

whole, appears not to be regarded as a baffling question. For example, in a discussion of wish fulfillment, page 285, is stated: "The chief wants are those which satisfy hunger, the love of action, the love of man for woman and woman for man." The author enlarges briefly on the first two instinctive needs of humankind and then ends the paragraph with this staggering assertion: "The love of man for woman and woman for man needs no explanation." To the poets, philosophers and analytical psychologists who have so valiantly struggled with this problem, here is indeed a message of hope!

Chapter 16 and 17 on day dreams are well presented and of definite interest, but here again thinly disguised Freudian principles furnish the background for discussion. On the whole the book will not be likely to add much of permanent value to the literature on dreams.

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*Reconstruction Therapy.* By WILLIAM RUSH DUNTON, JR., M. D. (Philadelphia: W. B. Saunders Company, 1919.)

In this book Dr. Dunton discusses the treatment of disease, and especially mental disease, by occupation. He mentions the various names by which such treatment has come to be known, omitting, however, reconstruction therapy, a designation he has ignored in his discussion of the subject. It would, therefore, appear the title was chosen largely because of its frequent war-time use, and not because it was regarded as an apt term to indicate remedial effort through occupation. All therapy is reconstructive in purpose, in either an organic or a functional sense, and hence the generally accepted term of occupational therapy appears to indicate the subject in a more specific manner. The author evidently prefers the latter term, judging from the frequency with which it appears in the text, but no doubt he avoided its use in the title in order to distinguish this book from a former one he published, entitled "Occupational Therapy—a Manual for Nurses."

A most interesting introduction gives a historical account of the development of the idea of occupation as a remedial agent. It clearly shows the therapeutic value of occupation has long been recognized. However, there is no doubt there is at present more widespread appreciation of the fact than ever before, owing to the success attending occupational therapy in military hospitals.

In emphasizing the remedial value of occupation, Dr. Dunton points out the necessity of work as a fundamental element in every normal life. It is unfortunate the truth he thus sets forth is not more generally appreciated in the world at large, when there is such a widespread tendency to regard work as a necessary evil, instead of the necessary boon it is.

Without disputing the contention that patients should be taught to produce artistic and pleasing articles, so far as circumstances permit, it may be questioned if it is wise to suppress the production of inartistic articles when they are the result of beginning occupational activity in mental cases. Any such activity is better than none, and the inartistic, unsaleable and

useless article may mark a path of progress to more satisfactory achievement. No material is wasted, even if no completed article results, if a patient's interest can be engaged. Indeed, the author emphasizes such point in the excellent summary of rules he quotes from his earlier book. It not infrequently happens the early work of a mental patient, allowed to follow individual impulses, reveals underlying trends, and gives clues to disturbing complexes not obtained through the usual examination. Occupational activity may thus afford an additional avenue of approach to the patient's personal problems, and it follows that the suppression of the inartistic should not be a matter of concern through the early course of occupational therapy.

Proper emphasis is laid upon the importance of securing a patient's interest if occupation is to be of the most benefit. That means a wide range of occupations, with appeals to many varying tastes. Only when a degree of interest has been excited is there the drive of a feeling tone, which alone renders final accomplishment possible.

An outline of hospital organization for occupational therapy is presented, which can be readily modified to meet local conditions. The desirability of training nurses in the therapeutic use of occupation is discussed, it being well maintained that such training should not only form a part of the nurses' training course in mental hospitals, but also in general hospitals.

Useful hints are given in the use of games and other amusements, recreation being regarded as an integral part of occupational therapy. The author expresses a doubt if any hospital at present utilizes amusements to the greatest extent possible for the benefit of patients. While the use of amusements for their therapeutic effect is more or less general in mental hospitals, there is unquestionably opportunity for much more to be accomplished along such lines.

Now that an industrial building is regarded as an essential unit in any properly equipped mental hospital, the chapter on workshops will be found of value, indicating as it does the principal features to be incorporated in such a building, as well as frequently overlooked features to be avoided.

The discussion of occupational therapy and the war graphically indicates the important rôle played by this form of treatment in military hospitals, particularly in the treatment of neuroses and psychoneuroses. A well illustrated chapter on prosthetic appliances is of unusual interest, and well describes the remarkable results obtained through the employment of such appliances in the occupational training of the physically mutilated. Special reference is made to occupation for the feeble-minded and the blind, while the part occupational therapy may come to play in social service is convincingly presented.

The fact is admitted that the use of occupation as a remedial agent now rests largely upon an empirical basis, and directions are indicated which future work and observation should follow in the effort to establish it upon a more scientific basis. More detailed individual studies are necessary to determine the mechanisms of individual reactions to different forms of occupation, and thus to settle disputed technical details of treatment.

A feature of unusual value is a classified bibliography of occupational therapy, the extent of which reflects present-day interest in the subject. Its compilation must have involved an enormous amount of labor. A bibliography of publications on various forms of handicraft is included, and the bibliographic feature of the book is alone sufficient to render it indispensable to all workers in occupational therapy. However, aside from its bibliographic feature, the book is a valuable addition to the literature of therapeutic effort through occupation. It is a sane and informed exposition of the subject, and it will doubtless be found in the library of all mental hospitals using occupational therapy, which means every modern, properly administered hospital.

C. F. H.