

librium are discussed in full; the processes and the nature of the conduction of excitation; the conception of specific irritability, and the refractory period and its relation to fatigue; the interference of excitations, and finally the processes of depression.

In spite of the inherent interest of the subject, and although some of the discussions are very interesting, the book as a whole is somewhat disappointing. The disappointment is due partly to the fact that there is really but little new material, the matter having been for the most part previously published at length in readily accessible journals, and partly to the fact that a number of the conclusions reached are simply deductions drawn from pure hypotheses. Further, although Prof. Verworn in his preface states that he utilises the results obtained by other observers, the truth is that but little attention or criticism is devoted to the work of other investigators, and he makes but little reply to the criticisms which have been levelled at his own work.

The translation has been very well carried out by Frau Prof. Verworn, with the assistance of Dr. Lodholz, of the University of Pennsylvania. Unfortunately no index has been provided, although as a kind of compensation the contents of each chapter have been given in some detail.

(2) This small book contains rather a curious and, in its way, interesting collection of observations (the author states that he has made more than 25,000) on the pulse rate, the blood pressure, and the superficial (skin) and deep (rectal) temperatures of the body under various conditions of heat and cold. It is to be regretted that the author confines himself solely to his own observations, which seem to have been carried out largely upon himself, and does not refer at all to the fairly abundant available literature on the subject. Although the conditions of his experiments are not ideal, some of his data on the pulse rate are exceedingly interesting. The book is well illustrated with charts.

#### OUR BOOKSHELF.

*The Use of Vegetation for Reclaiming Tidal Lands.* By Gerald O. Case. (Reprinted from *Engineering*, August 22 and September 12, 1913.) Pp. 36. (London: St. Bride's Press, Ltd., 1913.) Price 2s. net.

THE author has done good service by bringing together in this handy booklet the scattered information contained in various books and papers dealing with the part played by vegetation in the reclamation of tidal lands. A large part of this is drawn from the remarkable observations made by Prof. F. W. Oliver during his long-continued

work on the physiography and plant ecology of maritime regions, especially at Erquy, in Brittany, and at Blakeney Point, in Norfolk, with reference to the stabilisation of drifting sand and shingle by means of vegetation. As these and other observations summarised in this booklet clearly show, there are large areas of foreshore in this country which might profitably be planted with suitable vegetation and subsequently reclaimed from the sea. The author has taken pains to avoid excessive use of botanical terms used in ecology, but it is to be feared that some of the terms he does use will prove somewhat puzzling to non-botanical readers, especially as some of them are used rather carelessly—"halophyte" and "halophytic," for instance, appear disguised as "hallophyte" and "hallophitic." F. C.

*The A.B.C. Guide to Astronomy.* (Third edition.) By Mrs. H. Periam Hawkins. Pp. 124. (London: Simpkin, Marshall, Hamilton, Kent and Co., Ltd.) Price 1s. 6d. net.

IN this little book Mrs. Hawkins brings together a very useful amount of information which is admirably suited to be serviceable as a general source of reference to those not well acquainted with astronomical terms. The information is arranged alphabetically, and under each heading is a brief explanation or description. The catchwords are printed in heavy type, so that they are at once conspicuous when turning over the leaves. The text has been brought well up to date, and an appendix gives, among other information, a list of useful astronomical books.

*The Purpose of Education.* An Examination of the Education Problem in the Light of recent psychological Research. By St. G. L. Fox Pitt. Pp. ix+83. (Cambridge University Press, 1913.) Price 2s. 6d. net.

THE sub-title of this small volume sufficiently describes its purpose. Experimental psychology is extending year by year our knowledge of the working of the human mind, and the attempt is made here to apply the results of recent psychological research to the solution of educational difficulties. The book may be commended to ordinary readers interested in education but unacquainted with psychology.

*Experience Teaches.* Some Advice to Youths, and incidentally to Young Women, as to their Careers in Life, with Notes on various social and commercial Problems. By Ivon Trinda. Pp. xi+194. (London: Simpkin, Marshall, Hamilton, Kent and Co., Ltd., 1914.) Price 4s. net in leather, 2s. 6d. net in cloth.

IT may be doubted if many young people read books of advice as to conduct, and probably this chatty volume will prove of most assistance to parents and teachers whose duty it often is to offer words of warning. The advice is given here under the headings: school and what to learn, business, married life, recreation, and things in general.