

INSANITY IN ITS MEDICO-LEGAL RELATIONS. By A. C. Cowperthwait. Philadelphia : Stoddart & Co.

This is a neat little volume, consisting of seven chapters, on the pathology, classification, and diagnosis of insanity, criminal responsibility of the insane, epileptic insanity, and treatment of the insane. As the author observes in the preface, he is not bringing forward any strikingly new ideas, but endeavoring to incorporate in as little space as possible the ideas, &c., of eminent physicians, with his own somewhat extended experience; essential facts which should be familiar to every physician.

In the treatment of the insane, the author mentions three important elements:—no restraint; open air; association with healthy minds. Neither of these being “attainable where hundreds of invalids are assembled under one roof, and the whole atmosphere is saturated with insanity.”

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#### TO CORRESPONDENTS.

**SOMNOLENCE.**—The benefits of early rising have long been thought to be great, but it seems more than probable that the advantage is derived from going to bed early, instead of “night watching” until midnight or later, rather than from “Leaving the easy couch at early day.” Long-lived people have usually been early risers, but they rose early and lived long because they were vigorous and had good constitutions; they did not live long because they were “Up at early dawn.” The air in the early morning is said to be less pure than it is after the sun has been shining for a time. We shall endeavor in our next to give Hufeland’s reasons for believing that sleep before midnight is much more beneficial than after that period.

**IRIS.**—The *color* of the eyes does not change, though the *shades* do. There are said to be, strictly speaking, only two colors, blue and brown; these together, produce hazel. Very light color of the iris indicates constitutional weakness and early dissolution. It is also said that most persons of eighty have hazel eyes, few have blue, and none brown.

**OZONE.**—Mix very gradually three parts of strong sulphuric acid with two parts of potassium permanganate; according to Bettger, the mixture will continue to give off ozone for several months, and may be used for the purification of the air of hospitals, public halls, rooms, etc.

**SPECIALITY.**—The ancient Egyptians, who were greatly advanced in the science of medicine, only permitted each physician to practice his own peculiar branch. Not a bad precedent.

J. G. T., Ga.—Very much obliged for your interesting communication. Would be glad to hear from you often.