

true courage gained. He reveals by abundant and everyday illustrations that primitive childhood fears lie secretly in the mind of civilized adult man and he indicates how the enemy plays upon these fears with childish tactics. Rumour, for instance, is a grown-up fairy tale. The author likens human beings to bombs and describes the manifestations of anxiety and mental distress as the explosions from within the mind of the primitive terrors of infancy.

The second part of the book deals with the management of these fears by mental first aid and, more importantly, self-aid whereby the individual learns to accept his responsibilities and to face danger honestly. Dr. Glover differentiates between hate and anger and between healthy and unhealthy hate, showing that with this awareness man can restrict its evil influence and give effective expression to its drive. Finally he has insisted that everyone should become aware of his fundamental values and he suggests that the war-cry should be "Truth" in our crusade against physical and mental violence. That Dr. Glover does not rest content with having exposed the mechanisms of fear, but has shown how courage can be attained and has indicated what are our aims in life, is the best criticism of his book. For these times demand a book such as this which speaks of our own feelings and tells of our own experiences in simple language and with homely illustrations, thus bringing to the ordinary person the profundities of psychological thought which after all, as the author states, are really a sort of special common sense. L.M.M.

The Theory of Occupational Therapy. By Norah A. Haworth, M.A.(Cantab.), M.R.C.S., L.R.C.P., D.P.M., and E. Mary Macdonald, Principal, Dorset House School of Occupational Therapy. Foreword by Sir Robert Stanton Woods, M.D., F.R.C.P. Baillière, Tindall & Cox. 6s.

This book is written by two experts who have happily combined their respective knowledge and experience—Dr. Haworth as a psychiatrist and Miss Macdonald as an experienced Occupational Therapist.

The preliminary chapters give a summary of this form of treatment from very early times and also stress some important points in the rationale of more modern methods. It is indicated that the aim of Occupational Therapy is primarily the restoration of function—in orthopaedic cases the function of joints and muscles, in mental illness the disordered functions of mind. In the latter case this is done by helping the patient to resume contact with reality, by restoring self-confidence and by developing lost initiative. In

all cases, both mental and physical, the greatest benefit is obtained from the diversion of the patient's thought from his own disability into channels which are interesting and useful.

Throughout the book it is made obvious that in order to give the treatment its full value there must be perfect co-operation between the trained therapist who directs the department and doctor, matron and nursing staff. Ideally, the doctor himself should be conversant with the various handicrafts and their application to different forms of illness; he is then in a position to send to the therapist a prescription for each patient, indicating in a general way the type of work required and the capacity of the patient. The nursing staff, too, should have special training in the theory and practice of the treatment. It is most essential that each patient's work should be constantly capable of re-adjustment in order to prevent its becoming either too easy and therefore monotonous, or too difficult and therefore fatiguing. This is particularly the case in acute and convalescent cases.

Chapter 2 gives a clear and helpful description of the more common forms of mental disorder, with the type of work best suited to each. There are also some excellent practical suggestions as regards organization and equipment. Under this heading more emphasis might have been laid on the importance of environment in a room designed for handicrafts. However, this is well illustrated in Plate II, which depicts the type of room required.

Chapters 3 and 4 deal with Occupational Therapy as applied to tuberculosis, cardiac disease and orthopaedic and surgical cases. These chapters should prove of great assistance to nurses, masseuses and others who are at present engaged in the treatment of war casualties.

Finally, there are several pages devoted to such considerations as finance, equipment, the purchase of apparatus and tools, and the ways in which an Occupational Therapy department can be self-supporting without in any way defeating the main object of the treatment, namely, the patients' welfare. In this connection some very good hints are given on the use of waste materials which can be converted into useful and artistic articles. The book will be welcomed by many as a comprehensive and reliable guide to the practice of a branch of treatment which is of the utmost significance and interest. A.M.

The Social Aspects of Crime in England between the Wars. By Dr. Hermann Mannheim. Allen & Unwin. 18s.

Dr. Hermann Mannheim is to be congratulated on this careful study and criticism of the