

REVIEWS

THE INSIDE OF THE CUP. By Ferdinand Valentine, O.P. (Blackfriars Publications; 6s.)

This is a sequel to the 'First Theophila Correspondence' which has already won for the author deserved fame as a director of the more earnest youth of today. In *Whatsoever He Shall Say* the subject was the straightforward life of prayer and virtue. Here Fr Valentine tackles the difficulties which inevitably crop up after anyone has set about this life seriously. It is very different in character from Fr Boylan's 'Difficulties in Mental Prayer', but it might well become a companion volume to that very valuable introduction to a true way of prayer. The *Inside of the Cup* deals with difficulties and dangers in prayer, with distractions and temptations. It is extremely practical on the matter of the virtue of purity and its opposing temptations. Here the author calls in the aid of modern psychology in the matter of 'relaxing', etc., thereby exemplifying the contention that the best spiritual directors make good use of, at least common sense, psychology. The modern director can continue to use psychology as of yore, but he must be careful to avoid being used by modern psychology. In this Fr Valentine succeeds for, although he gives a bibliography of works on the art of 'relaxation', he nowhere shows that he pins all his faith to these natural remedies. The result is a most practical and useful book for almost any Christian. Theophila, some will be relieved to hear, is less bumptious and more retiring here, and even hands over to her friend David for some of the correspondence.

JOHN HUNSTER

WIND ON CHARNWOOD. By Bruno Walker, O.C.R. (Privately published; 5s.)

Father Bruno Walker is a Cistercian monk at Mount Saint Bernard Abbey, Charnwood Forest, Leicestershire, and this small book of poems may be had there and at Duckett's bookshop. That a contemplative monk should let his poetic voice be heard outside his own religious enclosure is in itself an event of some interest; he of all men nowadays must have a message for the world without.

Wind on Charnwood contains a dozen short poems in the first twelve pages; the rest of the book is taken up with two much longer efforts, *The Face of the Earth* and *Lord Peace*. Father Walker is a far better craftsman within the limits of conventional forms than when he allows himself the latitude of free verse, and *Distraction*, in twenty-four nicely chiselled lines, is the most attractive poem in the book. It offers what Pater called a 'freshness of thought and feeling'.

Turn me away from your fragrances,
Mould and bracken in rain,