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Subject. Nerves and Personal Power.

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NERVE TRAINING

Nerves and Personal Power. By D. Macdougall King. Allen and Unwin. 10s. 6d. net.

What is Psychology? By Charles W. Hayward. Allen and Unwin. 7s. 6d. net.

BOTH these books deal less with scientific psychology than with the practical possibilities of personal nerve training and control. The preface which the Right Hon. W. L. Mackenzie King has contributed to his brother's posthumous work is in contributed to his brother's posthumous work is in itself a document of no mean importance as showing the influence which a dominant will can exercise over the physical microcosm. Dr. Macdougall King was struck down at the age of 35 by tuberculosis, followed by a complicated nervous breakdown, and the last nine years of his life were a desperate struggle against mortal illness. There is a very pathetic and at the mortal illness. There is a very pathetic and at the same time inspiring quality in Mr. Mackenzie King's account of the way in which his brother turned even his physical disabilities to a useful end. Though he was only able to devote a few minutes every day to

work, he studied his own case so closely as to be able to produce in 1917 a valuable treatise on tuber-culosis from the point of view of public health. When tuberculosis gave way in his case to a still more deadly disease, scientifically diagnosed as progressive muscular atrophy, he again undertook to "pass on to fellow-sufferers and his profession some benefit from his own tragic experience," and the book now before us is the consequence. We have read few pages more us is the consequence. ennobling or inspiring than this plea for the cultivation and exercise of personal will-power, taken in con-junction with Mr. Mackenzie King's moving description of the circumstances in which it was written. Alike to nervous sufferers and to those who are in charge of their cases, the book is full of golden words, and it is a wonderful instance of the power of the human mind to

triumph over physical disability.

Dr. Hayward's book takes for its aim "to make psychology understood by the people." It is marked by a fiery enthusiasm and a quenchless optimism which will appeal to the unscientific reader. It deals largely with the importance of providence of the superior of the number of largely with the importance of environment as the chief influence in building up a strong and healthy psychical nature, and its remarks on education are full of good There are some excellent chapters on autosuggestion, in regard to which Dr. Coué has not, perhaps, shown any great advance on what was known to Virgil when he summed it all up in the famous remark, possunt quia posse videntur.

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Macdougall (Max) King
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