

I hope I have made it clear that this is a valuable and interesting volume. The translation appears to have been extremely well done. A few slips have occurred, however, in proof-reading. For example, nearly three lines are repeated on p. 106, "distorsions" occurs on p. 34, "anology" on p. 252—small blemishes in an otherwise well-produced book.

H. J. NORMAN.

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*Sleep: Why We Need it and How to Get it.* By DONALD A. LAIRD, Ph.D., Sc.D., and CHARLES G. MULLER. London: Williams & Norgate, Ltd., 1930. Crown 8vo. Pp. x + 212. Illustrated. Price 6s.

This book is a popular exposition and not a scientific treatise. It is written in the style of an American magazine article, and it is a little difficult owing to the rhetoric to come upon the findings the authors have themselves made in their researches, which have been extensive and thorough. We get glimpses of the elaborate methods employed in their work—squads of co-operating young men and an abundance of instruments.

The chief point of interest to the serious student of the subject is that the authors claim to have demonstrated a rise in the metabolic rate above the basal line in the early hours of sleep. This is important, as it supplies the long-lacking direct experimental proof of the restorative function of sleep.

Another set of experiments demonstrated a falling off in accuracy in mental work as the result of a loss of sleep, while output was but little interfered with—a point of which it has been found extremely difficult by previous workers to obtain direct proof. The authors also claim that previous loss of sleep produces a similar effect to that caused, according to Laird's experiments, by working intensively while disturbed by noise. But the experimental results hardly substantiate the alarmist preliminary chapters, in which they explain how harmful the loss of sleep can be. One would like, for example, to hear the evidence for their statements about the severe and *permanent* results of loss of sleep during the war.

The question of comfortable sleep has been gone into with painstaking detail, and we are told exactly what mattress to use and in what colours the bedroom should be furnished.

The authors have done their best to make the book attractive, and have to a considerable extent succeeded, partly by the ignoble device of relegating some of the experimental facts to an appendix.

To English readers there are certain oddities in the style of writing which rather spoil the pleasure of reading. To begin a sentence with "Too," an adverbial conjunction, is an absurd and awkward barbarism, but they appear to be fond of it.

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