

As to the causation of sleep, it may depend upon either a congestion of the venous blood, causing pressure on the brain; or upon a lessened quantity or force of the blood, especially of the arterial blood in the vessels. It may be safely assumed that we shall never discover by what alterations in the cerebral substance dreams are originated and composed.

Actions, analogous in kind, though variously altered in operation, occur alike in the sleeping and waking brain.

The many cases where sleep, or states closely akin to it, can be produced by causes in which the circulation is little, if indeed at all, concerned, but where the nervous system is directly and powerfully acted upon, suffice to show how important is the influence of the latter in connection with these complex and ever-changing phenomena.

It has been thought advisable in the preceding remarks to endeavour to bring before the reader the chief points of psychological interest in these chapters. Space does not permit us to give a fuller or more detailed analysis. Enough has been said, it is hoped, to entice the philosopher and the alienist to seek for more connected information at the fountain-head itself.

The moderation and gentleness of spirit displayed by their distinguished author in this and in all his previous writings, completely disarm criticism. Where every sentence, paragraph, and chapter are so ably and lucidly handled, it is impossible to find fault. We can only indicate by this notice that there are certain parts of these essays which interest and amuse us more than others, and which fully justify our opinion that their author has in them maintained his well-earned reputation as a man of science, a philosopher, and a physician.

4. *The Building of a Brain.* By EDWARD H. CLARKE, M.D., Boston, Massachusetts. London: Baillière, Tindall, & Cox.

WE have read with great pleasure and interest this little book. The author during last year produced a work entitled "Sex in Education." This was very well received, and its various articles reappeared in the public press, and we now welcome another contribution from the same pen.

Dr. Clarke commences his book with a chapter on "Nature's Working Plan"; this chapter contains some very original and interesting observations upon the various races which have been born and have disappeared. Dr. Clarke says: "The Indian whom our ancestors confronted, was losing his hold on the continent when the *Mayflower* anchored in Plymouth Bay, and is now rapidly disappearing. It remains to be seen if the Anglo-Saxon race, which has ventured upon a continent that has proved the tomb of antecedent races, can be more fortunate than they in maintaining a permanent grasp upon this western world. One thing, at least, is sure—it will fail, as previous races have failed, unless it can produce a physique and a brain capable of meeting successfully the demands that our climate and civilisation make upon it."

The observations here made are deserving of praise for originality. We are told "that no perfect brain ever crowns an imperfectly developed body," but with this we must take exception; cases may be brought forward of persons, even though deformed, with most active intelligences, and, consequently, we must assume a perfect brain. Many of our leading statesmen have been deformed. Idiots who are deformed have imperfect brains; but we cannot agree with Dr. Clarke in the assertion that no perfect brain exists in an imperfectly developed body.

Part II. is devoted to a chapter on "An Error in Female Building." We have a number of replies given in answer to questions mooted in the State Report of Massachusetts.

"1st. Is one sex more liable than the other to suffer in health from attendance on school?"

"2nd. Does the advent of puberty increase this liability?"

In reply to these questions, answers to the number of 160 were received. In reply to the first question the answers were as follows:

"Females more liable than males," by ...	109
"Males more liable than females," by ...	1
"Both alike liable," by	31
"Neither is in danger," by	4
"Not in district schools," by	1
"Not if both sexes exercise alike in the open air," by	1
"Unable to answer," by	5

A number of verbatim answers are given; but it is impossible to give the substance of the replies; they are very well worth reading.

In reply to the second question:

"Yes," by	120
"No," by	12
"Uncertain," by	9

Dr. Clarke concludes his work with a chapter on "A Glimpse at English Brain Building." The subjects of diet, fresh air, sleep, tranquillity of life, as met with in our English boarding-schools, are carefully considered, and compared with the life as existing in the American schools, and we are glad to say that the training of the young in every respect is superior to that adopted in America.

In conclusion, we most heartily recommend this little work, which must be read carefully through before it can be properly appreciated.