

return home, and the preparations for Stanley's expedition, as well as his reasons for selecting the Kongo route.

As the events treated here comprise a long space of time, and have been the subject of much lively discussion, the concise review given by Wauters will help to gain a clear understanding of the perilous position of the few Europeans who were still in the Equatorial Province, and the greatness of Stanley's undertaking to relieve Emin Pasha, who at that time was completely cut off from civilization, and was badly in need of provisions, clothes, and ammunition.

We follow the journey of the expedition up the Kongo, and the difficult march up the Aruvimi. The mutiny which broke out after Stanley's first arrival in the Equatorial Province is described in letters of Mr. Jephson to Stanley. It is needless to repeat here the difficulties Stanley had to contend with on his march back to Yambuga, — the death of Major Barttelot, Stanley's return to the Albert Nyanza, and his almost forcible rescue of Emin, who, it seems, together with Casati, hoped to be able to continue work in the Soudan. The reports of the retreat of the caravan along the south shore of the Victoria Nyanza to Zanzibar are still too fresh in all minds to need to be repeated here. The book is illustrated with numerous cuts, and accompanied by a good map of the region traversed, in which all the recent discoveries of Stanley, as well as of other travellers, have been made use of.

Essays of an Americanist. By Dr. D. G. BRINTON. Philadelphia, Porter & Coates. 8°.

THE contents of the present book may best be characterized by the author's own words in his preface to the volume: "The articles which make up the volume have been collected from many scattered sources, to which I have from time to time contributed them, for the definite purpose of endeavoring to vindicate certain opinions about debated subjects concerning the ancient population of the American continent. In a number of points, as, for example, in the antiquity of man upon this continent, in the specific distinction of an American race, in the generic similarities of its

languages, in recognizing its mythology as often abstract and symbolic, in the phonetic character of some of its graphic methods, in believing that its tribes possessed considerable poetic feeling, in maintaining the absolute autochthony of their culture—in these and in many other points referred to in the following pages I am at variance with most modern anthropologists; and these essays are to show more fully and connectedly than could their separate publication what are my grounds for such opinions."

The collection of essays is divided into four groups: ethnologic and archæologic; mythology and folk-lore; graphic systems and literature; and linguistic. The collection of so much valuable, and, above all, suggestive material in one volume must be highly welcomed, as many of the papers found in this volume were heretofore difficult to obtain. The subjects that are discussed by the author are of so great a variety—and mostly on hotly debated ground—that some of them have been and will be sharply discussed. The references to criticisms of these essays which Dr. Brinton gives will increase the value of the collection to the student. The essays constituting the first part of the book are selected to sustain the theory of the development of the American race on American soil, and of the independent origin of its culture. In the second part Dr. Brinton stoutly defends the possibility of explaining mythologies by means of etymology, by investigating the origin of the name of mythical beings. The essays abound in acute suggestions and theories, and will be found as entertaining as instructive.

Electrical Engineering for Electric Light Artisans and Students.

By W. SLINGO and A. BROOKER. London and New York, Longmans, Green, & Co. 12°. \$3 50.

THOSE who have watched the growth of electrical literature during the past few years have doubtless noticed the increasing tendency towards what may be called specialization on the part of writers of electrical books. This tendency, of course, is natural. As the literature of a science increases in volume, the major part of it must of necessity be limited in its scope to cer-

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tain branches or divisions and subdivisions of that science. Some of the more recent electrical works, therefore, are devoted to dynamo-electric machines, for instance, or to secondary batteries, or to motors; while the electrical treatises of a few years ago, almost without exception, aimed to cover the whole field of the science as far as it was developed at that time. The volume before us is a good example of this tendency toward specialization, and an equally good example of the comprehensive method of treatment followed in the earlier works on electricity. It is devoted wholly to the subject of electric lighting, and it covers that field so thoroughly that it leaves little to be desired in the way of information by either artisans or students.

One of the authors, Mr. Slingo, is principal of the Telegraphists' School of Science, and director of the Electrical Engineering Section of the People's Palace, London; and the other, Mr. Brooker, is instructor in electrical engineering in both the institutions mentioned. Having felt the necessity, in the course of their labors, for a single work covering the whole field of electric lighting, and not finding such a treatise ready to hand, they set to work to fill the gap in electrical literature, and the volume before us is the result. The book, though specially designed to fill a pre-determined place in the course at the institutions named above, also embraces in its scope the requirements of those actually engaged in the electric-lighting industry, as well as those of persons who, with little or no electrical knowledge, have under their supervision various kinds of electrical machinery. It will therefore be of service to managers of mines and factories, naval officers, and to all engineers who may at any time be brought

into contact with an electric-lighting plant. The book is illustrated by upwards of three hundred engravings.

A Natural Method of Physical Training. By EDWIN CHECKLEY. Brooklyn, W. C. Bryant & Co. 16°. \$1.50.

THE method of training advocated and taught in this little volume appeals at once to the good sense of the reader. It requires no machinery or apparatus of any kind, except, of course, the bones and muscles of the person training; and it may be taken up and pursued at any time and in any place, either with or without an instructor. The aim is not to produce champion rowers or boxers or sprinters, nor even to develop good "all-round" athletes, but to do for the body what education does for the mind. The aim is to put the body into the best possible condition for doing the work it has to do, and to keep it in that condition. The author believes that there is more "straining" than "training" in some of the popular systems of physical training practised in and out of the college gymnasium, and his method departs radically from those systems in many respects. But we find nothing in it that physicians could take exception to in the case of any person physically sound. The book is fully illustrated, many of the engravings being made from instantaneous photographs of the author in the different positions assumed in the course of training.

THE *Atlantic Monthly* for June will contain an article by Charles Dudley Warner, entitled "The Novel and the Common School," a pedagogical essay on reading and reading-books.

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I took Sick,
I TOOK

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Soda NOT ONLY CURED MY **Incipient**
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