stration of it with respect to the advantages for normal retention obtained by allowing a period of relaxation to follow every act of concentrated study. They also call attention to the presence of a 'rückwirkende Hemmung' in all mental processes. Furthermore Ebbinghaus¹ gives a careful discussion of these results in his *Psychologie* and draws from them the inevitable conclusions with regard to the evils of 'cramming.'

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Dépersonnalisation et possession chez un psychasthénique. F. RAYMOND and P. JANET. *Journal de Psychologie normale et pathologique*, Jan.-Feb., 1904.

A great number of maladies of personality have been described with accuracy, but though any two of them may be identical in appearance, their meaning is quite different according to the circumstances which governed them and the conditions under which they present themselves. Thus the case first cited might be provisionally described as a crisis of somnambulism. Gh——, a young man of twenty-nine, was found mimicking the actions of a young girl who, he claimed, had 'eclipsed' him; every action, gesture and bodily movement for certain intervals during eighteen months appeared as a sort of imitation of impressions he had received from watching those of the opposite sex.

The other case is that of a young woman subject to hysteria. Thus, attacked while near a cage of lions, she later developed a curious delirium, imitating the actions of lions in every respect, and even pretending to devour the photographs of children. During the crisis amnesia and anæsthesia were complete, and the malady was not recollected except in hypnotic sleep. This case here differs with the first. With Gh—— there was no anæsthesia either during the crisis or afterward, and so little loss of memory that he could give a full account of what passed during the metamorphosis. Indeed once he recollected having seen the head of a young girl in the mirror in place of his own, but generally the change would cease when he was interrupted. The metamorphosis was not an idea which developed completely and automatically like a suggestion or an hysterical dream; it was an idea which the subject always found in himself and developed of himself. The acts which he performed were almost voluntary; in brief, the singular change of a man into a woman was an obsession and not a true hallucination.

¹ Ebbinghaus, *Grundzüge der Psychologie*, Vol. I., 1902, pp. 651-3.

The psychological analysis of this case shows that the subject was an hereditary psychasthenic; his father died of general paralysis, his mother was neuropathic, a brother at times had a neural trouble resembling melancholia. Gh—— acted strangely when young, was savage and not amenable to control. He ran away at seventeen, and on returning from an expedition to South America lost all his activity and aptitude for useful work. He thought of all sorts of schemes without taking to one. He wrote: "Everything seems to pass at a great distance from me. * * * I am reached only by broken phrases and detached words. * * * I am several thoughts at once, everything passes through my head as in a cinematograph."

Unwillingness to work and act took a special form of social aboulia; his lack of social adaptation led him to wish to live in a desert island. Like Rousseau, the most illustrious of psychasthenics, he had the same complaints against society and the same cult of nature. His lowering of mental level was soon shown by its chief symptom, timidity, and the accompanying desire to associate only with persons of a lower class. Moreover, on his return to Paris he claimed to feel like a stranger, in fact practically expatriated. With this avoidance of persons of his own age and class is connected a second general symptom, the wish for direction, help and excitement. Like those timid souls who affect a hatred of society and a love of nature, he was in fact tormented with a fond desire for tenderness and affection. All this, it is claimed, led Gh—— to seek the society of women and yet actually to avoid their near presence. But he found the other sex, like society itself, too complex, hence, it is concluded, he brought about in himself a feminine metamorphosis and was thus affected with a feeling of losing himself, in fine, a complete depersonalization.

Meanwhile one is curious to hear more about the cure of this case of obsession in a psychasthenic, this feminized Frankenstein who described himself with the subtlety of Henry James.

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La Sensation du 'déjà vu.' J. GRASSET. *Journal de Psychologie*, Jan.-Feb., 1904.

Grasset begins with a very complete description of the sensation of the 'already seen,' under which head he includes the 'already heard' and the 'already experienced.'

Two elements are equally essential to the phenomenon: 1. The *recognition* of an image, emotion or psychic state which one is conscious he has never experienced before. 2. Ignorance of the origin