

has gone. Even in a fictitious character the chain of causation and determinism has to be sought in more fundamental experiences and wishes. Why for example should it have been necessary to have excluded the presence of a father complex? Hysteria is not produced merely from such simple and individual elements. Whether there is one particular precipitating cause for the appearance of the hysterical outburst, psychoanalysis discovers the reaction to be a wider one which pervades the whole character and includes many factors interwoven in its expression. Such indeed would be discovered to be present through a more complete analysis of this famous somnambulistic scene and of the whole action of Lady Macbeth in the drama. Much of this has been suggested, as has been said, but not carried out in this study. The writer seems also to have allowed himself some confusion in statement which makes for lack of psychological clearness. His words seem to make of hysteria a cause rather than a symptomatic manifestation or group of manifestations of underlying causes belonging in the psychic character and its history.

Blanchard, Phyllis. *THE ADOLESCENT GIRL. A STUDY FROM THE PSYCHOANALYTIC VIEWPOINT.* With a Preface by Dr. G. Stanley Hall. New York, Moffatt, Yard and Company, 1920.

The mystery of the feminine psychic nature, mystery to the woman herself as much as to the world about her, has perhaps been the strongest reason why her psychology has received but little attempt at thorough study. This has been particularly true in regard to the psychology of feminine adolescence, where the mystery lies greatest. This makes of this present work a most important contribution to present-day scientific psychological investigation. It helps to bring this elusive subject into that clear light of science, which the author reminds us is a product only of most recent years. She reviews briefly the vagueness of worship or of fear with which female adolescence has been surrounded through the history of man. She recognizes also that the clearer approach to the subject is made because gradually the evolutionary conception of development has been worked out through philosophical thought and has then been clarified through the psychic discoveries and theories of Freud and his numerous followers. Each one of these has contributed some special phase or viewpoint to this wider survey and deeper investigation of human psychology.

The author traces the growth and unfolding of the sexual and maternal instincts of the girl with special emphasis upon the overmanifestation or peculiarity of expression of any part of these instincts which takes possession of the adolescent girl as she faces her entrance into an adult life endowed with all her awakening power. She calls special attention to the unmistakably frequent sex content of the dreams at this period of life. The presence of the sex impulse is consciously admitted, as certain personal histories testify, but this tends to pass over

into other forms of emotion as well as to reinforce all other emotions. The external manifestation of this transformation into other emotions may be that of shyness and fear or the opposite of these, a boldness and wayward exhibitionism. The adolescent girl is subject to a similar bipolarity of all emotional expression. This lies also in her particular form of struggle between the individual will to power and her deeply laid psychic instincts for racial service. The surrender to these deeper instincts is delayed or even rendered impossible by the interference of the egoistic forces.

The writer discusses the meaning and place of the sexual libido, the prominence of this in man as compared with other animals, its repression through religious and social factors and its finding of sublimation channels. The development of this sublimation is of greatest importance in solving the conflicts which arise in the adolescent life. Without a healthful growth into such sublimation the adolescent girl is the prey to pathological manifestations, hysteria, a "conversion downwards" of the libido, or a turning of it into criminal and delinquent acts. The instability of the adolescent period makes the girl susceptible to such pathological development.

Dr. Blanchard then turns to a consideration of the healthful development of the erotic tendencies, the libido expression, into a normal love. Her chapters on the building up of the complete and healthy love life in its relation to the larger racial life, both in the woman's reproductive function and in the extension of her influence into society, are among the best in the book. She expresses clearly and forcefully the relation of the individual love of man and woman toward society in its out-building and larger satisfaction through this greater extension of itself, its realization of a larger dynamism even than that involved in the individual creation of new beings. The author presents further a view of woman's coming social position in the activities of society from this aspect of wider service based upon her own distinct biological and psychical position which gives to her a no less function than that of man but one of a different nature. This gives a more profound and therefore more sure and lasting basis for a true feminist movement into the future.

The book enters a field where physician, parent, teacher, and most of all the young woman herself needs enlightenment and stimulus. The introduction of much material of racially historical setting for the problem of the adolescent girl makes interesting reading. It disturbs however to some extent the practical directness of a book of this sort. The rather too abundant introduction of such material keeps the book a little above the heads of any but the reader of specialized interest. The reader is also somewhat disturbed by a too slavish dependence upon authorities, one which the author proves her own ability does not need. Beside she defines too separately the various contributions. She might have comprehended more completely the unifying concept to which all

her authorities contributed and given it to her readers more synthetically. The book however will have a welcome place among vital progressive psychological studies.

Scripture, May Kirk, and Jackson, Eugene. *MANUAL OF EXERCISES FOR THE CORRECTION OF SPEECH DISORDERS.* F. A. Davis, Philadelphia, 1919.

The Manual of Exercises for the Correction of Speech Disorders by May Kirk Scripture and Eugene Jackson is among the remarkable books of 1919, and is a distinct contribution to the literature of speech correction. The volume is the result of years of experience with patients at the Vanderbilt Clinic where speech work is a part of the neurological department, and where every facility has been allowed the authors for scientific experimentation and practical work for disorders of speech. The method of proceeding is more along psychological lines than physiological. Fifty chapters are presented for use in speech classes, teaching breath control, vowel lengthening, light attack on vowels, rhythm, special helps for starting a sentence, special helps for slowness, diction and speaking, vowel drills and consonant drills, consonant attack, speech building, clear and slow articulation, phrase linking, the octave twist, and sentences for special consonant combinations. There is a lesson on the distinction between sounds resembling each other and excellent material for inflection, melodious speaking, and rhythmic reading. In fact, the whole book leads to expression in the best and most advanced sense of the term. The lay mind may need an explanation of *octave twist* and *consonant attack*, but will agree at once with the plan of the book which is to coördinate breathing, phonation, articulation and thinking. Relaxation is defined as a peaceful change from the tense, constrained, nervous condition of the stutterer. Through relaxation exercises a conscious control is to be gained which will dispell stage fright and bring about a distinct, free controlled utterance that characterizes the speech of the normal, cultured person. The inextricable combination of the mental and the physical is most subtly recognized in the breathing exercises which are calculated to develop not deep breathing, but artistic breathing, and should be so used as to develop a physical coördination that will permit of simple and complex mental processes being performed without effort. The growth and progress of intellectual control gained by the right use of relaxation, breathing, mouth gymnastics and thinking exercises stands for poise.

The dominant note of the manual is character building. The speech defective must be taught how to overcome his selfconsciousness; how to strengthen his will to power; how to face the problems of life anew; how to concentrate upon one point at a time, and to do that manfully and with determination. He must get rid of his fear by putting some-