

Possibly a little more chemistry would have been welcome to the lawyer. Perhaps, also, the chemist would like to see a fuller discussion of the principles of evidence after the manner adopted on p. 245, where not only the practice but the reasons for it are adduced. Precedents, however, bulk largely in legal work; and if the chemist, from his training and mental leanings, would rather have had more principle and less precedent, it does not follow that he would have found it of more actual utility. Nevertheless, the author might note these suggestions in view of a second edition. In any case, the book can be recommended as a helpful and interesting one to those for whom it is written. C. SIMMONDS.

#### THE MORPHIA HABIT.

*The Morphia Habit and its Voluntary Renunciation. A Personal Relation of a Suppression after Twenty-five Years' Addiction.* By Dr. Oscar Jennings. Pp. x+492. (London: Baillière, Tindall and Cox, 1909.) Price 7s. 6d. net.

IT were well, if time permitted, that each physician should experience in his own person (meaning thereby his whole person, psyche and soma) a few typical examples of the complaints which he will have to treat. He would thus acquire an insight into disease obtainable in no other way, and with Æneas might exclaim:—

“Quæque ipse miserrima vidi,  
Et quorum pars magna fui.”

This apt quotation is found on the title-page of Dr. Jennings's book, and its aptness lies precisely in this, that the book includes, in the shape of a diary, the record, from within, of the overcoming of an addiction to morphia of twenty-five years' standing. Of habit, pernicious, no more typical example could have been selected than the morphia habit, and this treatise presents us with a valuable contribution to the study and solution of a very serious problem.

Dr. Jennings approaches the problem by two paths, the psychologic and the somatic, in this order. His primary demand is that the patient shall bring, on his part, the desire, the intention, the will (what remains of it), to get well; that before all else the psyche point in the right direction. His next demand is that the physician shall, on his part, supply encouragement, and shall instil into the patient, first a full confidence in himself as guide, and then a spirit of self-reliance; or the order may be reversed, it does not matter so long as hope, trust, and self-reliance find an entry. He urges, and it must be clear, that the best of all cures can only be upon these lines, and that cures which have been effected without the patient's willing cooperation, *a fortiori*, against his will, must be inferior in value. To seek a simile, the willing and the unwilling cure may be likened to the cure of an infectious disease, brought about, on the one hand, by the successful resistance of the patient's own tissues, on the other, by the aid of antidotal powers (anti-toxins) which the efforts of alien tissues have supplied. We have reason to believe that the immunity acquired by the former is the more complete and the more lasting.

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Dr. Jennings, however, is not content with teaching a reasonable doctrine; he shows further, by his record of successful cases, the feasibility of the plan which he advocates. With much practical wisdom, he will not allow us to forget that the problem has a somatic side; he is too good a physiologist not to see that to deny this is to deny physiology, “the solid ground of nature”; also that to recognise a somatic side, yet to deny the possibility of material access to the body, as by the medicaments, is to deny physiology once again, since pharmacology is but a department of physiology. On this subject, the value of drugs in the treatment of the morphia habit, the author has much of interest to tell; in particular he insists upon “his therapeutic triad,” the use, namely, of heart tonics—of alkalies, especially Vichy water—and of hydropathic measures, notably the Turkish bath. His views do not always fit in with pharmacological teaching, *e.g.* in the value which he assigns to sparteine, but here the last word must rest with the clinician.

Dr. Jennings's dietetic handling of his subject strikes the reviewer as interesting and original, and as mindful of the dietetic wisdom of the Hippocratic aphorisms.

By means dietetic and medicinal, as set forth by the author, the stress of the bodily cravings is eased and the enfeebled will enabled to maintain its operation; maintaining its operation, volition, according to the law of growth, is gradually built up, the habit of right operation becoming ingrained. Thus in the re-education of the will, the great force of custom is called upon to help to overthrow that dominance which the great force of custom had established—“*Certa viriliter*”; said S. Thomas à Kempis, “*consuetudo consuetudine vincitur*.” The victim of habit may take these words to heart, and in this record of Dr. Jennings find further encouragement to persevere, and along what lines to seek and find health.

#### SCHOOL GARDENS.

*Practical School Gardening.* By P. Elford and Samuel Heaton. Pp. 224. (Oxford: Clarendon Press, 1909.) Price 2s. net.

FEW educational movements of recent years have produced a more copious crop of text-books, hand-books, readers, and so on, than what is called nature-study. This result is not quite in harmony with the spirit of the movement, which is to avoid the book and study the thing. The child is to use his own eyes, to observe the thing itself in its proper habitat, and in relation to its ordinary surroundings; from these observations he is to make deductions, and thus he is to be trained to think. Of course, the scheme has to be modified to suit the exigencies of the time-table, but it has been shown to work and to give country children a living interest in their surroundings, besides providing the teacher with a powerful engine for education. The final success of the method depends, however, on how far the teacher himself possesses the proper habit of mind, and how far he has overcome the dependence on text-books