

opportunity that has come to us, we shall pledge ourselves to be synthetic rather than narrow in our point of view, to emphasize the possible practical connections of botanical problems, and to submerge our personal and institutional temperaments in a spirit of general cooperation to secure results, botany will come to be recognized as a great national asset, and research will enter upon a new era.

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### PSYCHIATRY AND THE WAR

THE influence of the war upon psychiatry in Great Britain has been profound and shows itself in many different directions. A most important effect has been to draw psychiatry into closer relations with neurology. As an indirect result of the stringency of the lunacy laws there had come into existence in Great Britain a state unknown in other countries, in which a deep gulf existed between those who deal with the insane and those who treat the neuroses, the latter affections usually coming under the care of physicians otherwise occupied with the treatment of organic nervous disease. This gulf has been largely bridged as a result of the war. Both groups of practitioners have been called upon to deal with the enormous mass of psycho-neurosis which the war has produced, with the result that the outlook of each has been greatly widened.

One, and perhaps the most important outcome of this combined activity has been the general recognition of the essential part taken in the production and maintenance of the psycho-neuroses by purely mental factors. In the early stages of the war especial stress was laid on the physical effects of shell explosion, an attitude which found expression in the term shell-shock. As the war has progressed the physical conception of war-neurosis has been gradually replaced by one according to which the vast majority of cases depend on a process of causation in which the factors are essentially mental. The shell explosion or other catastrophe of war, which forms in

so many cases the immediate antecedent of the illness, is only the spark which releases deep-seated psychical forces due to the strains of warfare. It has also become clear how large a part is taken in the causation of neurosis by physical factors which only come into action after the soldier has been removed from the scene of warfare.

Not only has war-experience shown the importance of purely mental factors in the production of neurosis, but it has also shown the special potency of certain kinds of mental process, the closely related emotional and instinctive aspects. This knowledge is already having, and will have still more, profound effects upon the science of psychology. This science has hitherto dealt mainly with the intellectual side of mental life and has paid far too little attention to the emotions. Students of certain aspects of mind, and especially those engaged in the study of social psychology, were coming to see how greatly psychologists had over-estimated the intellectual factor. The results of warfare have now compelled psychiatrists to consider from the medical point of view the conflicts between the instinctive tendencies of the individual and the forces of social tradition which workers in other fields have come to recognize as so potent for good and evil in the lives of mankind.

Closely related to this movement is another which has led those dealing with the psycho-neuroses to recognize far more widely than hitherto the importance of mental experience which is not directly accessible to consciousness. Warfare has provided us with numberless examples of the processes of dissociation and suppression by means of which certain bodies of experience become shut off from the general mass making up the normal personality, but yet continue to exist in an active state, producing effects of the most striking kind, both mental and physical.

An interesting by-product of this increased attention to the instinctive, emotional and unconscious aspects of mind has been a great alteration in the attitude of psychiatrists to-

wards the views of the psychoanalytic school. Before the war many psychologists were coming to see the importance of Freud's work to their science, but within the medical profession, the general attitude was one of uncompromising hostility. This state of affairs has been wholly altered by the war. The partisans of Freud have been led by experience of the war-neurosis to see that sex is not the sole factor in the production of psycho-neurosis, but that conflict arising out of the activity of other instincts, and especially that of self-preservation, takes an active if not the leading rôle. On the other hand, independent students who, partly through lack of opportunity, had not previously committed themselves to either side, have been forced by the facts to see to how great an extent the nature of the psycho-neuroses of warfare support the views of Freud and have made it their business to sift the grain from the chaff and distinguish between the essential and the accidental in his scheme. To such an extent has the reconciliation gone that it has recently been possible for the chief adherent of Freud to read a communication before the leading medical society of London without exciting any trace of acrimony and only such opposition as must be expected when dealing with a subject as new and complex as that under discussion. There are many signs that the end of the war will find psychiatrists and psychologists ready to consider dispassionately the value of Freud's scheme as a basis for the study of the psychoses as well as of the psycho-neuroses of civil life, ready to accept the good and reject the false without the ignorant prejudice and bitter rancor which characterized every discussion of the subject before the war.

Concurrently with the general recognition of the essentially psychical of neurosis, there has taken place a great development on the therapeutical side. As a result of the war psycho-therapy has taken its place among the resources of the physician. There is still far from general agreement concerning the value of different forms of psycho-therapeutic treatment, but work is steadily going on in test-

ing the value of different methods. In the early stages of the war extensive use was made of hypnotism and hypnoidal suggestion, and owing to the striking character of its immediate results this mode of treatment still has a considerable vogue. The general trend of opinion, however, has been against its employment as tending to undermine the strength of character which is needed to enable the victim of neurosis to combat the forces which have temporarily overcome him. Many of those who used hypnotism largely in the early days of the war have given it up in favor of other less rapid and dramatic but more efficacious modes of treatment.

The treatment which has had most success consists of a form of mental analysis which resembles to some extent the psycho-analysis of Freud, but differs from it in making little attempt to go deeply into the unconscious, except in so far as any dissociation present has been the result of recent shocks of warfare. Attention is paid especially to those parts of experience which without any special resistance become accessible to the memory of the patient, and to seek by means of the knowledge so acquired to demonstrate to the patient the essentially psychical nature of his malady. By a process of reeducation he is then led to adjust himself to the conditions created by his illness.

The knowledge already gained, and still more that which will become accessible when those at present fully occupied with the needs of the moment have leisure to record their experience, will be of the utmost importance to the future of psychiatry. Already before the war a movement was on foot to bring about reforms in the treatment of mental disorder, the measures especially favored being the establishment of psychiatric clinics and the removal of curable and slight examples of psychosis from association with more chronic cases. This movement will be greatly assisted by the knowledge and experience gained during the war. Those in the medical profession who are moving towards reform will gain a large body of support from many members of the laity who have come through

the war to recognize the gravity of the problem. A large body of exact knowledge will be available to assist those whose business it will be to set the care and treatment of mental disorder on a new footing. Psychiatry will emerge from the war in a state very different from that it occupied in 1914. Above all it will be surrounded by an atmosphere of hope and promise for the future treatment of the greatest of human ills.

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### INTELLECTUAL INTERCOURSE BETWEEN ALLIED AND FRIENDLY COUNTRIES

IN the beginning of 1917, there was founded in Italy, with its seat at the University of Rome, a society having the title: *Associazione italiana per l'intesa intellettuale fra i paesi alleati ed amici* (Italian society for intellectual intercourse between allied and friendly countries). Its president is Senator V. Volterra, and the names best known in the literature and science of Italy are represented on the committee which directs its work.

The name of the society is self explanatory—in the publication of a quarterly review, entitled *L'intesa intellettuale*, its work has already begun in a definite way. The purpose of the review, which is the same as that of the society, may be explained as follows: (1) More active and frequent intercourse between universities, academies of science, and, in general, educational institutions of the allied and friendly countries; (2) increased teaching of the Italian language in foreign countries, with greater extension in Italy of the teaching of the languages of allied and friendly countries; (3) exchange of teachers of every order and rank; (4) reciprocal acknowledgment of the requirements for admission to the universities and courses of lectures; (5) exchange of students either for special study or to acquire general knowledge of the different countries; (6) to facilitate the exchange of publications and books and to increase knowledge of Italian works; (7) to

make known by translation the best Italian works; (8) cooperation in the field of science and its practical applications, and especially in the law in regard to questions of private law; (9) intellectual relations of every kind between people who wish to render more close, durable and fruitful the union of the nations which fought the battles of civilization together.

Some of these purposes coincide with those stated in the outline of the plan for an inter-allied research council proposed by Dr. G. E. Hale. In the National Research Council, founded by him at the beginning of the present war, Dr. Hale planned a constant interchange of methods and results which would secure the complete cooperation of the Allies and the United States, and provide means of reaching common agreement between them in regard to the immediate necessities of the war, and now for the more fruitful works of peace.

Probably in no country other than Italy are to be found so many foreign institutions for research in science, literature, history and the arts. These are of course means of cooperation and exchange, but the exchange is now only on one side owing to the lack of similar organizations for Italian people in foreign countries. The principal difficulty in cooperating with us is certainly that of language; and there is no doubt that the English and Italian speaking peoples should become more familiar with each other's language in order to acquaint themselves better with Italian and English works.

As exchange of teachers and students is one of the best methods of overcoming this particular difficulty, in July, 1917, our Ministry of Public Instruction elected a committee with Senator V. Volterra as its president to study and draft a law regulating the exchange of teachers and the interscholastic relations of Italy with foreign countries. Early in 1918 the committee presented its plan, in a report which gives its fundamental conceptions and principal arrangements. These are given in the first article of the first issue of *L'intesa intellettuale* and are here summarized.