

maintaining an attitude of reserve with regard to the possibility of telepathic dreams.

It will be seen that although Dr. de Sanctis warns the reader that he has not attempted to write a complete treatise, and that there is nothing startlingly novel in his conclusions, his work is very comprehensive and full of interesting original matter. Each chapter is followed by a bibliography.

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*Conduct and the Weather (Monograph Supplement, Psychological Review).*

By E. G. DEXTER. London and New York: Macmillan and Co., 1899, pp. 105, large 8vo. Price 1 dollar.

The special interest of this essay, which is written by a professor of psychology in Colorado, is that it is, in the words of the sub-title, "an inductive study of the mental effects of definite meteorological conditions." Hitherto the various writers who have touched on this subject have mostly confined themselves to the influence of season or of temperature alone. Prof. Dexter analyses weather not merely into height of barometer and thermometer, but into the conditions of wind, humidity, &c., and their various combinations, and thus reaches results which are often precise and interesting as well as novel. He has the advantage of residing in the famous atmosphere of Denver (though some of his observations refer to New York and other places), and it appears to be by no means an unmixed advantage: the special effect, he says, seems to be an excessive stimulus to nervous discharge; its high and excessively dry position produces what he describes as "a chronic state of neurosis." By this, he adds, "I do not mean a pathological condition, but a slightly increased nervous tension, which all except the strongest and most phlegmatic feel. It shows itself frequently in mild insomnia or an occasional irritability of disposition, though not in melancholia. Even the horses are not free from the influence." Both athletes and horses have produced astonishing records, and a similar effect upon mental work is also recognised, but the resulting collapse is all the more marked, and professional men need longer and more frequent vacations at a lower altitude than persons living in a more humid climate. The school year is shortened in accordance with this requirement.

The investigation covers school records, assaults, prison punishments, occurrence of insanity, deaths, suicides, murders, and clerical errors in banks. The whole monograph is full of detailed results; a few of the more interesting may be noted.

In schools in New York, cold, calm, and clear days are those on which behaviour and work are both at their best, while the worst conditions prevail on muggy days, with hot and windy ones in the second and third places. Boys seem to be more influenced by these conditions—at all events, by heat, cold, and wind—than girls. In Colorado it is specially noted that wind has a disastrous effect on the pupils, and that they are always at their best on calm days.

The height of the barometer is not found to be a potent influence in

itself; it is chiefly effective through the state of wind and storm with which it is largely associated.

Dryness of air is an important factor, since it induces restless activity of mind and body; although bracing and vitalising, it produces in the pupils phenomena which in the eyes of teachers constitute disorder. In Colorado this effect is emphasised, the resulting excesses in school children amounting to not less than 400 per cent., and for suicide and murder very much more. The author attributes this not to dry air *per se*, but to the universally accompanying electrical condition. Contrary to what might be expected, extreme humidity is found, as regards nearly every condition investigated, either to have no influence at all, or else to have a favourable influence. Suicides, for instance, generally choose fine weather, and show especially marked aversion for wet weather.

The effect of wind is found to be very much greater in Colorado than New York. In the latter city it seems to be somewhat beneficial; in Colorado even winds of moderate velocity are accompanied by nearly five times the normal number of school misdemeanours.

The suicide curves reveal little that is new. In reference to assaults it is found that spring (March) and autumn (October) are the periods of climax, and the author believes that this is due to unseasonably hot days; during excessively hot periods in summer assaults decrease. With regard to assaults, and to a slight extent the onset of insanity, it was found that weather has a markedly greater influence on women than on men.

Errors in banks are found to occur most frequently on fine days, and when the clerks are feeling at their best. This is due to the fact that depressing or disturbing climatic influences lead to self-distrust and consequent greater care in checking work, while a state of well-being induces self-confidence and carelessness.

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*On Inhibition (Monograph Supplement, Psychological Review).* By B. B. BREESE, A.M. London and New York: Macmillan and Co., pp. 65, large 8vo.

The conception of inhibition in physiology stands for a definite function, although there is not complete agreement as to the seat of that function. In psychology, however, the conception is used much more variously and loosely. What does inhibition mean in psychology? That is the question which the author has set himself to answer, and to illustrate by experiment.

Examining the conception of inhibition as used by a number of psychologists, it is found that there are five different senses in which "inhibition" is spoken of, and it is often used as a mere logical concept to designate all kinds of mental conflict, hesitation, and arrest. The author concludes that its use in psychology should be strictly confined to psycho-physical phenomena, whether (1) inhibition of one sensation by another; (2) inhibition of bodily movement by sensation; (3) inhi-