

ing topics are all admirably treated. The importance of inhibition is revealed, and the most recent views on fatigue, sleep, and nerve restoration, set forth. Professor Fraser Harris's views on sleep attracted wide attention, when he delivered his remarkable Midland Institute lecture, in Birmingham, some years ago. It is here shown that sleep results normally from a kind of poisoning of the brain cells, decreased brain circulation, and diminished sensation. Sleep may be prevented by too energetic brain circulation, excessive mental occupation, etc., and the paragraphs are most valuable upon the causes of "insomnia," that dread calamity, which is well-nigh the worst of human ills. The author gives some curious examples of sleep under difficult circumstances, but these are even surpassed by the recorded instance of a naval captain during the last attack on Rangoon (in the Indian Mutiny), when, worn out by constant overstrain, he fell into a deep sleep on deck, and slept for two hours though he lay within a yard of one of the largest guns, which was being energetically fired the whole time. The author does not shrink from postulating a "nerve force" as a scientific fact, in spite of its psychological and metaphysical dangers, and he declares that our nervous system is "dynamogenic." The tremendous muscular power of maniacs, must be attributed to abnormal production of such nerve force. In Chap. IX on "Nervousness" Dr. Harris describes the Nissl granules. In the cell rested and fresh the granules are well-formed, but in overworked cells they become irregular and indistinct, hence they must be the physico-chemical basis of nerve energy. Gland cells are similarly crammed with minute granules in the rested condition, but are deficient in granules after active glandular secretion. High phosphorus (lecithin) is beneficial for nerves in a starved, fatigued condition, and fatty food, under proper conditions, is valuable. The pages on fussiness, irritability or "bad temper," neurasthenia and other troubles are scientifically described. Bodily health and nerve health are vitally connected, and the power of inhibition is a supreme blessing, this power of control being the expression of nerve vigour, it is "Knowing when and where to stop, when not to act and not to speak."

A useful glossary of terms, and a brief bibliography of "nerve" books, and a very concise index complete a model guide upon a subject of universal interest. Professor Harris is, we notice, the only Canadian author who has written a book for this "Home University" Series, which the London "Daily Telegraph" affirms gives "the world's learning in little."

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