

milk are given. A chapter on the bacteriology of soured milk follows, and then practical directions for preparation of soured milk and finally a chapter on the use of soured milk in health and disease.

Despite there being a good bit of scientific matter in the book, it makes wonderfully interesting reading—once the book is opened there is no putting it aside until the last page is read.

THE WAY WITH THE NERVES. Letters to a Neurologist on Various Modern Nervous Ailments, Real and Fancied, with Replies Thereto Telling of their Nature and Treatment. By Joseph Collins, Physician to the Neurological Institute of New York. Price, \$1.50. G. P. Putnam's Sons, Knickerbocker Press, New York.

The old-style title and long explanatory subtitle of this book are misleading. The ancient fashion of mystification, hocus-pocus, and long Latin names, is conspicuous by its absence, and apparently an entirely new order of procedure is entered upon. The laity are not only tolerated behind the scenes—they are exhorted to come in and make themselves acquainted with nervous diseases, to cultivate a habit of observation of symptoms, and to search out the most obscure points of the disease. Time was when those who were suffering from nervous diseases were held to be possessed by devils and they received scant consideration. Dr. Collins treats of functional nervous disorders—migraine, neurasthenia, psychasthenia, epilepsy, mental, retardation of children, depression, inebriety, hysteria, etc. Even these were not tolerated in ancient times, and it is highly probable that the ducking stool and such forms of outrageous punishment were meted out to what would now be considered as sufferers from “repressed emotion” or the “dual personality.” We of the present day have decidedly the advantage, as may be seen by following the treatment Dr. Collins prescribes. It is written in the form of letters from the suffering patient to physician with answers which suggest the line of treatment. The letters are supposed to come from all classes and conditions of life and cover a wide range of cases, the idea being to stimulate the will power and suggest to the patient ways by which he may help himself to overcome the disorders from which he suffers. They are something of fairy stories, these letters, no women ever were so candid as these and no mortal man ever had the patience to read these letters all through. Some of the supposed letters are almost amusing—and would be quite so if they were not extremely pathetic. Some of the answers too are amusing—for instance, the answer to the young man suffering from hysteria; the immense effort visible in the writer to reach down to the limited intelligence of the question,

strikes the reader as nothing if not absurd; in explaining the meaning of the word *psychotherapy* he mentions that it has been an important asset of the physician since the Hippocratic period—one would think that a modern word like psychotherapy might be intelligible to ordinary people but the Hippocratic period would be little except a vague suggestion of the antique.

HANDICRAFT FOR GIRLS. A Tentative Course in Needlework, Basketry, Designing, Paper and Cardboard Construction, Textile Fibres and Fabrics, and Home Decoration and Care. By Isabelle McGlaufflin, Supervisor of the Girls' Handwork in the Denver Public Schools. Manual Arts Press, Peoria, Illinois.

The purpose of this book is not only to teach girls the various handicrafts set forth in the title but also to furnish teachers with a course of work which, while aiding the pupils to acquire the required deftness and technic, develops also the character of the child. "Every exercise in handicraft should embody an educational principle, making sure the training of the judgment, the eye, or the memory and tending to develop skill, patience, accuracy, perseverance, dexterity or artistic appreciation."

One can easily see how much such a course must influence the character of the pupil and the high educational value it brings with it. For the teacher, too, there is positive inspiration in the book. With such a clear and comprehensive course of work laid out for her, it is impossible to imagine any lack of interest and equally impossible to approach the class unprepared. How far this teaching can go is beyond computation—for the womanly traits which unconsciously grow out of making and wearing neat and dainty underwear and clothing, and keeping a clean, dainty, well-regulated home, are bound to spread and influence the surroundings of their possessor.