

members if only half of the others qualified, and that would truly be an excellent beginning. My own belief is that it would soon be twenty thousand, and in point of numbers alone it would justify our action.

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## Part II.—Reviews.

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*The Hygiene of Mind.* By T. S. CLOUSTON, M.D. Methuen & Co., Essex Street, London.

*Nature* produces the possibilities of the individual, but it is left for *Nurture* to realise these. By Nurture, Galton means not only the physical, mental, and moral environment, but also the social, domestic, and educational, and it is seen what a comprehensive influence is implied by this term, which is co-extensive with the hygiene of mind, selected by Dr. T. S. Clouston as the subject of his theme.

It may be asked why a mental pathologist, whose life-experience is that of abnormal mental phenomena, should presume to discourse upon the problem of the healthy mind, and how such may be preserved. But does not the experience of hospitals provide the ordinary physician with the knowledge of how bodily functions are associated and correlated in health and disease, how interdependent they are in the various departures from health, and how the well-being of the body must depend upon that of its individual members? Similarly with the study of mental alienation, it is upon the regular development through proper training and upbringing that the even balance of the various component factors of mind is maintained, and mental health is secured. It is the study of mental disease which points out to the psychiatrist the ill-balanced judgment, the over-emotional temperament, and the non-moral conduct which cause failures in life; and may we not often learn more from our failures than from our successes? Are not all mental experiences antithetical? A statement that a line is straight implies that it is not curved; we know the good from a familiarity with the evil, or that which is bad, light from darkness, heat from cold, solids from liquids. It is through a happy combination of all the elements of mind that a healthy corporate whole can be attained, and, after all, it is the whole mind that thinks, the whole mind that feels, and the whole mind that wills. From his unique experience of mental pathology, therefore, Dr. Clouston is qualified beyond any doubt to deal with the application of hygienic rules—physiologically and psychologically interpreted—towards favouring “mental betterment.” Indeed, the impression left on our mind, after reading his book, is that it is the work of a great and good man—an impression which in no whit falls short of actual knowledge of the author as realised by those who have an acquaintance with his optimism, earnestness, and enthusiasm.

The first three chapters of the book deal especially with the relationship between mind and matter—*i.e.*, between mental processes and

physical processes. The author throughout this volume rejects the idea of any unknown influence, personality, or soul, and is inclined to brush it aside as a mere metaphysical idea. We are not convinced of the correctness of this attitude and refrain from discussing the religious questions involved in this and subsequent passages.

The remarks of the author on p. 190 relating to the religious instincts in adolescence are clear, clever, and emphatic, but we are unable to follow him when he lays down the dictum that sex must be eliminated from the religious instinct.

The fourth chapter lays down the general principles to be observed in mental discipline, and, as the author divides the age periods of their hygienic value, there is, of necessity, some repetition, as such a classification implies a consequent overlapping. The author makes full use of the spontaneity of childhood, and emphasises the functional union of all sensory impressions in the attention. His aim throughout is to encourage brain-impressions, which can be made use of afterwards, and the proper cultivation of the senses with a due deliberation—one thing at a time, as there is a need to establish associations. The control of motor co-ordination by exercise and play, the association of mental impressions for intellectual purposes, and the establishing of proper and correct habits in nerve pathways are fully entered upon. The whole volume throughout is delightful reading, and it is a book that should be of great help to mothers and teachers. At the end there are concluding chapters upon the decadent period of life, into which are condensed the wisdom of Shakespeare and Cicero. The price of a happy old age is "eternal vigilance" in youth, and the secret of a happy youth is occupation, which will afford the happiest reflections for declining years. There is no doubt that, even with the best intentions, the climacteric for both sexes is a period of uneasiness, and the advice to cultivate "hobbies" deserves more serious attention than it obtains. A time comes when special pursuits fail, but the man with many "mental facets" finds years of joyous repose towards the end of his journey. One fact insisted upon by Dr. Clouston is that grandparents find joy in their grandchildren, and we know the evil effect upon the mind through the seclusion of old people in almshouses. In the secluded life of eleemosynary solitude there are no mental stimuli present to rouse the decadent faculties into response, and an old-age pension, whatever else it may effect, will tend to restore to the aged their natural life and surroundings. In our admiration for this volume, with its direct message clearly and physiologically expressed, we are convinced of universal sympathy, and it would not be wide of the mark to state that the distinguished author has never produced a better work.

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*Éléments de Médecine Mentale appliqués à l'Étude du Droit (Cours professé à la Faculté de Droit en 1905).* Par le Docteur LEGRAIN, avec Préface de M. GARÇON. Paris: Arthur Rousseau, 1906. Pp. xxvi, 450. Price 10 francs.

The lectures on mental diseases which Dr. Legrain has published in this volume, apart from their intrinsic value, are noteworthy from the