

The physiology of sleep is fully discussed, due reference being made to Mr. Durham's article in Guy's Hospital Report of 1860, and it is shown that the experiments of others have subsequently confirmed his position. The author's own researches are given showing that the supply of blood to the brain is in direct proportion to the amount of its functional activity. The consideration of insomnia naturally flows from the foregoing. The study of dreams is interesting, but brief, although the author apologizes for undue prolixity.

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*A System of Practical and Scientific Physiognomy ; or, How to read Faces.* By MARY OLMSTED STANTON. Two Vols. Philadelphia and London: F. A. Davis, 1890.

These two handsome volumes excite hopes in the "lovers of science" and "the earnest and enthusiastic searchers for truth throughout the world," to whom they are "affectionately dedicated," but we regret to say that these hopes are not fulfilled. The work is the reverse of "scientific," and inasmuch as it is not based on science, it fails to be "practical." We must admit that there are a large number of illustrations, which retain their interest, whatever may be thought of the text. Under the portraits of distinguished personages are statements of the development of the head, which are singular proofs of the extraordinary ease with which pseudo-science may blind observers who have already made up their minds as to what to find. Thus the author has no hesitation in making a note under the portrait of Darwin, that "the nose exhibits large signs of mental imitation, analysis, ideality, sublimity, acquisitiveness, and constructiveness, while veneration, executiveness, and self-will are only of average size. Form and size are very large. Observation is most uncommonly developed. Locality, memory of events, reason, and intuition are of the highest order." If the lady would allow herself to make similar records of the heads and faces of a number of persons about whom she knew nothing, she might discover that her description no longer tallied with the real individuals portrayed. With this test of the truth and worth of the system of which this book is an exponent, she would discover that her house was built upon the sand. One can only regret, that so much labour by one who has been impelled to write this work

“by an earnest and religious regard for the welfare of mankind,” should not have been expended upon a really careful study of the correlation between the character and the external forms associated with it.

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*Selecta & Præscriptis: Selections from Physicians' Prescriptions.* By JONATHAN PEREIRA, M.D., F.R.S. 18th Edit. London: J. and A. Churchill. 1890.

*The Extra Pharmacopœia, with the additions introduced into the B.P., 1885.* By WILLIAM MARTINDALE, F.C.S. 6th Edit. London: H. K. Lewis. 1890.

A new edition of Pereira's well-known little book will be welcomed by the student and the general practitioner. It has been carefully revised and the nomenclature made to correspond with the present pharmacopœia. There ought to be a copy in every asylum, public and private. No doubt a new edition will be called for before long, the value of which would be increased by the introduction of a larger number of new remedies into the prescriptions.

“The Extra Pharmacopœia” is rich in the enumeration of modern as well as old fashioned drugs, and is indispensable to all engaged in medical practice, whether general or special. So recent a drug as chloralamide is introduced as a useful hypnotic, and it is stated that continued use does not require an increase in the dose.

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*L'Hydrothérapie dans les Maladies Mentales.* Par le Docteur JUL. MOREL. Gand. 1889.

Dr. Morel has added to the hydropathic literature in relation to mental disorders a practical treatise which will be welcome to all who, engaged in the treatment of insanity, desire to make use of this powerful agent in a definite and scientific manner. It must be admitted that the mental physician who sends what he regards as suitable cases to hydropathic establishments, is frequently disappointed. That, however, which may fail in such institutions may succeed in asylum practice.

The author maintains that the water treatment favours the diminution of the afflux of blood to the brain in contract-