

and harmless patients can be provided for, setting free asylum accommodation for the more acute cases: (1) Separate hospitals; (2) family colonies; (3) boarding-out as in Scotland; (4) large farm colonies. They also approve of the establishment of reception wards and the adoption of a temporary certificate for unconfirmed cases. The Commissioners suggest that the words *lunatic* and *asylum* should be discontinued, that the persons affected should be considered as persons of unsound mind, as mentally defective or mentally infirm, and that asylums should be referred to as hospitals.

Finally, they estimate the cost of their proposals at £1,175,802 for England and Wales, an increase of the present annual cost of £541,492, all of which will not probably be borne by the public; and they advise the discontinuation of the 4s. grant.

These are far reaching and important proposals which cannot be lightly adopted. The cost is enormous and can only be justified on the ground of necessity. No doubt the Commissioners present a strong case, and it is to be hoped that certain urgent measures will be adopted soon. It is evident that the Poor Law will require a drastic revision, and that we ought to come into line with other countries in dealing with vagrants, and the unemployed, and the unemployable. It is certain that inebriates should be more stringently dealt with. How these great and vital questions are to be consolidated and solved can certainly not be indicated in the space of this brief note, which is rather meant to inform than to criticise.

Part II.—Reviews.

The Psychology of Alcoholism. By GEORGE B. CUTTEN, B.D., Ph.D. Yale. London: The Walter Scott Publishing Co., Ltd., 1907. 8vo. Price 5s.

Dr. Cutten, from the psychological and religious point of view, has made this study of alcoholism, which is mainly a *resumé* of recent work on the subject. He directs his attention in the first place towards the alcoholic disturbances of emotional life, of moral, artistic, and religious sentiments, towards the relief of drunkards by psychological methods, which he believes to be most appropriate

and efficacious. The book is the outcome of Dr. Cutten's theses for the degrees of Ph.D. and B.D., studies which have been enlarged for the present purpose. After an introductory chapter he enters on a consideration of physiological psychology, illustrated by various drawings culled from well-known treatises and formulated from authors whose opinions on the destructive nature of alcohol are more or less pronounced. The same plan of extensive quotation has been pursued relative to memory, intellect, will, the emotions and the senses. It is hardly necessary to follow Dr. Cutten on these familiar lines. The eighth chapter deals with the psychological aspect of morals, discussing the question of responsibility. The author enters into a consideration of physical conditions affecting conduct, and passes to the effects of mental deterioration, which he has previously established. His conclusion is that an alcoholic person is not responsible, because his memory is contracted, his will is gone, his emotions are limited, and his moral nature is warped or destroyed. Further, he inquires if that person is responsible for becoming alcoholic, and, having made allowance for hereditary influences, affirms that some degree of responsibility does exist. A chapter on the relation of insanity and alcoholism deals with familiar observations and need not detain us.

That section of the book which points to religious conversion as a cure emphasises the efficacy of changed associations and the emotional substitute. Dr. Cutten's investigations and experience induce him to believe that religious conversion is the most efficacious cure of alcoholism. Hypnotism he regards as merely a help to a patient, for the environment remains unchanged, and there are two conditions of success not always obtainable—co-operation on the part of the subject and a hypnotisable person with which (*sic*) to deal.

Dr. Cutten's book is chiefly useful as a fairly well indexed collection of extracts and references, some of which are authoritative, while others are of doubtful validity. Professor Trumbull Ladd, in a short preface, vouches for the indubitable facts of Dr. Cutten's experience, but our melancholy impressions lead us to doubt the statements of those unfortunate alcoholics, whether we appeal to Philip drunk or Philip sober.

Hypnotism, or Suggestion and Psychotherapy. By Dr.(Med.) AUGUST FOREL, formerly Professor of Psychiatry and Director of the Asylum at Zurich. Translated from the fifth German edition by H. W. ARMIT, M.R.C.S., L.R.C.P. London: Rebman, Limited, 1906. 8vo. Price 7s. 6d. net.

It is unnecessary to review Professor Forel's well-known and highly appreciated treatise. It is convenient in its present form, and will introduce a philosophical and practical work to a still wider circle of readers. The fifth edition appeared in 1905, sixteen years after the first, which represented two years' experience in the practice of hypnotism. Semon's theory of the mneme finds place in the present edition, that is, the memory as a general law of organic life, and