

best seen in the strange anomalies of character, the general features of the mental dissociation and the narrowing of the field of consciousness, symptoms which are common to the two diseases.

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LA PSYCHOTHERAPIE DANS SES DIFFERENTS MODES. *By*
A. W. Van Renterghem, Amsterdam, 1907, pp 184

ACCORDING to the author of this interesting little monograph, the psychological treatment of disease can be grouped into three different classes: *First*, psychotherapeutics proper, in which we console and encourage the patient, arouse in him the hope of a cure and attempt to remove from his mind his anxieties and morbid ideas. *Second*, psychic and motor re-education. Here we appeal to the intelligence of the patient, explain and analyze his particular disease to him, eliminate popular medical fallacies from his mind, modify his general mental attitude and in addition train certain muscles or muscular groups along normal coördinated lines. *Third*, direct suggestion, in which we attack the symptoms directly and implant in the mind the psychic image of cure.

The author then passes to a detailed discussion of hypnosis and replies to the various criticisms which condemn hypnotic suggestion. He does not agree with Dejerine and Dubois in substituting persuasion for suggestion. As the result of his own long experience he reaffirms the absolute innocuousness and freedom from danger of hypnotic suggestion in the hands of properly trained and properly qualified individuals. In many of the neuroses, hypnosis is not only more effective than persuasion, but its use actually lessens the period of treatment. This is a point of importance as many nervous patients are liable to become easily discouraged during a long course of treatment. In hysteria, neurasthenia, melancholia, obsessions and hypochondriacal states, insomnia, phobias, etc. — treatment by suggestion is far more effective than treatment by persuasion. The author isolates his patient amid quiet and soothing surroundings and treats each patient individually contrary to Wetterstrand's practice. In spite of his criticism of

persuasion, he frequently combines it with suggestion, thus making the treatment more effective. Frequently he gives the patient the same suggestions before hypnosis (waking suggestions or psychotherapeutic conversations) as during the hypnotic state. He believes in prolonged hypnosis, for hours or sometimes days, a procedure which to us appears quite unnecessary and useless. Physiological procedures in the treatment of the psychoneuroses receive but scant mention. This gives to the monograph a very one-sided attitude.

The greater part of the monograph is occupied with abstracts of his cases — thirty-one in all. They appear to have been carefully selected, for in all recovery took place. The cases were treated both by hypnosis and psychic re-education and comprise not only the functional psychoneuroses, but even such distinctly organic disorders as trigeminal neuralgia and malarial fever. Analgesia by hypnotic suggestion was successfully employed in several cases, the operations ranging from tooth extraction to laparotomy.

From the standpoint of the purely clinical aspects of psychotherapy, this monograph is one of the most interesting that has come to our notice. In many of the chronic functional neuroses, however, the author places too strong a stress on suggestion and not sufficient on psychic re-education. To us this appears one of the strongest defects of an otherwise valuable monograph, for it is just in these chronic neuroses that psychic re-education furnishes the best results.

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BOOKS RECEIVED

- THE RIDDLE OF PERSONALITY, by *H. Addington Bruce*. pp. xiii, 247. 8 vo. \$1.50 net. New York. *Moffatt, Yard & Company*.
- A MIND THAT FOUND ITSELF. *An Autobiography*. By *Clifford Whittingham Beers*. Cloth. pp. viii, 363. *Longmans, Green & Co.* New York.
- THE ANIMAL MIND, a *Text Book of Comparative Psychology*. By *Margaret Floy Washburn, Ph. D., Associate Professor of Philosophy in Vassar College. The Animal Behavior Series. Volume II.* pp. x, 333. Net, \$1.60. New York. *The Macmillan Co.*
- THE PSYCHOLOGY AND PEDAGOGY OF READING, with a review of the history of reading and writing and of methods, texts and hygiene in reading. By *Edmund Burke Huey, A. M., Ph. D., Professor of Psychology and Education in the Western University of Pennsylvania.* Cloth. pp. xvi, 469. Price \$1.40 net. New York. *The Macmillan Company.*