

We question if every one would regard rowing in quite as favorable light as does our author. Paddling in a canoe, which is in many respects a much superior exercise, is unmentioned. Lawn-tennis, also, which is one of the best tools of recreative hygiene, does not find a place in our author's discussion. Horse-back riding gets its full due as an admirable form of combined diversion and exercise. Throughout this portion of the book the value of good digestion as an aid to good nutrition is justly insisted upon; and exercise is conservatively regarded as simply a means to the welfare of the whole organism and not as an end in itself.

It seems to us that the author does not emphasize as much as is desirable the means of prevention advocated by many professional bacteriologists. The destruction of tuberculous sputum, if any sort of concerted action can be obtained, will go far towards diminishing the chances of infection. The herding together of the consumptives at "health resorts," and the journeys thither in cars infected by their tuberculous predecessors are raising many serious problems. It will seem to many readers that this side of our author's subject receives inadequate attention.

Physical Education in the Public Schools. By R. ANNA MORRIS. New York, American Book Company.

THIS little manual, designed for the use of teachers in the public schools, is well worth reading by all those who have anything to do with the training of children. It contains a simple yet complete course of instruction in school gymnastics, including a brief description of the Delsartian principles of elocution and expression. The author has not confined herself to any one system of calisthenics, but has selected and adapted the movements of several well-known systems. The exercises have been arranged to cover a period of time included by the kindergarten and succeeding grades through the high-school, and consist of a regular progression of movements.

The principal idea is that of training and not straining the

body. Many of the exercises may be taken between the rows of desks, or in the front of the school-room, without the aid of other apparatus than wands, rings, dumb-bells, and clubs. Especial attention is paid to the discussion of the best methods for inducing the correct breathing and carriage of the pupils. The high importance of good ventilation of the school-room is also emphasized. There is included a chapter on temperance-teaching in the public schools, which may give some useful hints.

Finally, a brief course of instruction in reading aloud is outlined, and the manual is completed with a few selections of marches and other music adapted to the accompaniment of the calisthenics. The book contains illustrations and explanatory figures throughout.

AMONG THE PUBLISHERS.

MACMILLAN & Co. announce the issue of a collection of papers by the late Sir Daniel Wilson, entitled "The Lost Atlantis, and Other Ethnographic Studies." It contains essays on Trade and Commerce in the Stone Age, The Aesthetic Faculty in Aboriginal Races, Hybridity and Heredity, etc.

—In the same line as Miss Jordan's "College for Women," published in the last number of the *Atlantic Monthly*, there is in the November number an article by Samuel W. Dike, LL.D., entitled "Sociology in the Higher Education of Women." The author discusses the subject at length, and shows that now the problem is to put the education that young women are getting into its true relation to their future, and to do more to equip the girl for what may be called the great profession of being a woman in her social trinity of wife, mother, and member of society. The many suggestions for the carrying-out of this problem make this paper a valuable one. Among other articles in this number may be mentioned Theodore Bacon's "Some Breton Folk-Songs" and a timely political article, "The Two Programmes of 1892."

Dyspepsia

Dr. T. H. Andrews, Jefferson Medical College, Philadelphia, says of **Horsford's Acid Phosphate.**

"A wonderful remedy which gave me most gratifying results in the worst forms of dyspepsia."

It reaches various forms of Dyspepsia that no other medicine seems to touch, assisting the weakened stomach, and making the process of digestion natural and easy.

Descriptive pamphlet free on application to **Rumford Chemical Works, Providence, R. I.**

Beware of Substitutes and Imitations.
For sale by all Druggists.

RACES AND PEOPLES.

By DANIEL G. BRINTON, M.D.

"The book is good, thoroughly good, and will long remain the best accessible elementary ethnography in our language."—*The Christian Union*.

"We strongly recommend Dr. Brinton's 'Races and Peoples' to both beginners and scholars. We are not aware of any other recent work on the science of which it treats in the English language."—*Asiatic Quarterly*.

"His book is an excellent one, and we can heartily recommend it as an introductory manual of ethnology."—*The Monist*.

"A useful and really interesting work, which deserves to be widely read and studied both in Europe and America."—*Brighton (Eng.) Herald*.

"This volume is most stimulating. It is written with great clearness, so that anybody can understand, and while in some ways, perforce, superficial, grasps very well the complete field of humanity."—*The New York Times*.

"Dr. Brinton invests his scientific illustrations and measurements with an indescribable charm of narration, so that 'Races and Peoples,' avowedly a record of discovered facts, is in reality a strong stimulant to the imagination."—*Philadelphia Public Ledger*.

"The work is indispensable to the student who requires an intelligent guide to a course of ethnographic reading."—*Philadelphia Times*.

Price, postpaid, \$1.75.

THE AMERICAN RACE.

By DANIEL G. BRINTON, M.D.

"The book is one of unusual interest and value."—*Inter Ocean*.

"Dr. Daniel G. Brinton writes as the acknowledged authority of the subject."—*Philadelphia Press*.

"The work will be of genuine value to all who wish to know the substance of what has been found out about the indigenous Americans."—*Nature*.

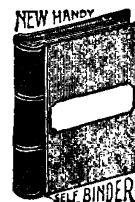
"A masterly discussion, and an example of the successful education of the powers of observation."—*Philadelphia Ledger*.

Price, postpaid, \$2.

N. D. C. HODGES, 874 Broadway, N. Y.

A TEMPORARY BINDER

for *Science* is now ready, and will be mailed postpaid on receipt of 75 cents.



This binder is strong, durable and elegant, has gilt side-title, and allows the opening of the pages perfectly flat. Any number can be taken out or replaced without disturbing the others, and the papers are not mutilated for subsequent permanent binding. Filed in this binder, *Science* is always convenient for reference.

N. D. C. HODGES, Publisher,

874 Broadway, New York.

BACK NUMBERS and complete sets of leading Magazines. *Rates low.* AM. MAG. EXCHANGE. Scholastic N.Y.

RESTORE YOUR EYESIGHT

Cataracts, scars or films can be absorbed and paralyzed nerves restored, **without the knife or risk.** Diseased eyes or lids can be cured by our **home treatment.** "We prove it." **Hundreds convinced.** Our illustrated pamphlet, "Home Treatment for Eyes," free. Don't miss it. Everybody wants it. "THE EYE," Glens Falls, N.Y.

NEW ARC LAMP
COLLEGE PROJECTOR
FOR INCANDESCENT CURRENT.
ABSOLUTELY STEADY LIGHT.
SEND FOR CIRCULAR TO
J.W. QUEEN & CO.
PHILA. PA.