PRISONS
FOR THE YEAR 1932. H.M. Stationery Office.
Cmd. 4553. 1934. 1/6.

The statistics with which this report opens
present many aspects—it seems of particular
interest to note that although convictions
among men have risen by approximately 3,000
during the year under review, the convictions
under the Intoxicating Liquor Laws have
fallen by over 1,000; that of the total convic-
tions, by far the larger number were sentenced
for short periods—only 5% of the men and
under 2% of the women receiving sentences
of 12 months and over, while 49% of men and
68% of women received sentences of one
month or less; and that over a period of 10
years, while male convictions have shown a
fluctuating but mainly constant figure, those
among women have steadily decreased.

A fairly large section of the report deals with
occupational therapy, the teaching of trades,
and the vocational selection of work to suit
particular types—all arranged with the aim of
the physical and moral regeneration of the
prisoner. This will be of particular interest
to our readers, as will be the report of the
Medical Commissioner, Dr. Norwood East. In
connection with vocational training, Dr. East
calls attention to the success which has
attended the training of prisoners of both
sexes in general, nautical or domestic cooking,
whereby 903 prisoners, out of the 1,000
trained, have passed and obtained the Certifi-
cate of the Universal Cookery and Food
Association.

Dr. East calls attention to the want of uni-
formity in the manner in which summary
courts of jurisdiction deal with mentally
affected prisoners. While the usual practice
is to remand an accused person whose mental
condition is suspected, so that a medical report
may be submitted to the court at the second
hearing, and the case, if defective or insane,
transferred to an institution or mental hospital
in lieu of sentence, some courts sentence an
offender (whom they have reason to believe
is defective or insane) to a term of imprison-
ment, with a request that he or she may be
kept under observation with a view to certifi-
cation. Dr. East says: "It is obvious that
justices who follow this practice may sentence
to imprisonment an insane or defective per-
son who might be dealt with by the court as
such, or one who is suffering from some minor
mental disorder which might properly be
taken into consideration in mitigation of pun-
ishment." He adds: "... there can be no
doubt that informed opinion to-day expects a
court to take into consideration the mental
condition of the offender, as well as the nature
and circumstances of the offence, before im-
posing a sentence of imprisonment. It is diffi-
cult to understand how this can be done if a
court is in doubt in regard to the mental
condition of the accused and fails to settle that
doubt until the sentence is completed." He
suggests that whenever justices are in doubt
in regard to the mental condition of an
offender, the fact should be determined before
sentence and that the contrary practice is
undesirable and may be inequitable.

Dr. East also suggests that the diagnosis of
the mental condition of an offender on remand
or a prisoner serving sentence would be much
facilitated if there were closer co-ordination
between the courts and the prison, whereby
information known to the courts as to the per-
sonal, family and medical history of the ac-
cused and the specific matter requiring investi-
gation might be available for the medical
officer to assist him in making his decision.

Examples of cases are quoted showing how
carefully all evidence as to the mental con-
dition has to be sifted if a right diagnosis is to
be arrived at; of the distinction between in-
complete or arrested development and the
mind, properly developed but failing to func-
tion; of the necessity in the case of feeble-
mindedness not only of proving defect but also
its existence "before the age of 18 years";
of the difference between deficiency and in-
efficiency—all pointing to the fact that while
the difficulties confronting the justices may
be appreciated it may be a more laborious
matter to decide as to the mental condition of
an accused person than to determine his guilt
or innocence.
Dr. East states that action is about to be taken to carry out the recommendation of the Persistent Offenders Committee that "a medical psychologist should be attached to all penal establishments to carry out psychological treatment in selected cases." In conclusion he points out that the importance of the mental and psychological aspects of crime has been recognised for many years as is shown by the recent decision of the examining board of the Royal College of Physicians of London and the Royal College of Surgeons of England to accept twelve months' appointment as M.O. in either of the four large prisons as equivalent to twelve months' mental hospital practice required for the diploma in psychological medicine.

PSYCHOPATHOLOGY. By J. Ernest Nicole, L.M.S.S.A., D.P.M., M.R.C.P., and S. Second Edition. With a Foreword by W. H. B. Stoddart, M.D., B.S., F.R.C.P., Lond. Bailliere, Tindall & Cox. 1934. 12/6.

In this second edition of Dr. Nicole's book on Psychopathology, the revision of several chapters and the addition of four entirely new ones have added materially to the value of what was before a most useful and clear epitome of the various schools of thought in psychology at the present day. It is, of course, but a brief summary of the very wide field of psychopathology, but the subject is covered in all its branches in a manner not only reliable but also readable, and the bibliography of recent work on the subject, which is limited to those papers and books written in, or translated into, English, affords ample suggestion for further reading without being overwhelming.

To anyone who wishes to get a clear insight into the various differences of theory and method which obtain amongst different schools of psychopathology, this book can be confidently recommended. To the medical student who is beginning to study psychopathology it should be of the greatest value.

R.W.G.

Some Recent Books and Reports

FORTY YEARS OF PSYCHIATRY. William A. White, Sc.D. New York. Macmillan. $3.00. 1934.
LIST OF THE TABOOS. Isabel Hutton. London. Wm. Heinemann (Medical Books), Ltd. 1934. 6s. net.
†INVESTIGATIONS INTO THE CAUSES OF MENTAL DEFICIENCY. H. O. Wildenskov, M.D., Denmark-Oxford University Press. 1934. 5/6 net.
PSYCHOPATHOLOGY. J. E. Nicole. Second Edition. Bailliere, Tindall and Cox. 1934. 12/6 net.
PROGRESSIVE BOOKCRAFT. Harrington Boyce. Oxford University Press. 1934. 2/- net.
RECENT ADVANCES IN PSYCHIATRY. Henry Devine, M.D., F.R.C.P. Second Edition. Churchill. 1934. 12/6 net.
‡REPORT OF PRISON COMMISSIONERS AND DIRECTORS OF CONVICT PRISONS FOR THE YEAR 1932. H.M. Stationery Office. 1934. 1/6 net.

‡Reviewed in this issue.
†To be reviewed in next issue.

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List of Additions to the Library.

For insertion on the interleaved pages of the Catalogue
BROWN, W. Psychology and Psychotherapy. 1934. (2nd edition.)
BENSON, J. The Care and Training of Mentally Defective Children. 1934.
DEVINE, H. Recent Advances in Psychiatry (2nd edition). 1934.

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