similarities in evasion of and retreat from reality in individuals within and outside mental hospitals and he contrasts the reactions of patients with those of "normal" man and the mob. The last four chapters deal mainly with mental hygiene, and perhaps the most interesting of them is that on mental hygiene planning. But no systematic scheme is formulated; in fact the whole book is constructed on a basis of "random thoughts" and of speculations tentatively put forward. Such expressions as, "is it beyond the sphere of possibility?; it is somewhat doubtful; I should like to take gentle issue; one may be permitted the reservation; a not altogether illogical conclusion", occur repeatedly.

The suggestions for planning for mental hygiene are mainly of an educative type, with pleas for a more humanistic outlook and for investigations into the technique of child training with possibilities for psychoanalytical procedures in certain cases. (The author throughout approaches the subject of psychoanalysis as if it were a fiery steed that might carry him into danger.) He advocates greater honesty in facing conflicting issues and favourable environmental provision for those incapable of normal adaptation. He would like a less standardized and less extroverted civilization, and he continues: "There are not enough vistas which encourage thoughtfulness. First the capacity to think, then a few quiet places in which to think and finally some worthwhile things to think about. This would constitute the prescription of mental hygiene."

So while the reader may interest himself in musings of a thoughtful nature, though neither very original nor inspiring, the schematist will find little to satisfy him and still less to criticize.

H.C.S.

Psychiatric Clinics for Children: with special reference to State Programmes. By Helen L. Witmer. Commonwealth Fund. \$2.50.

Despite the experience of humanity since time began of the importance of "mind" in relationship to "body", public imagination has not yet been stirred to any great extent, at least in this country, by the greatest of modern adventures in the field of human welfare, that of psychiatry. This is perhaps scarcely surprising in that medicine has tended to deal with the physical state of the patient, to the detriment of the mental. But there is a growing tendency to recognize the unity of the mind-body relationship and it is to be hoped that the care of the sick will develop along these lines after the war.

Those to whom the subject and its practical application make an appeal will find in

Dr. Witmer's book an interesting survey of the developments in America in the field of psychiatry which led to the establishment of child guidance clinics.

The first type of mental disorder in children to receive attention was mental defect and neurological disorders and since these cannot be cured, the essential object is care and protection which has to be undertaken either in institutions or, in some cases, in their own homes. Secondly an attempt was made to deal with difficult children, especially juvenile delinquents, in the hope of preventing such children from becoming either insane or criminal. Finally Adolf Meyer showed the necessity for treatment of the child needing psychiatric help for his own sake, not merely for the benefit of the race or protection of society.

Dr. Witmer then goes on to examine various types of clinics in the United States and methods of administration. Many problems appear to have been unsolved, problems of staff, finance, variations in clinic objectives, mental hygiene education—so necessary if local support is to be forthcoming. Arising out of this survey, suggestions are made for the organization of clinics on the basis of function and it is this section that will appeal to those interested particularly in the future of mental health in this country after the war. It is considered that to establish clinics for the treatment of children who may possibly develop mental disorders, even were evidence available that such children can be picked out from their fellows, would tend to foster attitudes of fear and suspicion: that to organize clinics specifically for the prevention of delinquency might cause children to be labelled as potential criminals. The conclusion is drawn that the psychiatric programme can profitably aim only at the treatment of an existing unhappiness rather than at the prevention of some impending disease or misconduct, although such desirable results may not be impossible as an incidental consequence. A clinic offering a service of this kind has to consider whether it can open its doors to the feeble-minded—whether the parents and patient can utilize the clinic's help. From the review of the evidence it would appear that many defective children could be helped to adjust to life outside an institution.

An excellent exposition follows of modern child guidance and a short section is included on the training of staff. The final chapter is devoted to a discussion of the problem of a psychiatric service for small communities and it is emphasized that the possibilities of psychiatric work will be greatly enhanced when the psychiatric point of view has permeated the various agencies in the community.