

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.

I took Cold,
I took Sick,
I TOOK

SCOTT'S EMULSION

RESULT:
I take My Meals,
I take My Rest,
AND I AM VIGOROUS ENOUGH TO TAKE
ANYTHING I CAN LAY MY HANDS ON;
getting fat too, FOR **Scott's**
Emulsion of Pure Cod Liver Oil
and Hypophosphites of Lime and
Soda NOT ONLY CURED MY **Incipient**
Consumption BUT BUILT
ME UP, AND IS NOW PUTTING
FLESH ON MY BONES
AT THE RATE OF A POUND A DAY. I
TAKE IT JUST AS EASILY AS I DO MILK."
SUCH TESTIMONY IS NOTHING NEW.
SCOTT'S EMULSION IS DOING WONDERS
DAILY. TAKE NO OTHER.

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