

ing the calibre of the vessels either directly or by reflex action. Cold applications secure this result. Inversely hydrotherapy may favour the circulation of blood in the brain, either by lessening the general excitability by the employment of tepid baths, and the wet pack of Preissnitz, and thus securing at once a refreshing action, and a calming and derivative effect, sometimes even sleep either by increasing the action of the heart, by the application of warm compresses on the head, by moist frictions of 20 to 28° C., the douche of short duration, or by sitz-baths, with cold water affusions followed by friction, even by lotions and ablutions at a temperature of 15 to 25° C., followed in their turn by powerful rubbing. Under this influence a true awakening of the functions, which resume their normal state, and regenerate the whole organism, is induced.

Morel includes, in his remarks on treatment, neurasthenia, hypochondriacal insanity, chorea, with mental symptoms, hysterical insanity, epilepsy, melancholia, mental stupor, mania, and general paralysis. We must, however, refer the reader to the treatise itself for a discriminating opinion in regard to the value of the water treatment in mental disorders.

---

*A Course of Lectures on the Growth and Means of Training the Mental Faculty.* By FRANCIS WARNER, M.D., Lond. Cambridge: At the University Press. 1890.

These lectures were delivered at the request of the Teachers' Training Syndicate in the University of Cambridge. It is a satisfactory indication of the readiness teachers now happily show to obtain help from medical men who have made mental faculty in relation to the physical development their special study. The book before us contains much valuable information and ought to be in the possession of all school-masters, and within reach of all the teachers. Various tables are appended which will be useful as guides for other observations, as well as instructive from the results reached by the author and others who have examined a large number of boys and girls in the elementary schools. A catalogue of a museum of Natural History indicates to teachers new methods of training their powers of observation, and making inductions; it also suggests methods of conducting object-lessons and science classes.