

## Reviews

### PSYCHOTHERAPY

*The Therapy of the Neuroses and Psychoses.* By Samuel Henry Kraines, M.D. (Pp. 512. 25s.) London: Henry Kimpton. 1941.

This book has the merit of concentrating on what most books tend to put into a secondary place—namely, treatment—and for this reason it should appeal especially to the practitioner and the student. The accounts of treatment with which it is mainly concerned are such as might, with a reasonable amount of time at his disposal, be used by the family doctor. The author's chief methods might even be described as those of common sense.

For a variety of reasons psychotherapy has tended to depart in recent years from the obvious. Much has been hoped for from psycho-analytic methods, and a good deal if not all that has been hoped has been fulfilled. To the uninitiated there is a promise in psycho-analytic methods of something like magic in the removal of symptoms by a performance akin to a surgical operation, with the minimum onus on the patient, and perhaps not demanding much more of the doctor than a capacity for sustained attention and some intellectual dexterity. They have the appearance of taking responsibility away from the patient and leaving the cure to the efforts of the doctor, or at any rate to Nature, with the doctor acting as a kind of psychological midwife. But the unique success of the Freudian method in certain cases, as well as the vast panorama of psycho-analytic observation and theory generally, has caused the influence of factors other than complexes and the like in producing breakdown to go out of fashion. The effects of pernicious upbringing, of misguided types of education for life, and of the accumulation of faulty habits are unsensational, but they are probably more often the cause of psychoneurotic illness than is nowadays suspected.

Dr. Kraines undertakes the task of treating his patients from this point of view, and seeks to retrain them in their habits and attitudes by teaching them to observe themselves, to control their more selfish or more primitive impulses, to adopt a rational rather than an emotional attitude, and to reorganize their lives in the light of an analysis of their character and behaviour. Conscious rather than unconscious factors are stressed throughout, although there is a purely descriptive chapter on Freudian theory appearing rather uneasily at the end of the book. Emphasis is laid on the need for control rather than on emancipation through recapitulation and catharsis. It is true that some of the advice seems very obvious, almost distressingly so in the section headed, "Therapy of Stress by Removal: Financial Assistance the Best Therapy, especially in the Case of Actual Want." How often has even the novice had this glimpse!

### LEUKAEMIA IN ANIMALS

*Spontaneous and Experimental Leukaemia in Animals.* By Julius Engelbreth-Holm, M.D. (Pp. 245; illustrated. 15s.) Edinburgh and London: Oliver and Boyd. 1942.

The monograph on *Spontaneous and Experimental Leukaemia in Animals* by Engelbreth-Holm has been written at the request of the scientific advisory committee of the Lady Tata Memorial Trust and is published under the Trust's authority. The translator and the scientific committee are to be congratulated on the lucid style of the English, while the Trust and the publishers are to be congratulated on the production of so well-printed and well-illustrated a book at so reasonable a price. Its appearance at the present time is peculiarly appropriate because in more senses than one it marks the end of a period. It summarizes research which had gained a fresh impetus since the inception of the Trust's work in 1932, and it is characteristic of the truly international outlook of the Trustees that the book should have been written by a Dane and produced in England with the support of a Trust founded by an Indian. That international outlook is for the moment obscured, but when it clears again this monograph will serve as an indispensable guide for the resumption of research on the leukaemias. It describes the occurrence and morbid appearances of leukaemia in a great number of birds and mammals. It is not generally known that leukaemia occurs with sufficient frequency in fowls and cattle

to constitute at times a serious economic problem. Transmission experiments have shown that certain varieties of fowl leukaemia can be transmitted by a virus, and there is suggestive evidence that one and the same virus may under different conditions produce leukaemia or sarcoma. In mammals leukaemia can be transmitted only by transplantation of cells, but in the mouse pure strains can be bred in which the incidence of spontaneous leukaemia is 90%. Leukaemia may also be initiated by carcinogenic agents. Thus the same factors are of importance in leukaemia as in neoplasia—virus, heredity, and chronic irritation. It is probable that research on leukaemia would have taken a more chemical trend under the stimulus of recent work on the chemistry of the viruses and the genes. For this we may now have to wait till after the war, but veterinarians, haematologists, and experimental pathologists will be permanently indebted to Engelbreth-Holm for his able record of the progress to date.

### TREATMENT OF SHOCK

*The Treatment of Shock.* By R. W. Raven, Major, R.A.M.C. Oxford War Manuals. (Pp. 96. 5s.) London: Oxford University Press. 1942.

Shock in its various forms is a central problem of war medicine and surgery. The intense interest of practical surgeons and the zealous investigations of research workers in all branches of medical science have done much to advance our knowledge of this complex subject, both in the last and in the present war. It is eminently desirable that accurate and up-to-date information be made readily available to medical men serving on our various war fronts. Had this manual fulfilled these requirements it was assured of a warm welcome. Unfortunately these hopes are disappointed.

Following a satisfactory introductory chapter in which Blalock's excellent classification of shock into neurogenic, haematogenic, vasogenic, and cardiogenic is quoted, the author lapses into the old unsatisfactory subdivision of primary and secondary varieties. The clinical description of shock is poor—e.g., the mental state is described as follows (p. 14): "There is apathy, stupor, delirium, and unconsciousness." Many incomprehensible statements occur such as, "Excessive pre-operative medication, especially in aged patients, may precipitate a condition of shock from which there may be no recovery" (p. 8). Misstatements are frequent even on important and crucial matters. To say that losses of 4.5 or 5.1% of the total blood volume cause death (p. 20) is obviously incorrect, and even Keith's finding that the patient's condition was grave when blood volume was reduced to 85% (p. 22) has been completely upset by recent work: Wallace and Schafer showed that blood loss in man of 1,200 c.cm. (25% of the total blood volume) was well tolerated. Brennan's claim that plasma transfusion washes side-tracked corpuscles into circulation again is accepted uncritically. The section on oxygen therapy is confused by failure to comprehend the underlying physiological principles. Haemoconcentration, which only occurs in burns and crush injuries, is given undue prominence in discussion. Even the available case reports of the last war show that haemoconcentration rarely occurs in the shocked patient.

The technical details of transfusion are adequately described, and there is a good bibliography.

### BORSTAL THROUGH AMERICAN EYES

*Criminal Youth and the Borstal System.* By William Healy, M.D., and Benedict S. Alper. (Pp. 251. 8s. 6d. net.) New York: The Commonwealth Fund; London: Oxford University Press. 1941.

It takes a foreigner to appreciate our institutions to the full, and one of the best existing books on the Borstal system has now been written by two Americans, both with long experience of practical criminology. It seems that the methods used in the United States for dealing with youthful offenders leave a good deal to be desired. Although in theory reformatory treatment is provided for younger criminals, American reformatories are only prisons under another name, and the system has shown no appreciable success. Dr. Healy was convinced of the value of the Borstal system by an observation of it which he made in 1929. In 1938 he made a second study for the American Law Institute, and the war cut short a third intensive study financed by Mr. J. D. Rockefeller, in which Mr. Alper took part. The authors are therefore well qualified to write