

feet of it and walk all around it, and the bird will not betray a sign of life, even by winking. This I do several times a week, but, if I come on it suddenly, over the bank it will utter a cry and flop into the water and wade or swim off. I am getting fond of seeing it simulate an inanimate thing.

FRED MATHER.

Cold Spring Harbor, N. Y.

#### BOOK-REVIEWS.

*Handbook of Public Health and Demography.* By EDWARD F. WILLOUGHBY, M.D., Lond. London and New York, Macmillan & Co. 509 p., 1893. \$1.50.

THOUGH appearing for the first time under the present title, this is, in fact, a third edition, greatly enlarged and improved, of the "Principles of Hygiene," published in London, 1884 and 1888. To this latest edition several important chapters have been added, as, for instance, those on "Vital Statistics," "Sewage Disposal," "Unhealthy Trades," and "Sanitary Law," while some other matter entirely irrelevant to the subject in hand has been omitted. The author, as stated in his preface, has endeavored throughout so to combine scientific accuracy with the popular treatment of personal health and social problems as to render the work a clear and comprehensive manual of the principles and practice of public health, equally adapted to the purposes of the medical man, the student, the teacher and the general reader. Hygiene is treated under the general heads of "Health of the Man," "Health of the House," "Health of the City" and "Health of the People," with sub-divisions into sections on "Dietetics," "Clothing," "Exercise," "Air, Warmth and Light," "General Sanitary Arrangements," "Water Supply," "School Hygiene," "Preventable Diseases," etc. The remaining chapters include an admirable treatise on "Demography," in which many common errors, statistical and otherwise, are exposed; a chapter on "Meteorology," another on "Sanitary Law," and an

appendix of tables, etc. These various subjects are discussed so thoroughly and are so comprehensive that we are provided with a most excellent book of reference in all matters pertaining to hygiene.

Particularly noteworthy are the sections on "Dietetics" and those dealing with "House Drainage and Sanitation," and also that which discusses the neglected question of "School Hygiene." We say neglected, for even in the face of modern enlightenment on these subjects many, if not most, of our school buildings continue on the same general lines of the last generation, remodelled only so far as to gain a greater seating capacity. We do not refer to the "sanitary arrangements" of the plumber; the school building is always a favorite place for costly experiments in that direction, but rather to the heating, ventilating, school desks and seats, etc. One defect which is probably the last thought of in school building, and yet the surest in its evil effects, is that of school lighting, and in treating this all-important section the author has given us the benefit of such authorities as Professors Cohn and Förster, of Breslau, the eminent oculists. How important this subject is at once comes home to one when we remember the alarming increase of weak eyes among school children, the headaches, and the so often repeated complaint that "It hurts my eyes to look at the black-board." The chapter on "Dietetics" embraces a discussion of food stuffs, the classification and uses of food, the relative values of the common foods, their proper preparation and the adulterations which they may contain. It will be seen that the subject matter is most general, and embraces practically all that is of moment in sanitary matters, while, moreover, the arrangement and treatment are most admirably suited for convenient reference. Methods of hygienic chemical analysis are given in so far as is deemed necessary, and these sections will prove particularly valuable as an aid to the interpretation of results obtained through an expert chemist.

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#### Wants.

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