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### REST, MENTAL THERAPEUTICS, SUGGESTION.

Being Volume VIII of a System of Physiologic Therapeutics, by Francis X. Dercum, M.D., Ph.D., Professor of Nervous and Mental Diseases in the Jefferson Medical College of Philadelphia, Neurologist to the Philadelphia Hospital, etc., etc. The Series Edited by Solomon Solis Cohen, A.M., M.D., Senior Assistant Professor of Clinical Medicine in Jefferson Medical College, etc., etc. Philadelphia: P. Blakistin's Son & Co., 1904.

This is a first class book by a good authority. Dr. Dercum is already well known as an erudite writer on nervous diseases. The present volume rises to a very high plane of excellence. The publishers have done their part well and in keeping with former issues of this series.

The book is divided into three parts: Rest, Therapeutics of Mental Diseases, and Suggestion. In the first part rest is discussed as to its function and results. Then chronic fatigue and the fatigue neuroses are carefully studied. Rest in neurasthenia, hysteria and hypochondria is then considered. The influence of rest in chorea and the organic diseases closes this section of the book. In all of these chapters the advice is thoroughly reliable.

The second section of the book takes up the prevention of insanity and the general principles of the treatment of the insane, and the treatment of special forms of mental disease.

The third part discusses normal suggestion, and suggestion by mystic and religious methods. The author has some pertinent remarks to make on hypnotism, suggestion and crime, suggestion and hysteria.

It has not been our pleasure to have reviewed a book for some time with more interest and profit than the present one; and, therefore, speak in high terms of praise of its merits.

### PRACTICAL MASSAGE IN TWENTY LESSONS.

By Hartvig Nissen, Instructor and Lecturer in Massage and Gymnastics at Harvard University Summer School; Director of Physical Training, Brookline Public Schools; Former Acting Director of Physical Training, Boston Public Schools; Former Instructor of Physical Training at Johns Hopkins University and Wellesley College; Former Director of the Swedish Health Institute, Washington, D. C., etc., etc. Author of "Swedish Movement and Massage Treatment," "A, B, C of Swedish Educational Gymnastics," "Rational Home Gymnastics," etc. With 46 Original illustrations. 168 Pages. 12mo. Price, Extra Cloth, \$1.00, net. F. A. Davis Company, Publishers, 1914-16 Cherry Street, Philadelphia.