anything else — save the genius the neurologic world awaits. The book is undoubtedly the best of its kind in the market.

GEORGE V. N. DEARBORN.

Tufts Medical and Dental Schools.

THE CONQUEST OF NERVES. By *J. W. Courtney, M. D.*, The Macmillan Co., New York, 1911. Pp. 209.

A SOMEWHAT nice discrimination is demanded of the author who would write medical books for popular perusal. On the one hand he must avoid vague, and therefore useless, generalities; on the other, too great minuteness of detail. This difficult task of walking in the middle pathway has been accomplished with conspicuous success by Dr. Courtney, in his pleasing and instructive little volume, "The Conquest of Nerves." At the present time we are engaged upon the conquest of most everything, so perhaps it is quite fitting that we should include in our program the conquest of our nerves, which is the twentieth-century way of saying, the conquest of ourselves. It is a very ancient business, this of conquering ourselves. But the particular nerves or selves we have to conquer are not always the same; they differ with times and places, and hence we are ever in need of new instructions to assist us in meeting changed conditions. Here, as elsewhere, knowledge is the prerequisite of power; and much knowledge that the layman ought to assimilate and use is to be found, clothed in graceful English, in this little book, which can be read leisurely in the space of an evening.

There are ten chapters, among which we may note the following: How Christian Science Cures, The Emmanuel Movement and Its Doctrine of Health, New Thought or the Psychotherapy of Optimism, The Nature and Causes of Functional Nervous Disorder, The Physical Treatment of Functional Nervous Disorder, The Psychotherapy of Functional Nervous Disorder. Very timely topics surely, most interestingly discussed.

For Dr. Courtney, as for all who have thought seriously about the matter, the highest privilege, as well as the most urgent duty of the physician, in the face of functional nervous disorder, is to become a teacher,—one who will attempt, with whatever success, to make straight some of the crooked mental and emotional ways of neurotic people. Too often, when treating nervous patients, we physicians have taken our academic degrees literally, — we have been content to be doctors of medicine, and so have failed to take advantage of our higher opportunities as doctors of

men. Let no one be over-harsh with us for this, because, after all, life is short, and nervous people consume an enormous amount of time. But now, in our necessity, comes Dr. Courtney to our assistance, with just the kind of exhortations and explanations which we are anxious to give to many patients under our care. Armed with this little book and fortified by the personal advice and direction of his physician, the nervous sufferer will find, we make bold to say, his burden growing lighter and his emancipation ever more near and certain. He will learn that the basis of his cure is self-help; for this is the theme that Dr. Courtney variously develops throughout his book. The methods whereby the patient can help himself are clearly set forth, and range all the way from the swallowing of raw eggs to the making of collections of all kinds, the study of languages, painting, music, and the different weaves of Oriental rugs. About all of these matters there are helpful hints and useful suggestions, sprinkled here and there with a dash of humor.

We do not agree with everything Dr. Courtney says; he doesn't expect that we should. But concerning the essential reasonableness and truth of his main contentions, there can be but one opinion. We bespeak for his little book a cordial reading by those for whom it was written.

JOHN E. DONLEY, JR.

STAMMERING AND ITS PERMANENT CURE. *By Alfred Appelt.* Pp. 234. London, 1911. Methuen & Co., Ltd.

The recent applications of psycho-analytic methods to the treatment of stammering have been attempts to demonstrate that this speech disturbance is one of the protean forms of an anxiety neurosis and not merely a tic or a spastic neurosis of co-ordination originating in childhood on a strong hereditary basis. All who have observed and treated cases of stammering have been impressed by one significant fact, namely, that in the large majority of cases the child does not begin to stammer until he has been talking freely and normally for several years. What then is the cause of this disturbance of speech? How and why does it arise out of the normal, co-ordinative speech mechanism? The few cases of stammering reported as having been treated and cured by the psycho-analytic method have led to the belief that the disturbing mechanism must lie far deeper than a mere inco-ordination of the muscular apparatus of speech. It is a significant fact that all stammerers show a dread of speaking with a feeling of inhibition, and that these psychic accompaniments of stammering can frequently be overcome by hypnosis. It is into an enquiry of