

**Light**

By A. E. E. McKenzie. Pp. x+178+10 plates. (Cambridge: At the University Press, 1936.) 2s. 6d.

THIS unassuming little volume presents the elementary facts of optics to pupils of School Certificate standard in most attractive fashion. The author has evidently written the book *con amore*, and his enthusiasm for his subject should be infectious.

He has accepted the recommendations in the report of the Physical Society on "The Teaching of Geometrical Optics" with respect to sign convention, and of the conventions recommended has adopted that in which distances actually travelled by a ray of light are taken as positive, and distances measured along a virtual ray as negative.

The subject is developed in its usual order, and the book is illustrated by an excellent series of photographs, including a most remarkable photograph of a desert mirage as seen in Persia. An ample number of numerical examples are appended to the chapters.

The book can be unreservedly commended.

A. F.

**Philosophy and Psychology****The Way to Happiness for Humanity:**

a Modern Philosophy for Everyone. By "Amator". Pp. 324. (London: The Good Hope Publishing House, n.d.) 4s. net.

IF it is true that anyone who thinks is a philosopher, it is equally true that anyone who has thoughts to put forward after careful consideration is entitled to do so, provided he satisfies himself of their appropriateness as to form and content. Moreover, if it is true that happiness is the goal of any mortal man, we are all of us entitled, whatever our particular interests, to think of the best means of attaining happiness; and when we consider that our way may be of some use to others, then it is almost our duty to communicate to the world at large the results of our thought. It is probably such and similar thoughts that prompted the anonymous author of this work to write it. In expressing his opinion he shows great courage and a thorough understanding of the issues involved. As an attempt to solve one of the major problems of philosophy, "The Way to Happiness" deserves praise and careful consideration.

**Personality Maladjustments and Mental Hygiene:**

a Textbook for Psychologists, Educators, Counselors and Mental-Hygiene Workers. By Dr. J. E. Wallace Wallin. (McGraw-Hill Publications in Psychology.) Pp. xii+511. (New York and London: McGraw-Hill Book Co., Inc., 1935.) 18s.

MENTAL hygiene has become so much a matter of everyday politics that well-balanced books on the subject are welcome. This is a sane and readable account of personality difficulties and how to deal with them. How we wish the dictators and other psychopaths in the world could apply mental hygiene

principles to themselves and their henchmen. The author very wisely says: "A large proportion of our social and political distempers can, doubtless, be traced to the disfigured, discordant, dissatisfied personalities that inhabit the earth. . . . Mental health and mental hygiene in international as in personal relations means facing facts and issues candidly and dispassionately, without bias, duplicity, hypocritical diplomacy and subservience to insensate emotional urges."

**Twentieth Century Psychiatry:**

its Contribution to Man's Knowledge of Himself. By Dr. William A. White. (Thomas W. Salmon Memorial Lectures.) Pp. 198. (London: Chapman and Hall, Ltd., 1936.) 10s. 6d. net.

THIS series of lectures presented by Dr. White to the New York Academy of Medicine in 1935 makes most interesting reading both to the psychiatrist and to the layman. Psychiatry is an ugly word but has a wide meaning, and it is a pity that the average layman has little idea of its meaning. To-day it covers not only the work of the old-time alienist but also that of the modern workers in mental hygiene, criminology, sociology and wide ramifications in sundry ancillary subjects.

We commend these lectures to those who are sympathetic to what is one of the most technical, most difficult and most exhausting branches of modern specialized medicine.

**Technology****Practical Photo-Micrography**

By J. E. Barnard and Frank V. Welch. Third edition. Pp. xii+352+23 plates. (London: Edward Arnold and Co., 1936.) 21s. net.

THE appearance of the third edition of "Barnard and Welch" is a very welcome event. Broadly speaking, it follows the plan of its predecessors, except for a number of recent developments which add materially to its value. These are concerned with the application of infra-red radiation to microscopy, and an extended technique suitable for opaque objects. In this latter connexion one would have been glad to see some specific reference to recent work on the photo-micrography of polished minerals and ores by polarized light, such as has achieved considerable success both at Cambridge and on the Continent. In metallurgical practice, the tendency to forget that magnification exerts little influence upon exposure times (due to the self-condensing action of the objective) is specially mentioned—a most valuable reminder. Again, the photo-micrography of mercury droplets as a method of perfect centration is a very elegant device, beautifully illustrated for both ordinary and dark-ground illumination. As the authors remark, skill and long experience are more important than complex equipment. That is the conclusion which many workers in this field have reached, encouraged maybe by the guidance of "Practical Photo-Micrography".

F. I. G. R.