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Book Reviews

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BOOK REVIEWS

EMOTIONAL MATURITY: THE DEVELOPMENT AND DYNAMICS OF PERSONALITY. By Dr. Leon J. Saul. J. B. Lippencott Co., 1947, Pp. 338. \$5.00.

This book is written from the analytic viewpoint. The case material is confined largely to service personnel of the recent war. It gives one good insight in simple language of the analytic concepts of the major forces in the development of personality disorders and neurosis. Basic mental mechanisms, the role of infantile and childhood experiences and parental attitudes in adjustment and personality development, are elucidated. The strivings for love, appreciation, acceptance, and independence in personality development are stressed. These are as necessary for the proper functioning of the individual as a balanced diet.

A neurosis is a way of reacting that follows earlier childhood or infantile patterns. The nature of neurosis is reaction to stress upon vulnerable points and fight-flight reactions along the line of childhood patterns. Since everyone has some emotional problem everyone has some of these ways of reacting. Individuals are often defeated by contrary self obstructing tendencies within themselves. Man's hostile aggression is so quick and brutal it is the most difficult part of his nature to socialize.

A man is normal because he is in a situation in which he fits. Neuroses are basically the result of quantitative shifts in emotion and there is no sharp line between the neurotic and the normal. Stresses may stir up long standing emotional reactions which previously were under control.

The book brings out the role of unconscious hostilities in the maladjustment of individuals and large groups of people. It stresses the importance of traumatic situations and experiences in the genesis of neurosis. All people are children underneath like the iceberg, five-sixths of which is submerged under water. Adults never get over being children and needing parents. The parent tends to repeat toward his partner and his children the treatment he received from his own parents and also his reactions to this treatment.

Rejection may come to have the significance of punishment for guilty impulses or behavior. The guilt arises usually from anger and hostile aggression generated by the traumatic situation. Feelings and attitudes are frequently projected into other people. Important factors in breakdown are how the individual handles his own reactions, how strong his forces of control, how sound his judgment and how firm his will. An individual's pride may be so hurt by the mere fact of his symptoms that a new conflict develops because of this. It is inadvisable to try to argue an individual out of beliefs stemming from emotional needs. Emotionally determined convictions do not yield to reason for they gratify powerful emotional needs.

A soldier may literally go through hell itself in combat without breaking down as his emotionally vulnerable spot has not been touched. The same soldier will break down in civilian life under stresses which most men would successfully withstand. Therefore the man apparently untouched by the most harrowing military experience is not always the best balanced one. The book brings out also the physiological effects of emotional tension.

Treatment depends upon understanding the person, the stresses upon him and how he is reacting to them. In therapy the individual is desensitized. He is helped in a safe situation to face the formerly disturbing

memories and scenes. There is some repetition in parts of the book, particularly as to the role of hostility and guilt feelings. The title is rather misleading in that it gives no indication that the case material deals largely with the war experiences of the author. The language in the book however, is simple and it is easy to follow. The material can be grasped by the non-psychiatric trained individual and should prove very educational. I take pleasure in recommending this book.

Atlanta, Ga.

HARRY R. LIPTON, M.D.

BARBED-WIRE SURGEON, by Albert A. Weinstein, M.D., The Macmillan Company, New York, 1948, Pp. 310, \$3.00.

The author of this book was a major in the United States Army Medical Corps who was captured by the Japanese in April in 1942. He spent three and a half years as a P.W. in prison camps under varying conditions. In the author's own words, "This is a story of a group of doctors, dentists, nurses and medics who continued to fight the Japs after the surrender of Bataan and Corregidor. They were fighting battles in which flattery, knavery, infinite patience and painfully acquired knowledge of Jap psychology were the only weapons in their struggle to keep a spark of life flickering in their fellow prisoners"—for 40 months.

Major Weinstein's book possesses three noteworthy aspects, it describes in graphic detail the brutal and sadistic treatment of Allied P.O.W.s under the Japanese, the ability of these prisoners to sustain themselves and the difficulties and problems of carrying on medical work in a prison stockade. The book is filled with accounts of the work and efforts of individual prisoners, some living and some dead.

After the capture the prisoners reacted as most P.W.s by criticizing the War Department and the Army for not sending support in the campaign. Also typical of all P.W. stockades in the initial stages, there was "no food and no facilities for preparing the food" if it were available. Because of the high death rates the Japanese increased the rice ration slightly, but with all this men still suffered from diarrhea, Pellagra and intestinal disorders and the inevitable Beriberi. "Heart-broken by defeat, bodies broken by the Nips on the march, hungry, overwhelmed by their isolation, with no hope of immediate recapture, it was easy for men to turn their faces to the wall, refuse rice and water for 48 hours, and pass away." In such conditions death became the norm and in 12 weeks 27,000 Filipinos and 1,700 Americans were "deliberately and maliciously" crucified by the Japs. After these initial losses behind the barbed-wire food improved so that deaths dropped from 550 per day to 500 a month. The decrease was due more to the fact that the weaker died first rather than the actual improvement of the conditions.

Because of the large numbers of escapes, especially among the Filipinos, the Japs divided the American medics into groups of ten "Blood Brothers" so that if one escaped the other "Blood Brother" was shot. In addition the P.W.s were forced to set up their own system of guards inside the barbed-wire enclosure to prevent escapes. As the imprisonment dragged on the isolation began to show on the prisoners for they either "moped around by themselves or spit like cats at each other." Men refused to improve their own condition although primitive means for doing so were available. When conditions were at their worst some

few medics organized simple entertainment which helped many men and brought them out of "being sorry for themselves." This together with light work details pulled many men together.

Dr. Weinstein describes the effects of privation, isolation and disease on his fellow prisoners. They became hypercritical and found it difficult to tolerate "the presence or conversation of even their best friends." Starvation and prison life forced the chronic alcoholics to live without their drinks but the few drug addicts somehow managed to get a minimum of narcotics at a high price. Tobacco usage caused men to trade their pittance of food for tobacco, resulting in death. As for the sex problem in these P.W. stockades the author says, "Sex cannot compete with food privation."

In order to obtain the basic necessities of medical supplies and food the prisoners played on the vanity and the ego of the Jap administrators rather than insist on the care of prisoners as provided by the Geneva Convention. Seldom, if at all, do P.W.s gain much from their captors by referring to their rights "guaranteed" under the Articles of the Geneva Convention. Jap Prison stockades were operated by men or beasts and not *under* Rules of Land Warfare or the Geneva Articles. Under such conditions P.W.s gained certain objectives through deceit and knavery rather than by demands of justice.

Throughout the book the author recounts scenes in hospitals and operating "rooms" always under the eye of the Japanese who wanted to learn about American Medical practices from the prisoners they scorned and abused. Major Weinstein's book is valuable reading for those interested in Japanese Military psychology, American ingenuity, medical work in a P.W. stockade and prisoners of war in general.

Iowa State College

WALTER A. LUNDEN

TELL THE WEST, By Jerzy Glicksman, The Gresham Press, New York, 1948, Pp. 358. \$3.75.

The author of "Tell The West" is a native of Warsaw where he studied and practiced law until the recent war. He served as a member of the Committee of the Jewish Socialist Bund and as a representative of the Socialist Bund in the Warsaw City Council. With others at the outbreak of World War II the author fled eastward to avoid the Nazi forces hoping to find some assistance from the Communist leaders. He believed that since Polish Socialists had been working for a "People's Common Front" the Russians would give him refuge. The Russian Secret Police, NKVD, were not convinced and arrested Glicksman because some of his relatives had made derogatory remarks about the Communists and he himself had said nothing in favor of them. From this charge he was released but later arrested, "Tried" and imprisoned because he tried to cross the border illegally with the aid of peasant smugglers. The book recounts the author's experiences in the prisons and Corrective Labor Camps of the Soviet Union scattered from the Polish Border to Archangel. In due course of time he was released and reached the United States with the assistance of friends.

The author states that he wrote the book because his fellow prisoners urged him to "Tell The West" about conditions within Russia, the brutality of the Secret Police and the conditions in the Slave Labor Camps. In a very interesting manner Glicksman relates how in 1935 he visited Russia on a conducted *Intourist Trip* and how he was impressed

with the progressive and enlightened correctional program of the Soviet government. The conducted tour so appealed to the Tourists that some of the ladies "wept with appreciation" and joy that a country had become so humane and advanced in correctional work. The Intourists guide explained that the Soviet Union did not fight crime by "means of harsh police methods like your capitalistic countries, but through proper education." Five years later as a prisoner, the author had a different experience with the Secret Police and found the Soviet prisons and labor camps quite otherwise.

Apart from the purpose which the author has in writing "Tell The West" the book depicts prison and *lager* life in detail. He explains the local, regional and overall organization of the Slave Labor Camps scattered throughout Russia showing the "special" methods accorded the "wild juveniles" and the treatment of the Politically dangerous persons. The Slave laborers, criminals and political prisoners, work in the factories, on the railways and road constructions, the waterways and lumber camps all of which produce "units" to fit into the overall plan for building a "greater Russia."

The book is replete with accounts of the meticulous search methods of the NKVD, the Secret Police and their brutal treatment of inmates. He states that there is little difference between the enclosed prisoners with armed guards and the population in the open walled prison, Russia, controlled by the NKVD.

While the Slave Labor Camps are technically administered by the NKVD police system, the actual control and operation of each camp is usually in the hands of some criminal selected by the Russians. These criminals ranging from murders to White Slave Traders set the programs and internal policies of the respective camps. The inmates of the camps in one place were prohibited from reading the Communist newspaper *Pravda* because "the serious articles were sometimes received as humorous columns" and "the listeners now and then interrupted my reading by shouting sarcastic and witty remarks." This behavior was considered Anti-Soviet propaganda.

The author describes the mental and physical conditions of prisoners suffering from isolation with no contact from relatives, friends and others. Sanitary and health conditions were at the worst and 60 men were housed in rooms built for 20 persons. The incorrigible prisoners and the S.O.E., the Socially Dangerous People, who might commit offenses in the future were transported to isolated regions in the north to work in lumber camps, on highways and construction work. The author reveals the corruption within the Russian administration of the labor camps as well as the criminal activities which occur within the prison camps. Over and over he relates the inability of the Russian guards to count prisoners.

In general the book is significant for two reasons, it describes the Russian Slave Labor system and reveals how the prisoners live or die under it.

Iowa State College.

WALTER A. LUNDEN

NUREMBERG DIARY. By G. M. Gilbert. New York: Farrar, Straus and Company, 1947, Pp. 471. \$5.00.

This diary of the U. S. prison psychologist before and almost daily during and after the Nuremberg Trials is excellently written, well

printed and bound. Professor Gilbert is thoroughly at home in German language and idiom, in German history and culture. His opportunities for observation of the cracking up of the personalities of the accused and tried Nazi leaders were great, and his observations were keen. His conclusions stand scrutiny.

The book is not easily reviewed. Is the reader interested in knowing the size of the leaders of Nazi Germany? They were either little men or they were narrow men, and many were deviates. A nation with a constitution impregnable to dicta, governed by laws and not by men, and with two parties in elections alternating in administration, and with a free press could never have retained such leaders. But the only way to force a change under a dictatorship is assassination. That was prevented by two means, a ruthless strongly biased Security Police and by the *Fuhrerprinzip* (Leadership principle). Is the reader interested in the types of personality available for study, and the ways they met the strain of a protracted trial? Then this is a *must* book. It is regrettable that the Big Five were not available for such a study, viz. Hitler, the *Fuhrer*, himself, Bormann, his lieutenant in governing the Party, Himmler, the chief of the Gestapo police, and Robert Ley the State Labor leader. Krupp was senile and Ley was in an agitated depression (going insane) when he suicided.

Psychological (IQ) tests showed none on trial was superior. (This reviewer wonders how bright were the Americans guarding them who were outsmarted by the suicides.)

Three historical moments were discussed by the German generals and admirals: one was that Germany was not militarily able to force her way onto Czechoslovakia if England and France had not given way and signed the Munich Pact; and that Germany was not militarily able to hold the Ruhr when she first seized it after denouncing the Versailles Treaty; and that while Germany was first fighting in Poland, England and France with their 110 divisions could have swarmed over Germany's 23 instead of sitting behind the Maginot Line. Von Rundstedt's attack against American lines was hopeless from the start because of lack of reserves of men and equipment (and, this reviewer states, because Americans, being devoid of awe, are not frightenable as are the Germans and as the Germans of course expect others to be).

Captain Gilbert visited the accused in their cells almost daily during the trial, observed them in the court room, and visited them week ends. Thus he got from each his reactions to the accusations and their build up for their respective defenses and their interactions with each other and the points of view of each and his defenses. No one denied the jurisdiction of The Tribunal and Its Charter for the German forces and the German people had surrendered unconditionally. They all said that a public legal trial with full opportunity for defense would never be granted by them. It is like a slow-motion moving picture, each frame with its description: first the events summarized in italics and then what these men said and showed. The whole shows personalities almost naked: they were gods with feet and knees and bodies and up to the top of their heads of clay and mostly poor clay at that. Prussian militarism is a lowly, strict religion. Propaganda and emotion and blood lust and greed and ambition and a dumber-than-blind followship to the gangster leader characterized the politicians. True honor was absent, false honor in the dishonorable for the dishonorable, according to the author. Many were

more or less ignorant of the atrocities they as a group engendered and permitted.

We criminologists had hoped we would get deeper insight into the criminal mind by such a study as this. Alas, No. Why Not? Because of the guilt each had. Some day we hope someone will make a study of the guiltless among prisoners before and during and after their trial, such as political prisoners in a concentration camp. From them, penology may learn what imprisonment does do without the reproach and awareness of guilt, and having learned can improve our penology *per se* as well as attempt to manage the personality changes due to guilt plus segregation.

A splendid and unique book. It is highly recommended to civilians and the legal profession, to the military, and to students in future years.

Chicago

HAROLD S. HULBERT

TEN YEARS' LEADING CASES ON EVIDENCE—1936-1946. Being a Third Edition of H. J. Schlosberg's "S.A. CASES AND STATUTES ON EVIDENCE." 2nd Edition 1936 and supplementary to it. By Henry John May of Gray's Inn, London, Barrister-at-Law. Assisted by Phillip Maurice Wulfsohn, B.A., LL.B. (Rand), Solicitor of the Supreme Court of South Africa. Juta and Co., Ltd., Cape Town and Johannesburg, 1947. Pp. XI, 84.

There is an old adage that good things come in small packages. This volume on the rules of evidence as applied in South Africa contains twenty-seven brief chapters. Each chapter highlights a leading case or two, illustrating its scope. About 500 cases in the footnotes fortify this survey from 1936-1946.

It is interesting to compare the decisions of South Africa with those of other jurisdictions. For example, "It is a salutary rule of South African practice that the evidence of persons accused of the same crime as that charged against an accused should not be admitted against the latter until they have been sentenced," * * * whether a court could order a child to submit to a blood test in a paternity dispute * * * can a conviction be upheld on a confession or plea of guilt without other proof of the offence * * * the evidence of a traffic inspector was admissible as to the speed of a vehicle where it was based on observation and timing with a stop-watch * * * after a conspiracy has fructified the subsequent writing of a conspirator, is not admissible against a co-conspirator * * * Wigmore on Evidence cited in a case involving the so-called rule of recent possession of stolen property.

This handy volume has a workable index that facilitates comparative study. For instance, a person might be interested in checking the recent ruling which upheld the validity of an Indiana statute by virtue of which the Indianapolis police department refused to return *finger print* files of a defendant. He was found not guilty of a misdemeanor.

It is time to conclude, as this review is "Rather to excite your judgment briefly than to inform it tediously."

De Paul University

JOHN W. CURRAN

NANCY KEEPS HOUSE, By Helene Laird: World Publishing Company, Cleveland, 1947, 189 Pp., \$2.00.

GIRL ALIVE, By Frances Ullman: World Publishing Company, Cleveland, 1947, 234 Pp., \$2.00.

Both of these volumes enter into the difficult area of working with teen-age girls, when the girl-into-woman metamorphosis is still painfully apparent. They are offered to help parents and young people introduce independence and responsibility into the daily life of the young person.

Quite cleverly, Nancy's mother introduces her expectancy of another child into the home by means of a surprise at the dinner table. This is the spring-board to get Nancy, at twelve, into the routines of housework and the responsibility, with her father, for keeping house.

Nancy's mother is the instructor and guide, showing her daughter the proper sequence, activities of the business of keeping house.

An excellent device is the keeping of a notebook for the directions given, a notebook which her father gives her as a gift. After preliminary introduction into the beginnings of housework, the young lady is permitted to observe her mother, then to write down the directions given which the mother annotates and corrects. This device should be useful in other areas also.

The reviewer is surprised with the unreality of these two situations: that Nancy accepts the fact of her mother's pregnancy so non-chalantly; that her mother did not use this opportunity to give the child sex information; that the child, up to twelve, had no household chores of her own. The youngster's acceptance, without demonstration, but meekly of her mother's announcement, does not describe the same youngster as in the earlier pages . . . the child who wants her mother to drop all activity to iron a party dress for the child, who pouts when her mother refuses to reveal the "surprise" until dinner.

The Ullman volume follows a number of other popularly written books for young ladies in that in-between-stage of personal, physical and emotional development. This book has more appealing language, perhaps the result of the author's editorship of a teen-age magazine.

The first chapters on personal appearance, clothes, make-up, beauty hints, color combinations and the like are well done. They should be of considerable benefit to young people. The pages dealing with etiquette are clearly written and straight-forward. The style is readable and light.

This question arises, however: How many young people's personal attitudes are strongly influenced by merely reading about attitudes, relationships, unless the youngster is tremendously suggestible? The well-adjusted youngster may have some incidental question which the chapters on inter-personal relationships may remedy. But the printed page, alone, seems to be poor substitute for either strong parental direction or professional help.

We assume that these volumes would be purchased by parents for their children or by the children themselves. The Ullman volume deals casually and indirectly with parental problems as they relate to adolescents. We would have liked, in the Ullman volume, some extended mention of joint parent-child responsibility for the discussion of problems faced by young people. Considerably more encouragement of youngsters is indicated for them to go back to their parents with their problems.

Counsellors often see situations, almost too often, of emotional frigidity between parents and children. Too often, parents and children

alike awake to the mis-used, unrealized, by-passed opportunities for deep and satisfying emotional relationships between family members. Often, willingness to face reality and to explore the actual pattern of behavior—with or without professional help, as required—is most useful.

Popularly written, neither of the volumes touches, in depth, the warmth and affection which parents and children may develop mutually. The Ullman volume assumes there is little love, little guidance possible by parents. Perhaps, here, the magazine readers faced loveless situations more than otherwise. We feel that more attention should have been given to this inner strength of the home.

Detroit, Michigan
Counselling Service

W. A. GOLDBERG

ABNORMAL PSYCHOLOGY. By James D. Page. New York: McGraw-Hill Book Co., 1947. Pp. 441 + XVII. \$4.00.

This is part of the spate of text books that is being issued following the war. It is presented by the publisher as an "introductory text . . . for students with a limited knowledge of psychology," but its superficial treatment of many of the topics discussed will leave all but the most elementary students desiring a deeper analysis of the subject than they will find here. There is neither the scholarship and thoroughness of Landis and Bolles' "Textbook of Abnormal Psychology," nor the brilliant and stimulating development of a new point of view as in Cameron's "The Psychology of Behavior Disorders." It is an ordinary textbook covering the conventional topics, with possibly a heavier stress on hereditary predisposition than is usually encountered these days.

The chapter on "Antisocial Personalities and Crime" has in it little that will interest the readers of this journal, as it suffers from the same superficiality that marks the rest of the book. Less attention to sociological factors and more to the personality dynamics of the criminal would be welcome.

Each chapter has an extensive bibliography, and there is a glossary of technical terms. A novel feature of the text is the inclusion of a list of films available as supplementary visual aids.

Northwestern University

WILLIAM A. HUNT
