survey and offers a valuable collection of material well classified and attractively and instructively presented.

Jelliffe, Smith Ely. *THE TECHNIQUE OF PSYCHOANALYSIS.* New York and Washington, Nervous and Mental Disease Publishing Company.

The beginner in psychoanalysis will find in this new publication an invaluable guide to the understanding of what psychoanalytic therapy aims to do and in the details of its application to daily practise. This the author modestly claims as the full purpose of the book. It contains, however, a far greater fund of stimulus and help. No other writer has so clearly and fundamentally presented to the beginner himself the reason for the method of psychoanalysis simply as a more perfected tool, one which in the progress of events cuts more deeply into underlying causes and factors of mental difficulties and brings them out to light, than those of the past history of medicine. He sets psychoanalysis therefore in its place as an outgrowth of previous thought and effort, an advance upon them but itself subject to the modification of growth and evolution. It is therefore a living tool in the hands of the would-be psychotherapists and yet the necessary limitations of its applicability, as of any other human instrument, and the care, circumspection and self-knowledge with which it must be used are no less insisted upon. The dynamic nature of the material upon which it is to be used, in the psychical nature both of the patient and of the physician as well, the recognition of which is the strongest feature of psychoanalysis, is made the reason for caution and for emphasis upon the far-reaching character of psychoanalysis. This gives it its power for effective and equally far reaching therapy, while at the same time surrounding it with the danger which arises from careless or unwise handling of any dynamically charged substance.

Growing as it has out of the author's daily clinical experience, the book lacks perhaps some of the definiteness and precision of presentation, which a further perspective of thought might have given it. Yet this is offset to a large extent by the freshness and vitality of the material presented as it comes hot from his own experience and infused by his comprehensive grasp and clear penetration of individual mental problems as well as of the whole genetic aspect of mental disorder.

Particularly valuable is the material he has incorporated from Freud and other foreign writers who have entered most thoroughly into the important question of the transference. Jelliffe has fully interspersed this with his own experience and earnest consideration of this important feature and its fundamental place in the technique. His conception of the evolutionary unfolding of cultural adaptation and maladaptation, which latter, interfering with culture, causes mental illness, and of the psychoanalytic purpose and direction of the technique toward

a re-adaptation, form the keynote of the whole book. This causes the author also to lay particular stress on the solving of the conflict, the reconstructive side of psychoanalysis, without once losing sight of the necessary exhaustive analysis preceding it. This is all strikingly represented in a graphic form, which appeals as an aid to the psychoanalyst in himself grasping the situation and in presenting it during the analysis to the patient. The psychograms of this development, the fitting of dream interpretation into them and their aid in the readjustment, form a unique and very practical feature of the book.

The book stands where much of psychoanalytic effort must still stand, representative of the somewhat immature and only partially formulated theory and technique. It represents, however, still more impressively the fluid and therefore vital nature both of the science and philosophy of the psychoanalytic principles and of their practical application.

LAMBERTSEN.

Severn, Elizabeth. *THE PSYCHOLOGY OF BEHAVIOR. A Practical Study of Human Personality and Conduct with Special Reference to Methods of Development.* New York, Dodd, Mead and Company.

Any book which opens the way into a better understanding of our psychical makeup and points the way to a readjustment of it when that has failed or become disturbed is of greatest practical value. The present volume promises much in this direction in brightness and alertness of style and in its very readable discussions of many of the generalities of psychical life, but it is singularly disappointing in its definite application to the problems of maladjustment and readjustment. Yet these are the things upon which the author professedly especially directs her effort as an avowed psychotherapist and in her treatment of the subject matter of this book.

Her attitude is too predominantly a descriptive one as she presents one mental factor after another or dwells upon the various elements which are comprised for example in emotion and its forms of manifestation, or in love and its varying aspects. Her classifications are vague and unmeaning, standing rather, in so far as they may be of service, as end products than taking us into the causal interpretation of the sources of behavior and therefore the territory for psychotherapy. The generalizations however attractively expressed cannot get at the fundamental outreaching of psychic energy and its devious ways of expression or of distraction. Such an approach is not wholly neglected but it is not really comprehended and therefore the presentation loses itself in the well rounded platitudes of advice and admonition, before which many a hopeless patient has sunk yet more hopelessly discouraged. The hidden unconscious difficulties lying deep within are only driven to greater tenacity in their strongholds when such unattainable abstractions are put before them. The fact that there have always been religious