

States. Whatever he says on the subject, therefore, is sure to carry weight.

With the exception of the last eight chapters, this new book contains little that is new in the way of statement of fact or outline of argument. Its chief value lies in the restatement of familiar, but none the less important, facts and conditions, the presentation of new evidence in support of conclusions already well established, the emphasizing of sound practical policies, and, in particular, in the ingeniously worked-out analogy between immigration and the ocean tides. Much effort is well devoted to visualizing the statistical aspects of immigration so as to impress their significance upon the popular mind.

The latter portion of the book deals with the practical questions of today, the basis of a scientific national policy with reference to immigration, the significance of the European war, and particularly the matter of the literacy test. The treatment of this pressing question is, for the most part, admirable and logical, though the author allows himself one or two lamentable slips. Thus on p. 319 he says, "The literacy test is simply and solely a restrictive test and is proposed as such." The supporters of this measure who have labored to establish its desirability as a *selective* test, and who know the importance of emphasizing this aspect to those who make our laws, will regret this sentence exceedingly, and the fact that the author belies his own words in his general discussion of the subject, even in the same paragraph (cf. also, particularly, p. 342), will not prevent the enemies of the literacy test from using this statement as a telling weapon against it. On the whole, however, Dr. Warne supports strongly and logically the general argument for the more thorough selection, as well as the positive restriction, of immigrants. He lays a well-placed emphasis upon the menace to the standard of living of the American workingman involved in the immigration movement as it has existed in recent years.

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Straight America. By FRANCES A. KELLOR. New York: Macmillan, 1916. Pp. vii+193. \$0.50.

Straight America gives a forceful, incisive discussion of the lack of national integrity in the United States. In the suggested program for action military preparedness of a positive type is placed foremost. It is unsatisfactorily coupled with an argument for Americanizing the immigrant. The aim of the book is splendid, but the style of expression

is unnecessarily passionate at times, and is certain to arouse unduly the antagonism of the people who are most in need of its admonitions. To charge the average American with "supine patience, flabbiness, and stupidity" (p. 160) is, relatively speaking, a questionable indictment, and is not the best way to get the average American to act in regard to his obligations in behalf of national integrity.

In the strong chapter on "The Native American" the author distinguishes between Americanism and nativism and pleads for the Americanization of native Americans. The chapter on "America-made Citizens" ably points out the weaknesses in our conflicting and puerile attempts to Americanize the immigrant.

In the program for building up national unity Miss Kellor seems to put (p. 157) military preparedness first, the mobilization of industry for war activities second, and universal training for men and women in training camps, motor corps, Red Cross camps, health service, or in many other ways (p. 179) third. The fourth place is given to the Americanization of the immigrant and the native alike, while fifth and last in the program, international duty is mentioned but receives no comment whatever.

The present reviewer would have developed the idea of the Americanization of the immigrant and native first, military preparedness in a modified form he would have placed second, and international obligations he would have discussed third and at some length. Instead of stressing military preparedness, backed by a united America (p. 154), the reviewer would have emphasized the building up of a united America in spirit and action, backed by an efficient army and navy. In spite of the past lack of success of this plan, the reviewer believes that it is better than that of attaching an Americanization program to military preparedness propaganda.

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The Psychology of Relaxation. By G. T. W. PATRICK. Houghton Mifflin Co. Pp. viii+280. \$1.25.

The thesis which Professor Patrick propounds and defends is that the conditions of modern life are such as to result in "a rapid and extreme fatigue of the higher brain and an unusual and imperative demand for rest and relaxation" (p. 17). This conception furnishes the clue for his interpretation of play, laughter, profanity, the use of alcohol, and