

the greatest interest both to the physician and the alienist as expounded by a master of clearness and perspicuity.

The last section of the book is devoted to the consideration of the "German method," and of Imperialism, one might almost say militarism, in German science, in German universities, and in German teaching generally. From a historical point of view this section is of the greatest importance, for it reveals with what subtlety and craft, with what methods worthy of a petty tradesman, the German scientist has wormed himself into the false position which he has occupied for so many years in the world of thought.

Generally speaking, the book must be considered as a historical work, but frequently the physician and the pathological anatomist overcome the historian, and present us with miniature clinical pictures which arrest the attention from their vividness, and with thumbnail sketches of morbid conditions remarkable for suggestiveness of detail. In places the seriousness of the subject is relieved by a play of irony, which is seen, perhaps, more than anywhere else in the descriptions of the individual work of the leading German scientists; for example, in the pages devoted to the consideration of the theories of Theodor Meynert, who "places his clinical study of mental diseases on the solid pedestal of anatomy," and immediately drifts hopelessly away into more or less pure psychology.

For the English reader, what is most pleasing in Prof. Lugaro's book is the generous homage he pays to English work. Look at the long line of English physicians and alienists, from Sydenham to Clouston, whose names he quotes! Does it not fill one with honest pride? And it is not to the honoured dead alone that he refers. As one reads the pages of his book, one realises that for clinical research and experimental work Englishmen still living stand second to none.

But the writer does not forget the other great schools of the world. He metes out praise as unstintingly as it is well deserved to those of his own country, to those of France and America, and to the modern Spanish schools, particularly to that of Barcelona. Lugaro is just also to the Germans. Where they have done honest work he credits them with it. But where they have stolen other people's ideas without acknowledgment, and where they have robbed others of the fruits of their labours, he holds them up to the derision of the world as thieves and plagiarists.

In conclusion, it is to be said that the book is remarkable for the enormous amount of information, both historical and scientific, which it contains, it is well printed, and it is provided with indexes, which are complete and useful.

J. BARFIELD ADAMS.

Automatic Sleep (Le Sommeil Automatique). By Dr. GEORGES BOYER.
Paris: Alfred Leclerc. Pp. 92. 1914.

The first fifty-two pages of this contribution to the pathology of sleep are devoted to a somewhat extended consideration of certain aspects of normal and abnormal psychology, which serve to pave the way to the study of the particular symptom indicated in the title.

Chapter I is occupied by the consideration of automatic as contrasted with voluntary activity. It includes a study of the historical

development of the term "automatic," a *résumé* of the meanings which have been attached to it, and an enumeration of the various psychological phenomena which are associated with an act or thought to which the term "voluntary" can rightly be ascribed.

These preliminary considerations enable the author to detail the various grades and types of automatism, from a simple reflex to a complicated reaction of defence, and to demonstrate how each of these acts lacks certain psychological elements which differentiate it from a voluntary activity. He then devotes attention to pathological automatism both in the sphere of thought and action, dividing abnormal automatic acts into three groups, according as to whether the disorder is one of inhibition, consciousness, or personality. The chapter concludes with a schematic presentation which serves to classify the various phenomena grouped under the term "automatic."

The next chapter deals with the relation of sleep and the will. The author develops in detail the conception, with which the name of Claparède is especially associated, that sleep is a positive function, a positive act comparable with other acts which the will directs, and not merely a passive function or negative state, a kind of abdication of the higher powers of mind. He shows that, in normal circumstances, sleep does not occur apart from the will of the individual; its usual rhythm can be modified by the will, and the will is also actually present, in a lesser degree, during sleep itself. The hypnic function is not purely physiological, it is not dependent solely on the lower centres, but dependent on the control of the higher centres, as are co-ordinated movements directed voluntarily to a certain end.

The two essential elements of sleep—muscular relaxation and generalised attention—are both under the control of the will, and the need of sleep, the preliminary state of fatigue does not determine, *ipso facto*, the arrival of sleep, any more than hunger automatically leads to the act of eating. Sleep is thus a positive act, a consent, an act of will, and like voluntary thought, a mental disposition, an attitude.

The author reserves the term "automatic sleep" to that condition in which patients affirm that their sleep is unnatural, that they are sent to sleep, mesmerised, hypnotised, forced to sleep, and so on. The two essential characters of this symptom are its involuntary nature, and the fact that it is ascribed to external agency. It is explained as a disorder of sleep itself, in the same way as an hallucination is a disorder of perception. Like an hallucination it obtrudes itself against the will, it ceases to be under the control of the personality, and it becomes a phenomenon which the patient regards as due to an external agency.

It is certainly of interest to bring this symptom into line with other morbid phenomena, but to merely lay emphasis on the fact of dissociation would seem to be somewhat inadequate as an explanation. The cases cited are evidently instances of dementia præcox, and the delusional interpretations in regard to sleep are no more than one manifestation of the whole morbid picture. A further analysis would, no doubt, reveal more than the mere fact of automatism; it would suggest the underlying mechanism and reveal the abnormal trends which find expression in this particular way.

While in this respect the treatment of the main theme is somewhat

superficial and unconvincing, the essay as a whole is an interesting example of the French school of psychology. Perhaps its chief interest and value lie in the emphasis which is laid upon the important relation between sleep and the will. This aspect of the psychology of sleep is of considerable clinical importance, and it deserves full recognition and study. The want of sleep in neurasthenic and psychasthenic patients, a symptom often so prominent, is often no more than a want of confidence, a lack of will-power in respect to sleep. It is one expression of a general inability to perform acts under the control of the will. For this chapter alone, as well as the general discussion upon automatism and volition, the book well repays attention.

H. DEVINE.

The Ideal Nurse. By CHARLES A. MERCIER, M.D., F.R.C.P
F.R.C.S., etc.

Although delivered some eight years ago in the form of an address to the nursing staff of the Retreat at York, this little *brochure* belongs to that class of publications which time cannot wither nor custom stale. Embodying, as it does, an ideal to reach which should be the aim of all those who have adopted as their *rôle* in life the nursing of the insane, it at the same time gives practical instruction and guidance as to how this object is to be attained. Nor is its use intended to be limited to those only who are engaged in asylum nursing. It contains matter which cannot fail to attract the attention of all those who follow any branch of the nursing profession, and to afford help, teaching, and encouragement to them in their daily work.

Some people have hands and no brains. Others have brains and no hands. The fortunate ones have both. Perhaps in no case is this more obvious than in that of the operating surgeon, whose success will be proportionate to his possession of these two essential attributes. But Dr. Mercier holds, and rightly holds, that the same is true as regards the nursing avocation. The ideally endowed nurse is one who has both keenness and agility of brain, and skill and dexterity in the use of her hands. The first depends largely on heritage; one must be born with it, and those who have it not are in nowise deserving of blame. The last can be acquired; and even persons who are naturally slow and plodding in their mental operations by sheer hard work and untiring perseverance can eventually become really efficient nurses. In this connection Dr. Mercier puts in striking contrast cleverness and capability. "A person who is not clever may make a first-rate nurse; but a nurse, however brilliantly clever, who is not capable is worthless. . . . If you are not born clever, no amount of pains and study will make you so; but anyone may become capable by taking pains." Sympathy is another prime essential. Someone has said that success in the medical profession depends on one part knowledge, and three parts sympathy. The same, no doubt, is true in the case of the nursing profession. This consideration leads not unnaturally up to what is practically a lay-sermon with 1 Cor. xiii as its text, St. Paul's well-known eulogy on Charity, which occupies almost the whole of the latter half of the address, and is full of practical suggestions as to how