

vidual counts for a great deal. Moreover, he makes the acute remark, that, even if we could succeed in predicting the actions of men, the mere publication of our predictions would probably lead them to act differently. The chapter on these subjects is one of the best in the book. With regard to the general character of induction and the principles on which it is founded, we are not in agreement with Mr. Venn, nor do we think that any one has yet given us the true theory; but we trust that no one who studies the subject will overlook this able work.

*Home Gymnastics for the Well and the Sick.* Ed. by E. Angerstein and G. Eckler. With many woodcuts and a figure-plate. From the 8th German ed. Boston and New York, Houghton, Mifflin, & Co. 8°. \$1.50.

THIS book is intended, as its title implies, to instruct members of the home circle how to exercise in order to preserve health, or, if perchance they are sick, how to restore health in so far as any restoration is possible through the judicious use of exercise. Only such movements are described as can be made intelligible by descriptions and drawings, for the very object of the book is to enable one to do without a teacher. In the first division of the work the effect of bodily exercises, and rules for the practice of gymnastics, are given. After describing the beneficial effect of exercise on the muscular system, the author directs attention to its effect on the nervous system, a point which is apt to be overlooked. He truly says, that, of all parts of the organism, the nervous system occupies the first rank, inciting and guiding, at it does, all the performances of the body. A healthy nervous system is a fertile soil for the growth of a normal mental and spiritual life; and, while the use of gymnastics creates conditions which develop the nervous system, it has the power at the same time of exercising a wholesome effect on mind and spirit, and in many special cases of depression, hypochondria, and melancholia, may effect a cure. He further calls attention to the fact that the power of attention and of quick volition develops eventually into a capacity of quickly grasping new situations, and of quickly re-acting on given incitements; in other words, alertness, determination, and presence of mind are developed. The general rules for the practice of gymnastics are well chosen, concise, and practicable. In them the best time for taking exercise, the proper manner of dressing, and simple forms of apparatus, are described. In the second division the author considers gymnastic exercises at home, including movements of the head and neck; exercises for the trunk, arms and hands, legs and feet; walking, running, and jumping. The third division deals with the application of the exercises to healthy persons during babyhood, childhood, the school age, adolescence, maturity, and old age. The application of the exercises for invalids is thoroughly described, and those who have any physical trouble which can be remedied by judicious exercise will find specific directions for its employment. The book is well and sufficiently illustrated, and is by far the best work of the kind with which we are acquainted.

#### AMONG THE PUBLISHERS.

"THE Insane in Foreign Countries: An Examination of European Methods of Caring for the Insane," by the Hon. William P. Letchworth, president of the New York State Board of Charities, was recently published by G. P. Putnam's Sons, New York and London. To the physicians and managers connected with the institutions for the insane, and to all interested in the care and welfare of the mentally diseased, this book will prove serviceable and instructive. The introductory chapter comprises a brief historical survey of the treatment of the insane in various countries from the earliest times to the present day. Then follow chapters devoted to the lunacy systems of England, Scotland, and Ireland, and to representative institutions of these and continental countries; and a chapter each is given to the remarkable insane colony of Gheel and to the noted asylum at Alt-Scherbitz, near Leipzig, which latter illustrates the combined excellences of a colony and a hospital. The final and longest chapter presents a *résumé* of the author's observations, and his conclusions drawn from them. Based upon

the results of his inspections of foreign and American asylums, and of his own experience in the supervision of the defective classes of New York State, Mr. Letchworth offers his views as regards the selection of sites and locations of asylums, the kind of buildings to be provided, the questions of sewage-disposal, water-supply, protection against fire, the laying-out of the grounds, the furnishing and decoration of wards and rooms, the difficult problem of the disposition of the acute, the chronic, and the criminal insane, the practice of restraint and the amount of liberty that may be granted, the character of the attendants to be chosen, the religious exercises, amusements, employments, dress and clothing, visitation and correspondence of patients, *post-mortem* examinations, the question of voluntary admission, the methods of admission and discharge, and the value of summer resorts. Besides these, the author gives his personal views respecting the insane in poorhouses, local or district care of the insane, State care, the boarding-out system, State supervision, and kindred topics. The book is beautifully printed, and richly illustrated with engravings and heliotype reproductions of plans of buildings and asylum interiors, and pictures of historical interest.

— Messrs. Longmans, Green, & Co. will shortly publish the life of C. B. Vignoles, an English civil engineer, who was assistant surveyor in South Carolina in 1817–20, and who surveyed and mapped Florida a little later. He aided Ericsson in building the "Novelty" as a rival to Stephenson's "Rocket," and he became one of the foremost of English railway engineers.

— Lord Randolph Churchill is one of the English politicians in whom Americans take an interest for various reasons. His speeches, collected, edited, and annotated by Mr. Louis J. Jennings, formerly of *The New York Times*, have just been published by Longmans. In his introduction, the editor sketches Lord Randolph's political career, and draws a piquant parallel with that of Lord Beaconsfield.

— Ginn & Co. announce in their Classics for Children Series "The Two Great Retreats of History," to be ready in May. This volume contains Grote's "History of the Retreat of the Ten Thousand Greeks from Babylonia," and an abridgment of Count Ségur's "History of the Retreat of Napoleon from Moscow." The two works stand in striking contrast to each other: one as the story of a great success; the other, of unexampled failure. Both are ably written, Ségur's having been translated into nearly every European language, and both convey important historical lessons to all who desire to know not only what man can do, but also what man can endure. Each narrative has an introduction, and is supplemented with a map and all needed footnotes. This firm also announces "Heroic Ballads and Poems" in preparation.

— The April number (No. 42) of the Riverside Literature Series (published monthly at 15 cents a number by Houghton, Mifflin, & Co., Boston) contains Emerson's "Fortune of the Republic," and other American essays. These essays, besides their literary merit, have an historic interest; and three of them were delivered in times of great political excitement, — "American Civilization," at Washington, in January, 1862, in the presence of President Lincoln, some months before the issuing of the Emancipation Proclamation; "The Emancipation Proclamation," in Boston, in September, 1862; and "Abraham Lincoln," at the funeral services consequent upon President Lincoln's assassination, held in Concord, April 19, 1865. Of the other two essays, "The Young American" was delivered in Boston in 1844, and "The Fortune of the Republic," in the Old South Church, in 1878.

— The May number of the *Magazine of American History* brings information of "Washington's Historic Luncheon in Elizabeth," with pictorial attractions, including a sketch of the Boudinot mansion, in which the luncheon took place; portraits not before published of some of Washington's contemporaries who were present; with engravings of pieces of the china table-service and silverware that were used. The same table-service, in perfect preservation, was placed before President Harrison at the luncheon given in his honor the day of his arrival in New York City, April 29, 1889. The second chapter of the number, "Oak Hill, the Home of President Monroe," is also from the pen of the editor, and