

## SCIENTIFIC BOOKS

## THE OPEN MIND

*The Open Mind—Elmer Ernest Southard.* By FREDERICK P. GAY. Publisher: Normandie House. \$5.00.

IN a fascinating and excellently written biography, Dr. Gay has brought to life one of the unique and significant characters in American medicine of the past generation. This book is not merely the record of the scientific contributions to neuropathology of Ernest Southard nor the many ways in which he stimulated psychological thinking, but it is the portrait of a man whose inner vividness of *being* towered above his outer accomplishments.

To offer the reader an understanding of this singular person, the author has wisely selected much of his material from Southard's reflections about himself. Southard was irked by the fact that he was considerably over-weight, and in a letter to Mrs. Cabot remarked: "You know that in many people the soul is unlike the body—I, for instance, have a slim soul." What he was motivated by may be gathered by an excerpt from a letter to his mother: "It becomes increasingly difficult to figure out the technique of becoming a great man." The intensity with which Southard pursued the unusually wide trail of his many interests suggests that his impulse to be great sprang from an evolutionary flame that burned incessantly within him; this is revealed in Dr. Gay's book with incontestable clarity as a consuming interest in the unexplored. No one was more aware than he was himself of the multiple horizons on which he looked, as may be observed in this engaging admission: "Among psychologists I am known as a chess player . . . ; among psychiatrists I am known as an anatomist; among philosophers I am known as a psychologist; and among clinicians as a neuropathologist . . . No man who has stayed within the recognized boundaries of his own field has contributed fundamentally to science."

His varied achievements in neuropathology, psychiatry and philosophy have been ably dealt with by the author, who was once his collaborator in research and always a lifelong friend. Southard's mind was early drawn to etymology and philology, and in his many later exhaustive studies of psychiatric and psychological formulations he employed his early training to classify disease types anew. In the opinion of the reviewer, his resistance to psychoanalytical theories can be traced to an urgent tendency to think of and define people in groups rather than to inspect a single individual in the prolonged, intensive analytical method of Freud. As Dr. Gay has pointed out, Southard strove to be fair as well as cautious in appraising

Freud's major hypotheses. From the evidence provided by this book it must be acknowledged that his mind was not one to be easily harnessed to the hour-after-hour contemplation of a patient, often for years, which the psychoanalytical method requires for its therapeutic objective as well as for psychiatric research. He himself admitted a year before he died: "Perhaps it is in definition that I am most interested. Perhaps I believe that the world can get forward most by a clearer and clearer definition of fundamentals. Accordingly, I propose to stick to tasks of nomenclature and terminology, unpopular and ridiculous though they may be. A psychiatric dictionary (to include definitions of every near-lying psychological and philosophical term also) would do more to push mental hygiene on than any other single thing I can think of."

His interest in theories of integration of the personality led him to speculate and to write. To a house physician who asked him to see a patient on the ward, he replied: "Oh, I'm not interested in seeing a patient with that disease. I am writing a book on the subject." To a woman troubled with a disturbing tick or spasm of the face, which she thought might be a handicap in her career, he remarked: "My dear lady, we all have handicaps; my particular handicap is that I cannot make ward rounds." He was intensely interested in the possibility of demonstrating a relation between psychological function and anatomic structure, but it is in the field of pathology of the nervous system that he had his surest footing.

What was most startling about the man was the engaging charm and contagious enthusiasm which he emanated. An incredible number of his associates and pupils would subscribe to what Dr. E. T. F. Richards said of him: "I have not seen his equal in his remarkable ability to stimulate enthusiasm and the spirit of research in others." This subtle alchemy transmuted the interest of many of his friends from clinical practice into research into the unexplored domains of psychiatric medicine. Fortunately, Dr. Gay caught the virus Southard carried about with him and rescued it in a notable contribution to the biography of great personalities in American medicine.

ALVAN L. BARACH

## FISH MANAGEMENT

*The Improvement of Lakes for Fishing: A Method of Fish Management.* By CARL L. HUBBS and R. W. ESCHMEYER. Bulletin No. 2, Institute for Fisheries Research, University of Michigan, Ann Arbor. 233 pp., 74 figs. May, 1938. \$1.75.

MARKED increases in the number of anglers in the past two decades without any corresponding expan-