When correcting the second edition of the *Blot upon the Brain*, I read some papers about automatic or unconscious writing by French physicians. I did not mention them in my book, as I was not satisfied that they had proved any such thing as unconscious writing. It seems to me that the physicians at the Salpêtrière can make their hypnotised and hysterical patients state and do anything that they desire; and could assuredly get them to say that they were conscious or unconscious, just as their speculative views prompted. That a person should execute so complex a movement as writing in a state of unconsciousness will always appear very hard of proof. Do people ever dream of writing? Very rarely, if ever. I do not believe in the story of the English officer hypnotised by Hansen, who suddenly began to speak a strange language, which turned out to be Welsh, if it be meant that a full knowledge of a language forgotten for twenty years was revived. There is an old story told by Coleridge of a woman who picked up Latin and Greek from hearing someone spouting in these languages. I have long thought that this much-quoted story must have been in the beginning most incorrectly stated, and that it would be more reasonable to expect a narrative from Coleridge, coloured by his imagination, than an exact and carefully sifted statement.

NOTES ON HEALTH RESORTS.

XV.—TANGIER AS A WINTER STATION.

By S. CARROLL WOOD, M.D.

I FEEL that pardon is due from medical men at large for having the claims of another winter station thrust upon them.

Tangier presents the following advantages as a winter residence: An extremely equal climate; a perfect change from the thoughts and occupations of European life; a healthful soil and small death-rate; and quick and ready access from England, together with constant postal and telegraphic communication, as well as every convenience in the way of shops, chemists, hotels, etc.

Climate.—The mean winter temperature, for the months of November to March inclusive, has been for the last five years 54.8° F., according to the records of H.B.M. Consul, Mr. H. E. White. The difference between summer and winter means is small, 16.2°. This renders Tangier not only possible, but desirable, as a residence the year round. Another and most important point is the absence of sunset chill, so dangerous in many otherwise good climates. The rainfall is divided into the lesser rains of September, lasting a few days or a week; the November rains, falling at intervals for a fortnight; and the heavy rains of January and February, lasting four or five weeks, and occurring mostly at night, leaving the greater part of the day fine. The average annual rainfall is 36 inches. In the intervals the weather is clear and brilliant, very like a fine English May. The climate may be described as sedative, but not relaxing, while in the interior every variety may be obtained up to the most bracing.

Social Attractions.—The life of Tangier is, strangely enough, more Oriental than that of the farthest East. The Moor, scornful Europe and her ways, holds to the past, and the very air is full of a curious unreality, an intangible charm, very difficult to shake off. Perhaps it is the sharp contrast. You may leave the Cadi, sitting in judgment at the gate, and in five minutes find yourself jogging to covert with a pack of foxhounds; or go from the narrow crowded lanes of the "City preserved of the Lord" to a gorgeous London drawing-room, blazing with electric light, and filled with smart people of every nation under the sun. Amusements are not lacking. Foxhunting, excellent pigsticking, racing, shooting, sea fishing, curio hunting tempt the energetic; while an introduction admits to a delightfully cosmopolitan society.

Route.—Tangier is reached by sea or overland. By way of Paris, Madrid, and Gibraltar the journey is performed in four and a-half days by the Sud express, leaving Paris twice a week; fare, first class, £12. Saloon carriages for invalids can be taken through from Paris. The more convenient and cheaper route is by sea from London by P. and O. line. The former leaves London every Friday, arriving at Gibraltar every Tuesday. The first-class fares are £10 single tickets, £16 returns, available for four months. A fast

steamer, carrying the London mails, leaves Gibraltar on Tuesdays, Thursdays, and Saturdays, for Tangier, and does the journey in three hours; fare, 12s.

House and Hotel Accommodation.—Tangier hotels are numerous, and, as a rule, good. Perhaps the best is the "Continental," thoroughly well kept, and with every convenience for fitting out camping and shooting parties. The tariff is 12s. a day. There are, besides, the "Calpe" and the "Victoria," both very good, tariff 8s., the "Villa de France," the "New York," and many smaller ones. Good horses may be hired at reasonable prices, or, what is still better, bought at an average of £10.

Travel in the Interior.—An idea is prevalent that Morocco is a highly dangerous place to visit. As a matter of fact, during the late Melilla disturbance, which, by the way, is 350 miles away, we were obliged to look in the London papers to find out what was going on. Any place worth seeing can be visited with perfect safety, while Tangier itself is as tranquil as Bloomsbury.

Class of Cases likely to be Benefited.—Several years of experience have taught me that the class of cases most likely to receive benefit from a residence in Tangier are incipient or early phthisis, most forms of heart disease, and all sorts of nervous derangements. Indeed, of early phthisis I have myself had under my charge at least six cases in the last four years that have been completely arrested, and many others much benefited.

FIGURES FROM THE CENSUS.

HOUSES, TENEMENTS, AND OVERCROWDING.

THE last volume of the Census is an invaluable mine of information. In England and Wales there were (says a writer in the *Westminster Gazette*) altogether 5,451,497 houses, or 1 to every 5.32 of the inhabitants, in 1891, against 1 to 5.38 in 1881. Among the big towns the population per inhabited house is highest in London, with 7.84, and lowest in Norwich, with 4.53. Assuming that ordinary tenements with less than five rooms which have more than two occupants per room are "unduly overcrowded," there are 481,653 overcrowded tenements in England and Wales, and in these dwell 3,258,044 persons, or 11.23 per cent. of the total population; the average number of persons per room being 2.8. Speaking roughly, then, the submerged tenth is a phrase which may be applied not only to London but to all England and Wales.

The six great towns in which the percentages of overcrowded persons were highest were as follows:

Gateshead	40.78	Plymouth	26.27
Newcastle-upon-Tyne	35.08	Hull	21.31
Sunderland	32.85	Bradford	20.61

On the other hand the six towns with the lowest percentages were these:

Preston	4.13	Derby	2.69
Nottingham	3.62	Leicester	2.22
Croydon	2.76	Portsmouth	1.74

THE RATIO OF MALE AND FEMALE.

The proportion of male and female now stands in England and Wales at 1,064 females to every 1,000 males, as against 1,055 to 1,000 in 1881. The male death-rate, which had been continuously increasing as compared with the female up till 1881, has in the subsequent decade been checked, and the increased preponderance of females is due to male emigration.

CONCEALMENT OF AGE.

The Census Commissioners have a rooted distrust of the accounts which individuals give of their ages. Women are great offenders, "owing to their desire for various reasons to be thought to be between 20 and 25 years of age." It is a curious phenomenon of each successive census that the number of women returning themselves as between 20 and 25 years of age is larger than the number of girls returned in the census of ten years earlier as being between 10 and 15; although the former are only the survivors, after a lapse of ten years, of these latter, and should therefore of necessity be fewer in number.

CENTENARIANS.

The number of persons returned in 1891 as being 100 or more years of age was 146, of whom 104 were women and only 42 were men. The numbers had been much the same in the