

practitioner needs no further classification. As his experience ripens he will, of course, learn to recognize associated conditions or causes, hysterical, toxic, pubescent, puerperal, lactational, climacteric, senile, hypochondriacal, epileptic, organic, cerebral; and to distinguish acute, subacute, chronic stages and primary, secondary, periodical, recurrent, circular, stuporous or frenzied forms."

For the beginner, at least, we must recognize the value of this brief statement.

With a cordial recommendation of Dr. Starr's work, we must close this notice.

---

*The Modern Malady, or Sufferers from Nerves.* By CYRIL BENNETT. London: Edwin Arnold. 1890.

This little book aims at reforming our notions and treatment of nerve prostration in all its manifestations. It quarrels much with our present methods of dealing with this malady, and no doubt there is much room for regret at, if not dispraise of, the means at our disposal for treating hysteria, alias nerve-prostration, alias neurasthenia. We think, however, that the author cannot be abreast of present mental science if he thinks that much which he states is not very familiar to those who treat nerve disease—nor can it be said that the physician who labels a disease neurasthenia has made great progress over his colleague who writes it down hysteria. Physicians who have paid attention to diseases of the nervous system have long since ceased to regard hysteria as synonymous with malingering or even with self-will; they recognize a disease cloaked with a garment as changing in its aspect as the skin of the chameleon, or the views of the politician, but none the less real because of its multiplicity of seeming. That they know little of its pathology is very true, but that they have little to learn on this point from the author of this book is equally true. That their treatment is, in many cases, sadly ineffective must be granted; but, alas, the author is too silent on this subject, and the expectant reader does not find his expectations realized. Surely we are not advanced by the statements that the etiology of neurasthenia is to be sought in the family tree, in an imperfect social system, and an imperfect system of education! Mr. Cyril Bennett's strictures on the two latter evils are, many of them, much deserved, but they can scarcely be called new.

We think the author is felicitous in his description of monotony as a mode of over-strain, and as a cause of nerve failure, and with much else that he has written we should cordially agree; but the book teaches, or assumes to teach, from too high a platform, and it fails us altogether when we would learn how to treat the case of neurasthenia which has unfortunately arisen. With regard to the Weir-Mitchell treatment which comes under the author's censure, we might allow that it is not suitable in all cases, but that in a large number of such it is a very successful and rational treatment, we feel convinced, and that an essential in this treatment is the removal of the patient from the ill-judged sympathy of friends and relations we are persuaded. It is not necessary, however, that either doctor or nurse should be unsympathetic.

---

*Soul Shapes.* ANONYMOUS. London: T. Fisher Unwin. 1890.

The author of this book explains in the preface that his peculiarity is "seeing people's souls in shapes and colours," and the interest of the book consists in the extremely definite ideas with which the author connects forms and colours with the mental and moral qualities.

The writer describes four typical souls—the surface soul, the deep soul, the mixed soul, and the blue soul—and he divides his soul colours into five—yellow, red, blue, brown, and grey. The surface soul is represented as entirely yellow (which colour denotes shallowness), with the exception of two promontories, which are bright-red; one of them is named religion and the other a sense of duty, and red is employed as the colour which expresses anything "unnatural or that has been forcibly developed." This yellow soul is divided into large tracts of land, representing the intellect, morals, and affections, which are again broken up into smaller portions like counties and named according to the qualities they depict. A thin, grey line marks these divisions, which is called by the author will-cement, and is either thick or thin, pale or dark, according to the character of its owner. If it be lumpy the prejudices are strong, and if it be dark there is much self-will.

The region of the affections is most ingeniously studded by curious little coils, representing the emotions, and by thin,