

serious race deterioration, and he very earnestly pleads for caution. Going further he seeks to remove the principal obstacle to the general practice of walking, namely its tendency to produce fatigue and to repel lovers of physical ease; he finds in certain rhythmic principles a means of learning to walk with the least possible fatigue, giving to the exercise something of the charm that dancing possesses. The system, which is fully explained in the book, is founded upon a study of the principles involved in dancing, and especially in the German waltz, which, as is well known, a good dancer may continue without fatigue much longer than most persons can walk with comfort, stepping with anything like equal rapidity.

THE INCREASE IN LUNACY.—Dr. Lush, the President of the Medico-Psychological Association, (*Sanitary Record*), in the course of an address recently delivered to the members, drew attention to a marked increase of late years in lunacy. In the first report of the Commissioners in Lunacy they state that in June 1846 there were in England and Wales 23,000 persons of unsound mind. The population then was about 17,000,000, now it is 25,000,000, and it is estimated that on the 1st of January, 1879, there were 70,823 persons in England and Wales who needed the protection of the Lunacy Laws. It appears, therefore, that while the population has increased at the rate of 45 per cent., the number of lunatics in detention has risen at the rate of 250 per cent. Assuming that another 33 years will yield similar results, accommodation will have to be provided in 1912 for nearly a quarter of a million of insane or imbecile persons in England and Wales. The true solution of the difficulty, he thought, is to be sought—1, in increased family responsibility; 2, in educating the popular belief in the gravity of the disease itself; 3, in further State interference where possible; 4, in increased efforts to make the lot of insane persons under detention as little irksome as is consistent with safety and the conditions of their malady. Beyond these, he feared, not much can be done or hoped for; less ought not to be required; and if, instead, a callous indifference continues to prevail as to the extent of insanity, grave and calamitous results, to be discovered only when too late to be repaired, must follow a neglect of the accepted teachings of medical science and experience.