

to the many, though its ætiology, pathology and morbid anatomy have by no means been neglected. Its literature is immense, but much of it is diffuse and speculative, and deep scientific investigation of the many problems it presents, like that carried out by Dr. Fraser, has been limited when compared with that undertaken regarding other nervous and mental disorders. In recent years the treatment of epilepsy has proved attractive to junior medical officers, who, following the dogmas of the medical schools, feel they can successfully encounter the occurrence of fits by the exhibition of bromides. This foreshadows other drug treatment. Optimism in this matter is, as a rule, followed by pessimism, and the epileptic is once more free to indulge in his fits without opposition, which would seem to be his birthright. Sooner or later it dawns on the medical officer that the fit is a symbol of a morbid nervous and mental organization rather than the evidence of a positive disease, and he begins to treat the epileptic and not his fits, and finds that by tactful management and a strict attention to the patient's general health he achieves the results he failed to bring about by drugs. Thus the scientific investigation of epilepsy obtains few recruits, and languishes for want of earnest workers.

For these reasons, in addition to its intrinsic value, we welcome this volume of *Clinical Studies in Epilepsy* and heartily commend it to our readers.

J. R. LORD.

Signs of Sanity. By STEWART PATON, M.D. New York: Charles Scribner's Sons, 1922. Demy 8vo. Pp. 240. Price \$2.0.

In recent years there has been a flood of popular literature dealing with various aspects of the mind and its relation to conduct. The different schools of thought have, with varying success, offered their contributions towards solving the problems of life, and have suggested certain principles of right living by which the individual may be guided to use his capabilities to the best advantage and so avoid the evil consequences of mal-adjustment.

The present book belongs to the category of guide-books to the mind. The principles of inheritance, the development of the brain, its different functions and the interrelation of the nervous and the endocrine systems are all described in simple language well suited to the lay mind. In passing one may ask if the tendency towards the elaboration of technical terms is not productive of much confusion of thought amongst medical men.

The last chapter, entitled "Principles of Mental Hygiene" is full of interesting suggestions. The author lays stress upon the evils of super-idealism, and he points out the importance of the cultivation of a habit of reality thinking, so that life may be faced as it is, not as it is hoped, expected, or feared it may become. The ideal of the *mens sana in corpore sano* is emphasized as being of sound practical value. There is a vigorous protest against prohibition, not only in the guise of temperance reform, but also as a general principle:

The person who relies chiefly upon prohibitive action to curb instinct is preparing a very insecure foundation for the personality, one that is apt to give way under stress and strain at very inopportune moments.

The more enlightened educationalists are aware of the advantages of judiciously guided sublimation over the too rigid discipline of a former generation. Individuality must be preserved so far as is possible, for uniformity is inimical to progress. There has been some discussion recently in the papers about the aims and uses of anthropology. The successful government of native races depends upon an adequate understanding of and sympathy with their psychology. It has ever been the aim of British dominion, as of other great empires, especially the Roman, to allow subject races, to preserve their individuality as far as possible, to allow local beliefs and customs to persist to the limits of safety, and to foster self-determination at the earliest opportunity. As has been the case in other sciences, the best of psychology has been discovered empirically. Many of the principles of the government of nations are applicable to the individual, and *vice-versâ*.

In dealing with mental cases one is sometimes asked for advice as to future conduct and for precautions against relapse. This little book is worth attention for the suggestions that it contains on this subject. Is it too much to expect that our National Council of Mental Hygiene shall one day give us the benefit of its collective wisdom?

W. S. DAWSON.

Les Manifestations Tardives de l'Encephalite Epidemique (The Late Manifestations of Epidemic Encephalitis). Par le Docteur GABRIELLE LÉVY. Préface du Prof. PIERRE MARIE. Paris: Libraire Octave Doin, 1925. Super royal 8vo. Pp. x + 380. Price 25 fr.

In this volume Dr. Lévy gives the results of her observations on 129 patients who presented late symptoms of encephalitis lethargica. The notes are taken in great detail and carefully classified, and Dr. Lévy has contrived to arrange them with a certain degree of order which is refreshing when compared with the chaos characteristic of so many works on this interesting and important subject.

The cases were observed at the Salpêtrière and so were practically all adults, but a short chapter is included on the manifestations in children between the ages of six and fifteen.

The first of the three parts into which the book is divided deals with the purely clinical aspect. In only about half the cases was there definite Parkinsonism, and it is interesting to note that no more than seven showed bradykinesis.

The second part contains a chapter on the pathological anatomy and the analysis of the cerebro-spinal fluid and a discussion on the pathogenesis. Mlle. Lévy believes that many of the late manifestations are the results of chronic infective processes, and that the tissues of the central nervous system remain infective for rabbits and monkeys for a very long period after the passing of the acute attack.