

ÜBER RUHEÜBUNGEN UND RUHEÜBUNGS-APPARATE. ZUR PSYCHOLOGIE UND HYGIENE DES DENKENS. Zwei Vorträge, gehalten von Dr. med. et phil. Leo Hirschlaff, Berlin, Verlag von Julius Springer, 1911.

The first paper deals with the question of rest. It describes a number of pieces of apparatus and a number of experiments. The article is too much detailed to permit of abstraction. The author, however, thinks that education in resting and concentration is one of the most important factors in nerve hygiene and psychotherapy, and thinks that it might be applied to many muscular disturbances such as the tics, the muscle unrest of the neurasthenics and hysterics, chorea, tremors, the hypertonia of paralysis agitans, occupation neuroses such as writers' cramp, and a number of other conditions.

The second paper, on the psychology and hygiene of thinking, is somewhat more philosophical in its trend but emphasizes over again the desirability of practice in resting. The author thinks it is possible to outline a scientific, systematic direct hygiene of the mental life grounded in psychology, and which can be followed practically.

WHITE.

L'ÉTUDE EXPÉRIMENTALE DE L'ASSOCIATION DES IDÉES, DANS LES MALADIES MENTALES. Par les Docteurs Aug. Ley and Paul Menzerath. Gand, Imprimerie A. Vander Haeghen, Rue Des Champs, 60, 1911.

After a historical review and a description of technique, the authors plunge in medias res, and take up an experimental study of the different psychoses from the point of view of word association. The book, as a whole, consists very largely of very long tables of association reactions. The authors conclude, among other things, that the association reactions of the normal are different from those of psychopaths, and that the differences in association reactions among different patients are of extreme diagnostic importance; for example, the method is of great importance in the differential diagnosis between mixed states of manic-depressive psychosis and neurasthenic states which mark the beginning of dementia præcox. The method is an extremely important one for exploring the affectivity. It is a valuable clinical method which may be applied as a routine procedure by using a list of a hundred words, and the authors recommend that clinicians agree upon such a list in order that their lists may be comparable. They think, too, that if these words are given to patients in series of twenty at each seance that the method may be employed with as much facility and as rapidly as any other method.

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