

psychological tests, including the Rorschach. Concepts used in describing the subjects included: "frustration", "dynamism", "fundamental needs", and "social insecurity". Data for each individual subject are presented in the form of a verbal description. Detailed mathematical analysis of the brain wave records was made with the use of special analyzers. The author concluded that he found no unique associations between any single EEG variable and any specific psychological parameter. However, he found that certain EEG patterns were contingent upon definite measurable psychological grouping. He found, for example, that subjects with psychic tensions often leading to anxiety were characterized by a relatively great amount of rapid or beta activity in the EEG, whereas subjects without evidence of psychic tension or anxiety had a relatively low amount of beta activity. Subjects who were characterized by the absence of theta and beta activity seemed to show self confidence to a greater extent than other subjects. Because of the small number of subjects these conclusions are tentative. It may also be pointed out that the basis for the various psychological judgments is not clearly indicated in the text of this monograph.

Although the original study reported in this monograph could very well have been confined to a relatively brief journal report, it contains an extensive summary of literature which would represent a worthwhile addition to the library of anybody working in this field.

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ENVY AND GRATITUDE. By *Melanie Klein*.
(New York: Basic Books, Inc., 1957, pp. 101, \$2.75.)

Mrs. Klein, the well known leader of what has been called the London School of Psychoanalysis has devoted this new book to a study of the unconscious sources of attitudes with which she has always been familiar, envy and gratitude. She considers envy as an oral sadistic and anal sadistic expression of the death instinct, operating from the beginning of life, and that it has a constitutional basis. Though she has even described the sadistic attacks on the mother's breast as determined by destructive impulses, her present study is mostly devoted to showing how envy gives particular impetus to these attacks. The author believes that the threat of annihilation by the death instinct within causes the primordial anxiety, and it is the ego which in the service of the life instinct deflects to some extent, that

threat outwards. She regards this process as the prime activity of the ego. Another primal activity of the ego is the gradual integration which stems from life instinct, and expresses itself in the capacity for love. The core of the ego is formed by a strongly rooted *good* object, which helps, paradoxically, to a successful primal splitting between the loved and the hated object, and later on to integration. One of the consequences of excessive envy is the early onset of guilt by an ego not yet capable of burying it. This guilt is felt as persecution and the object that arouses guilt is turned into a persecutor. This "persecutory anxiety" prevents the subject from overcoming the pain of guilt aroused at the depressive position and developing the corresponding defenses, mainly the tendency to make reparation. As a result there is an early confusion which expresses itself in a blurring of the oral, anal and genital impulses and fantasies. When genitality is based on a flight from orality it is insecure because into it are carried over the suspicions and disappointments attached to the impaired oral enjoyment. Intense jealousy and ambition are among the most obvious consequences of the primary envy that makes the subjects incapable of loving, and makes the progress of the psychoanalysis more difficult unless it is not deeply analyzed through the transference situation into its original oral sources. The author describes some of the many defenses against envy. She puts special emphasis on *confusion*. By becoming confused as to whether a substitute for the original fear is good or bad, persecution as well as the guilt about spoiling and attacking the primary object by envy is to some extent counter-acted. Other defenses are flight from the mother to other people, devaluation of the object, devaluation of the self, greed, stirring up envy in others, and stifling all feelings of love and the corresponding intensifying of hate. This may not express itself as hate but takes on the appearance of indifference. The normal need for independence may be reinforced in order to avoid gratitude or guilt about ingratitude and envy.

A whole chapter is specially devoted to substantiate, on the basis of clinical material, her theoretical formulations in a way that, for the reviewer, seems not always to be convincing; in another one she describes the difficulties that characterize the progress during an analysis in the transference situation.

Psychoanalysis is greatly indebted to Mrs. Klein for being one of the first, many years ago, who called attention to the negative

elements in orality, or in other words, to the negative aspect of the early relationship between mother and child. It is also true, unfortunately, that if many analysts have not given to this aspect the necessary acceptance, it is because Mrs. Klein has elaborated her findings within the framework of concepts of her own, which cannot be accepted by many analysts.

In this book, as in other previous publications, one gets the impression that Mrs. Klein does not take into consideration the functioning of the mental apparatus, at least in its dynamic, economic functioning, but instead she thinks of the mind only in terms of a system of object relationships, which begin with birth. Throughout this book one also sees an over-emphasis of constitutional factors and on the death instinct, with not enough consideration, or so it seems to the reviewer, of instinctual frustrations as a source of aggressiveness.

This book contains a great many observations, thoughts and material which are very useful for all psychoanalysts, including those who cannot share the author's theoretical formulations, and from this point of view psychoanalysis is indebted to her. Some readers may find this book very attractive because of the dogmatic and mystical flavour of the presentation.

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CLUES TO SUICIDE. Edited by *Edwin S. Schneidman, Ph. D.* and *Norman L. Farberow, Ph. D.* (New York: McGraw-Hill Book Co., Inc., 1957, \$5.50.)

It has been said that the death instinct theory as formulated by Freud has never achieved the acceptance among American psychiatrists that it received in Europe. Americans, so this train of thought continues, simply don't believe in it. It would now appear that suicide is a statistically significant factor in the causes of death among Americans, and may rank 10th or 11th in causes of death.

Whether or not it is the fact (according to this book) that one American attempts suicide every minute which prompted the editors to begin their investigations, we are indebted to them for sharing some of their preliminary work and for presenting their communications alongside of a very interesting group of essays.

This book is not and does not purport to be, a comprehensive and formalistic attack upon the problem. There are, however, good sum-

maries of the principle theoretical assumptions about suicide.

There is also a group of papers the main burden of which is to show that suicide may be more predictable than many of us are accustomed to think. Much of this material should be required reading for psychiatric residents. And not only for psychiatrists, because as one of the papers so nicely demonstrated, suicides occur not uncommonly in general hospitals, and in patients whose clinical picture might not suggest psychiatric consultation. The tendency to suicide in acute confusional states and in other organic brain disease is emphasized.

The editors have included some of their own work on suicide notes which is extremely interesting. The reader is invited to select the "true" note from the "false" in 33 pairs of suicide notes. The editors opine that you will do better on this test after having read the book. This reviewer suspects they are right.

It is, however, a long way from calmly analyzing anonymous suicide notes to the fears and doubts which beset the psychotherapist in dealing with the patient with suicidal tendencies. Although the authors are keenly aware of this, the sections on psychotherapy still seemed to me to be among the weakest in the book. I suspect that this is because in the ordinary psychotherapy situation we are not in a position to be fully aware of all those factors in the patient's emotional life which need to be appraised in order to give our theories real diagnostic and therapeutic significance. Lacking this full awareness, we must rely heavily upon our phenomenological understanding of suicidal trends. This book contributes much to that understanding.

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HOSPITAL TREATMENT OF ALCOHOLISM. By *Robert S. Wallerstein.* (New York: Basic Books, 1957, pp. 212, \$5.00.)

This book, No. 11 of the Menninger Clinic Monograph Series, is the result of an experimental study of two and one-half years duration from January 1, 1950 to June 30, 1952. Actual work was done at Winter VA Hospital.

A short introduction by Karl Menninger points out the tremendous importance of alcohol addiction and how little we really know about its cause and its treatment. Dr. Menninger feels optimistic that the study has yielded a beginning and that much more extensive studies along the lines of this one are now indicated.