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Book Reviews

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BOOK REVIEWS

MENTAL ILLNESS; A GUIDE FOR THE FAMILY, by *Edith M. Stern*. New York: The Commonwealth Fund. 1942. Pp. XVII plus 134. \$1.00.

It is well that this book has been written. There should be a companion book as a guide to the families of boys and girls whose socially unacceptable conduct will sooner or later place them in reform schools, and of men and women who will graduate into penal institutions. It explains to the families of those who are obviously guilty and those who undoubtedly will be adjudged guilty, what to expect and what to do at every stage, e.g. arrest, police studies, county jail pending commitment, trial, appeal, probation, visits, parole hearings, parole, discharge, rehabilitation, and readjustment.

Mrs. Stern's book guides the relatives when a member of the family becomes mentally afflicted. It tells what they should do or expect at every stage of court procedure and hospitalization and after discharge.

It oscillates between general and specific information and advice. It is provincial; e.g. rarely except down East do private sanatoria charge from \$75.00 to \$200.00 a week; America in general is more tolerable than that.

The book is gently written, but it speaks with undebatable authority. If wisely used it will ease many heartaches and sooth many anxieties while dispelling much ignorance and mythology.

H. S. HULBERT

CHICAGO

A HANDBOOK OF PSYCHIATRY, by *P. M. Lichtenstein* and *S. M. Small*. New York: W. W. Norton and Co., Inc. Pp. 33, \$3.50.

This book is too long to be a handbook, for instead of definitions it has descriptions. Being a small book on a vast topic its descriptions are necessarily brief. Its sixteen chapters are well subdivided. Its illustrative case histories are not too numerous and are well chosen. The bibliography at the end of each book is full but is only a list without comment or evaluation.

It does not pose as a text book, nor is it an attempted justification for any theoretical approach to psychiatry. It is a most readable book from which men who are scholars in their own fields may get an observational acquaintance with the multiple facets of psychiatric states.

LT. COM. BENGT NORMAN BENGSTON,

GREAT LAKES, ILL.

STUDIES IN GOVERNMENT AND INTERNATIONAL LAW, by *James Wilford Garner* (*John A. Fairlie, ed.*) The University of Illinois Press, Urbana (1943), Pp. viii, 574, \$7.50.

This compilation of the short works of a most distinguished political scientist is a storehouse of carefully selected factual data and stimulating interpretative analysis covering a period of writing from 1901 through 1938. Expertly edited by Dr. John A. Fairlie to provide continuity, Professor Garner's "Crime and Judicial Inefficiency" (1907), "The Reform of Criminal Procedure in the United States" (1914), and "Punishment of Offenders Against the Laws and Customs of War" (1920), have a direct and important relevancy to contemporary problems in the field of criminal law administration.

Although the first two works are separated by a span of seven years, the author's thesis is identical in each—that the inefficient administration

of the criminal law in the United States has been due to the stubborn retention of a cumbersome and antiquated procedure that sacrificed justice for technicality. In contrasting the simplified and inexpensive procedural devices of the English system with the inflexible and costly methods of the United States, Dr. Garner vigorously called for reform in the drafting of indictments, the impaneling of juries, the admissibility of evidence, and the position of the judge in jury trials. Unfortunately, the degree to which his proposals have been realized is small, and administrators in the field of criminal law should take renewed cognizance of his blueprints for reform.

In "Punishment of Offenders Against the Laws and Customs of War" (1920), Dr. Garner brought into sharp focus some of the legal and political problems involved in relating individual responsibility for criminal acts committed during war to the general policy of punishment of war criminals. The military law of England, France, Germany, and the United States did not resolve the conflict of concurrent versus exclusive jurisdiction in punishing war criminals in World War I, nor decide whether retribution should be visited on the soldier who committed the crime, the officer who gave the order, the commander from whom it emanated, or all of them. Dr. Garner's study bears close scrutiny by those who will be entrusted with the administration of justice with respect to war criminals in the aftermath of the present world conflict.

NORTHWESTERN UNIVERSITY

WILLIAM S. STOKES

PAROLE DIRECTORY, by *Helen D. Pigeon*. New York. Amer. Parole Association. November, 1943. P. 80. Price \$1.00.

This useful booklet includes a brief digest of the pardon and parole laws in the various states and a foreward by Mr. Sam A. Lewisohn. In the introduction is a summary of the current national situation as it respects the administration of parole of both adults and juveniles. Probation is included when it is a part of the function performed by the paroling or supervising authority.

At the head of each section (for Alabama, e.g.) is a brief statement concerning the administration of pardon and parole in the state concerned. This is followed by the name and address of the agency or official that holds authority for pardon and parole. It was not possible, in every instance, to include the names of all official personnel because the emergency of war makes great and frequent inroads.

Officials who have relations with other than their own states in respect to parole need this little book.

Evanston, Ill.

ROBERT H. GAULT

AN INTRODUCTION TO GROUP THERAPY, by S. R. Slavson. New York: The Commonwealth Fund, 1943. Pp. 352. \$2.00.

The value of group experience in modifying the behavior and attitudes of delinquent or neurotic children has long been recognized. Slavson's book is not only a contribution to knowledge of the dynamic factors which operate in the success or failure of group treatment; it is a well written, carefully analyzed, specific theory of group therapy, based on a method which has been in use by the Jewish Board of Guardians in New York City since 1934. Criteria for the selection of children, the qualifications of therapists, as well as various aspects of the therapeutic process itself are fully discussed. Case reports on individuals and detailed accounts of group meetings make it possible for the reader to follow the method in action. "Group Therapy" utilizes principles of relationship which are proving their worth in individual treatment, thus making way for an integration of group and individual approaches. The book marks a significant advance beyond vague generaliza-

tion about the value of games and recreational activities, toward the scientific understanding of a potent process which can be directed and controlled to meet the needs of certain individuals.

HELEN SARGENT

Northwestern University
Evanston, Illinois

INTRODUCTION TO THE PSYCHOANALYTIC THEORY OF THE LIBIDO; by Richard Sterba. Nervous and Mental Disease Monographs No. 68. New York, 1942. 77 pp. and index.

The author hails from the circle of disciples surrounding Freud during the last two decades in Vienna. He states the purpose of this booklet very clearly; it is to remind again both analysts and general public of the original theory of the libido as formulated mostly by Freud and Abraham. This theory, some analysts are lately inclined to cast into oblivion, replacing it by sociological speculations, a development the author views as a real danger to psycho-analysis comparable to the secession of Adler and Jung 30 years ago. Thus this booklet is bound to meet opposition not only on the part of the "culturists" but also from those who want matters of mind to be dealt with by purely psychological methods and terms. They might find the author's approach too "biologistic." From this standpoint one could doubt, f.i., whether the physical urge to empty the bladder—together with its psychic representation—is an appropriate example of an "instinct." (p. 7.) This minimizes the *object* of an instinct to a degree of irrelevance and disregards entirely the fruitful "field" idea in modern psychology.

Aside from such debatable points the reader will find a clear and concise exposition of the main libido theories illustrated by well chosen case material. After defining "libido", "instinct" and its four characteristics, viz. "drive" ("the author's translation for *Triebstaerke*), "aim" (the re-establishment of a neutral state of non-excitation), "object", and "source" (chemical processes in a somatic organ), the author proceeds to discuss the so-called "perversions" as constituent elements of normal human sexuality. The largest part of the treatise is devoted to the developmental history of infantile sexuality. There follows a brief discussion of latency and puberty.

Particularly clarifying are the author's definitions and discussions of: 1) "Ambivalence" (29 f.) meaning not only "being friendly and hostile toward the same object at the same time", as it is commonly used, but also the simultaneity of the active and the passive aspect of the same instinct, e.g. the desire to look and to be looked at (voyeurism and exhibitionism). 2) "Object-cathexis" (37 f.), i.e. charging of intrapsychic object-representations (ideas, concepts, memories, images, etc.) with psychic or libidinal energy. 3) "Narcissism", i.e. the cathexis of the inner representation of the self with libidinal energy, as differentiated from auto-eroticism which signifies the use of one's own body for sexual satisfaction, without an external object.

In the chapter on "The Vicissitudes of the Instincts" the author discusses the defense of the Ego against the instinctual forces, limiting himself, however, to the mechanisms of "reversal into the opposite", "turning against the self", "sublimation" and "repression". He expounds the importance of the instincts for both character formation and neurosis. The book can be warmly recommended to anyone intending to familiarize himself with the psychoanalytic libido theory from a reliable source, without going through the difficult task of ferreting out the original articles and books.

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G. PIERS, M.D.