must always encounter limitations. Independently tested intelligence functions are actually more or less interdependent or blended in action. There is possibly a wider range of mental reactions to be tested and scored.

By those whose problem it is to evaluate personality, physical and mental, stigmata and symptoms of disease as well as characterial dispositions and deviations must also be observed. This opens a very wide and fascinating field in which appropriate tests still remain to be devised—if, indeed, the standardized testing route be the avenue of approach. The contribution made is a distinct and valuable addition in its own field of intelligence testing and is a clarifying step to the delimitation of the problems of the intelligence tester on the one hand from those of the personality evaluator on the other.

G. G. FERNALD.

MENTAL SELF-HELP. By Edwin L. Ash, M. D., B. S., M. R. C. S., Author of "The Problem of Nervous Breakdown." New York: The Macmillan Company, 1920. Pp. v, 119.

This little book suggests for once the "Christian Science" of a scientific London medical man, — far enough away to get only the best part of this much-litigated system.

Those who wish their sustaining and stimulating soul-nourishment in this predigested form, will find the volume at least as useful as another, for, as the cover-advertisement says,

"The object of this little book is to summarize in a practical way reasonable methods of obtaining self-help through the exercise of our own mental powers. No encouragement is given to the claims of self-help systems that run counter to common sense and daily experience. Throughout it is shown how the right place of methods of mental and spiritual self-help is by the side of routine medical or surgical measures, and that under no circumstances should they be used in opposition to or in place of the latter."

As the present reviewer has long insisted to his students, "Christian Science" made scientific would be the strongest therapeutic system that mental prophylaxis and treatment have ever had. The road to that high vantage-point sometime or other will be worked through. The present author, Doctor Ash, has set out; will the simple-minded followers of the late Mrs. Glover-Patterson-Eddy let him go alone?

His chapters deal with "self-help in sickness"; the "foundations of health"; "mind and health"; self-control: and how we waste our energies through lack of it; "self-suggestion in theory"; "self-suggestion in practice", and with "right and wrong thinking." Then come some forty-four notes that pretend to be "conclusions"; and finally "Some Exercises to Improve Attentive Control (Concentration)," which imply that the author does not tend to overestimate the mental grade of his expected readers—"expire steadily through the nostrils, mentally counting eight—," etc., etc., till one almost sees just the type of women and of men who will do it.

GEORGE V. N. DEARBORN.