

does not mince matters when she finds fault with the unhygienic practices of the present day; and the work is full of good, telling sentences, such as, "if women paid as much attention to their teeth as they do to their complexions, they would be 50 per cent. healthier and better looking."

The right provisions for the healthy child are summarised by the writer in her directions to give the child the right sort of food and make him eat it properly; provide fresh air for him night and day; teach him how to breathe and how to play; train his mind and character; do not "coddle" either in clothing or in diet.

(2) This volume presents the main features of psychotherapy in a form suitable for the intelligent lay reader, and it forms an interesting and instructive work which should appeal to the physician as well as to the layman. The *rationale* of hypnotism and the scope of suggestion in medical practice are clearly defined. The object of hypnotism, as taught in this book, is to render the mind receptive and capable of influencing function; and a merit of Dr. Miller's exposition is its moderation in statement.

With the enlarged understanding of the subject it seems likely that we shall in the future see an increased evidence of the suitable employment of psychotherapeutics; for our highest medical authorities recognise that mental healing has a firm basis of truth and fact, and that it may be properly and safely employed by skilled doctors who have the gift and power to use it, for every mentally healthy individual can be brought under its influence. It is the absence of this power and the failure to cultivate it which has often led to the easier expedient of administering bromides, massage, &c., to neurasthenics, when hypnotic suggestion would constitute a better treatment of the patient.

This treatment by mental methods does not necessarily involve hypnosis, and it includes the very important subject of re-education of self-control. The main object of the book is to show that what the "quack" (religious or medical) can do by fraud, delusion, or mystery can be done by the honest physician who works through the mind on the body, without descending to deception in any shape or form.

(3) This book presents a useful statement upon the practical sanitation of the dwelling, in so far as the provisions for drainage are concerned. As would be expected, seeing that the writer has been lecturing upon sanitary engineering at the Royal Technical College, Glasgow, for some twenty years, the facts are well put, clearly expressed and concisely dealt with in a handy, well-illustrated volume.

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OUR BOOKSHELF.

Internaciona Biologia Lexiko en Ido, Germana, Angla, Franca, Italiana ed Hispana. By Dr. M. Boubier. (Jena: Gustav Fischer, 1911.) Pp. vi+73. Price 1.50 marks.

In 1901 the Delegation for the Adoption of an Auxiliary International Language was founded. This delegation, while approving generally of Esperanto, decided that certain reforms were needed, and as Esperantists would not agree to these, there have resulted two languages, or rather dialects, namely, Esperanto and Ido, of which the latter possesses the advantage that it can be printed without the use of specially accented letters, besides other advantages in the matter of simplicity.

In the "Internaciona Biologia Lexiko," Dr. Boubier has drawn up a vocabulary, for the purposes of this language, of the principal terms used in biology, with their equivalents in German, English, French, Italian, and Spanish. Most of these terms are mere modifications of ordinary biological nomenclature adapted to the grammatical requirements of Ido. In many cases an intelligent reader could guess the meaning of these words, though he would have difficulty in writing them, and in this respect the present nomenclature is better than that used for some of the words in common use.

It is to be hoped that these attempts to find a satisfactory auxiliary language will not result in chaos, for while we have already two rivals in Ido and Esperanto, attempts are being made in other quarters to restore Latin in a modified form to its original position as the language of the learned world, and if science students are still to be required to pass examinations in Latin on the ground that it is *the* fundamental language, they will certainly show some reluctance in learning a second auxiliary language differing greatly from Latin. It will remain to be seen whether Ido is sufficiently near Latin to appeal to the pupils of our public schools.

Who's Who, 1913. Pp. xxx+2226. Price 15s. net.

Englishwoman's Year Book and Directory, 1913. Edited by G. E. Mitton. Pp. xxxi+412. Price 2s. 6d. net.

The Writers' and Artists' Year Book, 1913. Pp. viii+147. Price 1s. net. (London: A. and C. Black.)

SOME idea of the comprehensive character of the latest issue of "Who's Who" may be gathered from the fact that it contains 25,000 biographies of men and women in some way distinguished. Due prominence is given in the collection to successful workers in science, and not only are British men of science dealt with, but also those of foreign countries. The editor of this indispensable work of reference may be congratulated upon keeping it up to date and maintaining all its useful characters.

"The Englishwoman's Year Book" serves admirably to show the increasing share educated