common-sense re-formulation of their attitudes towards life-problems as embodied in the marriage situations, with sublimation and substitution for those not married. A psycho-analytic understanding of the patient's emotional life greatly helped this task. These patients exhibited but little grit, courage, and perseverance, or hold on the basic realities of life.

A similar essential weakness of the primary instincts of life was revealed by "mental torticollitics," the individuals possessing an intensely infantile emotional life with intellectual endowments below those found in compulsion neuroses. The inversion required by psycho-analysis reduced them to impotence, and they had to be assisted towards new developmental principles needed for adulthood.

Dementia præcox is usually seen too late for helpful psycho-analysis. In such cases any pure application of it, the author believes, invariably does harm. It takes away the crutches the patient has made and reduces him to impotence. He should not be analysed, but receive conscious suggestive therapeutics.

In conclusion, the author states, psycho-analytic methods should only be used in borderline neuroses and psychoses with the greatest care, but may be employed freely by the physician to enlighten his own mind on the problems of the case he has to meet.

HAVELOCK ELLIS.

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5. Sociology.

Sex Expression on a Lowered Nutritional Level. (*Journ. Nerv. and Ment. Dis., March*, 1919.) *Miles, W. R.*

There appear to have been so far only fragmentary data in existence concerning the effects of under-nutrition on the sexual impulse. Some interest, therefore, both theoretical and practical, attaches to a study of the effects of prolonged restriction on diet lately carried out at the Nutrition Laboratory of the Carnegie Institution in Boston. The inquiry into sex effects was a by-product of the investigation, and it is believed that the influence of suggestion may be for the most part excluded.

Two squads of students, all young men and one married ("a clean group of honest, virile fellows, with no venereal disease"), were selected, twelve in each squad, the second squad being for control purposes, and put under a restricted diet, approximately two-thirds to one-half of their supposed caloric requirements, during a period of four months. The main results were a reduction in basal metabolism of 18 *per cent.* per kilogramme of body-weight, lowered blood-pressure, and a drop in pulse-rates but not in temperature. There was little decrease in neuro-muscular co-ordination, no falling off in scholastic work, very little in physical strength, and no apparent lack of vitality or efficiency or athletic vigour.

A few days after the termination of the experiment the inquiries regarding sex phenomena were made of each man privately and individually. There had been no preliminary reference to this subject, but the men were all willing to discuss the matter freely and fully. They were warned of the possibility of fallacies due to suggestion or introspection. Their evidence gave the impression of truth.

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Out of 23 of the students of whom the inquiry was made, 22 reported a decreased general sex interest, the remaining 1 stating that there was no change; 16 out of 22 stated that there was a decrease in the number of nocturnal emissions, 6 observing no change, and none noting any increase; 13 had observed a diminished frequency of erections, 4 observing no change in this respect; 9 found the desire for association with the opposite sex diminished; several reported that the sex appeals of dances, social occasions, picture shows, stories, etc., were diminished; the married man, it may be noted, used the term "unsexed" to describe the effect of the low diet on himself. At the time of the inquiry, about a week after the end of the experiment, many were already experiencing a return of normal sex desires and activities under an unrestricted diet.

Miles remarks that these results confirm the supposed connection between sex and metabolism and agree with the results reached by Riddle and others, who, studying the lower animals, find that sexual activity is probably dependent on the metabolic level. Nature appears to require a high metabolic level for purposes of race propagation.

The author remarks in conclusion that the results also clearly indicate a method of treatment for achieving restraint of sexual tendencies in pathological cases of excess. HAVELOCK ELLIS.

The Berlin Institute of the Sexual Sciences [*Der Institut für Sexualwissenschaften in Berlin*]. (*Zt. f. Sexualwiss., August*, 1919.) *Birnbaum, K.*

Dr. Birnbaum here describes the aims and constitution of this institution, founded by the generous efforts of Dr. Magnus Hirschfeld, and opened last July in a building that was formerly the residence of Prince von Hatzfeldt and previously of the famous musician Joachim. (A later and longer account of the Institute appears in the *Jahrbuch für Sexuelle Zwischenstufen*, Bd. xix, Heft 1 and 2). It is the first institute of the kind to be established anywhere in the world. Its functions are double—in the first place for investigation, and in the second place for treatment and clinical teaching. As an institute for investigation there are four departments: (1) Sexual biology, dealing with such questions as the chemistry of the endocrinic glands, heredity, etc.; (2) sexual pathology, dealing with variations, etc., closely in touch with the practical medical side of the Institute and possessing a museum which is already rich in varied material; (3) sexual sociology, for dealing with the relations between sex and society, eugenics, marriage, prostitution, sexual hygiene, etc.; (4) sexual ethnology, including the manners and customs of different ages and peoples, and the influence of sexuality on civilisation. The practical medical side of the Institute is also divided into four departments: (1) For giving advice to those about to marry or to choose a profession; (2) a psychopathic department; (3) a department for psychic sexual troubles, as of potency, etc.; (4) disorders of the genital organs. There are also a laboratory for analyses, and instalments for psychotherapy, organotherapy, electrotherapy, photography, etc.

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In his inaugural address Hirschfeld spoke of the Institute as "a child of the Revolution," and destined to aid in the restoration of the place which was "lost through fatal errors inside and outside of the frontiers of the country." The Institute is already at work with clinical demonstrations to medical men every week, courses of lectures on forensic sexology and on Freudian psycho-analysis, and frequent scientific lectures to the general public. It is stated that over 500 physicians from Germany and abroad have already visited the Institute. It is not a State-supported institution, but the belief is expressed that it will not be the less successful on that account. HAVELOCK ELLIS.

Part IV.—Notes and News.

MEDICO-PSYCHOLOGICAL ASSOCIATION OF GREAT BRITAIN AND IRELAND.

THE QUARTERLY MEETING of the Association was held in the Rooms of the Medical Society of London on Tuesday, November 25th, 1919, Dr. Bedford Pierce (President) in the chair.

The following signed their names in the book as having been present at the meeting or as having attended meetings of committees: Drs. M. A. Archdale, Sir Robert Armstrong-Jones, W. H. Bailey, W. R. Barkas, J. J. G. Blandford, C. H. Bond, David Bower, A. Helen Boyle, James Chambers, G. Clarke, R. H. Cole, Maurice Craig, J. Harvey Cuthbert, A. Daniel, H. Devine, J. Francis Dixon, R. Eager, J. H. Earls, F. H. Edwards, Samuel C. Elgee, A. E. Evans, C. W. Ewing, E. L. Forward, Claude F. Fothergill, S. G. Gilfillan, T. S. Good, W. J. H. Haslett, H. E. Haynes, S. J. Irwin, G. H. Johnston, J. H. Kidd, H. Wolseley Lewis, E. S. Littlejohn, J. R. Lord, H. C. Macbryan, H. D. MacPhail, W. F. Menzies, Alfred Miller, F. W. Mott, Alex. W. Neill, David Ogilvy, E. S. Pasmore, George E. Peachell, Bedford Pierce, J. E. Porter Phillips, Nathan Raw, J. M. Rutherford, G. H. Savage, G. E. Shuttleworth, J. H. Skeen, G. W. Smith, T. W. Smith, J. G. Soutar, P. Spark, R. H. Steen, R. C. Stewart, James Stewart, D. G. Thomson, John V. Tighe, A. H. Trevor, C. Molesworth Tuke, L. R. Whitwell, C. E. C. Williams, and Reginald Worth.

Visitors: Miss Branch, I. N. Kilner, F. W. Thurnman.

Present at Council Meeting: Drs. David Bower, A. Helen Boyle, James Chambers, R. H. Cole, Maurice Craig, A. W. Daniel, R. Eager, H. Wolseley Lewis, John R. Lord, W. F. Menzies, Alfred Miller, G. E. Shuttleworth, J. H. Skeen, R. H. Steen, and D. G. Thomson.

Apologies for unavoidable absence were received from—Drs. Stewart Adair, G. E. Auden, Aveline, Fletcher Beach, Col. Keay, Douglas McRae, Robertson, Donald Ross.

The PRESIDENT said, in reference to the question of the confirmation of the minutes of the last meeting, that they were in print, but the Journal containing them would not yet have reached the hands of members. He therefore suggested that, in case anything should arise concerning them, they be left until the next meeting.

REPORT ON DEPUTATION TO MINISTRY OF HEALTH.

The PRESIDENT said he had been asked by the Council to say a word on this subject. The deputation from the Association to the Minister was a strong one, consisting of officers of the Association, the Chairman and Secretary of the Parliamentary Committee, Dr. Helen Boyle and Dr. Percy Smith, and altogether it was thoroughly representative of the Association. They were very kindly

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