

desire for disablement, for a "Blighty" wound, or for some disabling illness. It is a striking fact that officers are especially prone to the occurrence of anxiety states, while privates are the chief victims of hysterical manifestations. Dr MacCurdy explains this fact by differences of education and responsibility which produce a different mental outlook towards the two chief means of escape from the rigours and horrors of warfare.

One of the most pleasing features of the book from the practical and humanitarian points of view is to be found in its attitude towards prognosis and treatment. Coming direct from practice with the neuroses of civil life, Dr MacCurdy was especially struck by the amenability of the war neuroses to treatment, provided this treatment is of the right kind.

In the early stages of the war the treatment used in this country was largely dictated by the physical conception of the neuroses and consisted chiefly in the prescription of massage, electricity and drugs. Where these remedies acted as means of suggestion, they did a certain amount of good in many cases, but too often they merely accentuated the disease, and even produced new manifestations, by encouraging the patient to believe in the physical character of his condition. The noxious influence of the uncritical administration of drugs is well brought out by Dr MacCurdy's observation that "in those hospitals where reliance is placed chiefly on drugs there is a constant difficulty in combating insomnia, whereas the difficulties are much less in those institutions where drugs are largely taboo."

While Dr MacCurdy holds that hypnotism and suggestion may be useful in demonstrating to the patient that lost or disturbed functions are not vitally affected, he sums up strongly against the general employment of these measures as therapeutic agents. He attaches great importance to the line of treatment, which following Captain W. Brown may well be called "autognosis," in which the patient is given insight into the processes by which his state has been pro-