

ered. In cases where waking suggestion is too weak, hypnosis, thinks Professor Putnam, has excuse.

Such, then, are the increasing degrees of suggestion often beneficially applied to disease. Whichever is employed, the treatment of these numerous cases of diseases of association and of habit must follow one of two familiar courses: The first is that of eliminating from the mind of the patient the troublesome and ever-recurrent impulse or habit; the second, that of introducing another impulse incompatible with the other and tending, therefore, to its exclusion. Of these the former is usually the more successful, and the one which really does the work even when it is ostensibly not employed. In this way recreation, rest, physical exercise, literature, exert a tremendous influence, helping along that which should be the physician's constant aim—to get the sufferer out of his psychophysical habit, out of his wretched self.

It is in this far-reaching recognition, both as a theoretical concept and as a practical principle, of the perpetual unity of the psychophysical individual, that the force and usefulness of Professor Putnam's method lies; the body and the mind of a man are not two, but one, and of this basal fact the practitioner of medicine, seeking ever to relieve and cure, cannot be too often reminded.

DEARBORN.

260. ON THE INVALIDITY OF THE ESTHESIOMETRIC METHOD AS A MEASURE OF MENTAL FATIGUE. Geo. B. German, M.D. (*Psychological Review*, Vol. VI, No. 6, September, 1899, pp. 599-605.)

This article is an empirical denial of a statement of Dr. Griesbach (1895), to the effect that there exists a close and definite correspondence between the extent of sensation areas and the fatigue incident to mental work induced at school and elsewhere, the main hypothesis being that fatigue increases the size of these areas, while rest diminishes their extent over any portion of the skin. Dr. German doubted the validity of the previous experimenter's method, that, namely, of increasing the minimal distances and decreasing maximal distances between the esthesiometer points until the extent of the sensation areas was in this way determined, one determination only being apparently made in each case.

Dr. German's subject was his sister, a Barnard student, aged twenty-three, and sound in body and mind. He used the psychological method of right and wrong cases, and Jastrow's esthesiometer was the instrument employed. The experiments (about 2,450 separate discrimination-judgments were made) were conducted during thirty days, about half being between eight and ten in the forenoon, and the remainder between nine and quarter-after-ten at night, the intervening time being employed in labor amply sufficient to produce a proper degree of normal fatigue.

The net product of the little research is interesting and suggestive of several things, and may be stated in the author's own words: "In at least one normal instance the percentage of errors in cutaneous tactile discrimination bears no constant, nor even relative, correspondence to the mental fatigue experienced by the subject."

DEARBORN.