

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 Æsthetic 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."

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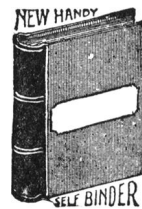
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