

feels at liberty to give us many an original gem which, strictly speaking, belongs to the domain of Therapeutics, or Bromatology, or Medicine. The bent of the book is exceedingly practical in language, illustrations, topics and hints. It will tell you when to bathe, how to cook, why beef-tea is not as nourishing as supposed, what is the cheapest food producible by a nation, how to avoid catching cold, rivalling even the practical Ringer in his own subject. For example, of alcohol he says: "If alcohol is to be used as a daily article of diet, it should be borne in mind that when concentrated it coagulates the proteids of the cells of the stomach with which it comes in contact in the same sort of way, though of course to a much less degree, as it shrivels and dries up an animal preserved in it. Dilute alcoholic drinks, such as claret and beer, are therefore far less baneful than whiskey or brandy, and these are worst of all in the almost undiluted form of most 'mixed drinks.' For the same reason alcohol is far more injurious on an empty stomach than after a meal. The old 'three bottle' men who drank their port-wine after a heavy dinner got off far more safely than the modern tippler who is taking 'nips' all day long."

For these reasons a better book could not be imagined for those who, without an intimate acquaintance with Anatomy and Histology, and wishing to escape technicalities as much as possible, want to obtain a really useful and thorough knowledge of Physiology. To a medical man, however, I cannot recommend Martin; proximate principles are not sufficiently treated; there is a great lack of Morbid Physiology; Embryology and Development, though really belonging to Morphology, should have a larger space devoted to them; and of course, to any one having opportunities for vivisection and the mounting of specimens, the work under consideration would give place to Klein, Milne Edwards, Müller's 'Archiv,' and others. For laymen, however, it is just what is wanted; full of common sense, made absorbingly interesting by quotations, analogies, proofs of the practical bearing of scientific truths, &c.; in fact, the very book for the Natural Sciences Department of the Arts course.

H.

'VARSITY SPORT.

BICYCLE clubs are being formed in many American colleges, and the interest manifested in the wheel is growing greater and greater. The club at St. Paul's, Concord, has now a membership of thirty, there being two hundred and fifty students in the school. In connection with this sport the *University Magazine* comments: "The growing popularity of bicycling, not only is a pleasant and healthful means of exercise, but as a recognized college sport, leads us strongly to favor its encouragement at the University." Is the bicycle likely to become known at University College, or is it an animal to be looked at with suspicion?

Ann Arbor Chronicle: "The lovers of Rugby foot-ball have again turned their attention to this sport, induced by the prospect of games with Harvard, Yale and Princeton. Challenges from us have been accepted by these three colleges, and it is with pleasure that we see the boys enter into their practice with the old vim that told so well against Racine and Toronto.

Brooklyn Polytechnic: "The students of Harvard are organizing a foot-ball association. A committee on constitution reported one substantially the same as that of the Princeton Club, which has been so successful. Several games will be played with Canadian elevens, if possible, at Cambridge.

RECRUIT drill was conducted on the lawn on Wednesday afternoon by Lieut. Acheson and Sergt. Wishart.

THE Association Foot-ball Club practises every afternoon, and the Rugby Union three afternoons a week.

THE name of Mr. A. Y. Scott was omitted last week from the list of newly appointed corporals of "K" Company.

THIS "Rugby" season in Toronto will be remarkable, if for nothing else, for the number of accidents recorded. There are a good number of clubs in the city now, and nearly every one can show a passable accident record.

"K" COMPANY was specially and highly complimented by the Colonel of the Q. O. R. at the last battalion drill. It deserved the compliment, as it has this year shown itself to be well drilled, and has always the largest turn-out at Wednesday-night drill.

THE First and Second "elevens" of the Association Foot-ball Club had a practice match on the lawn on Monday last. When dark put an end to the play, each side had scored a goal; thus showing that there is this year no lack of recruits, and that the Association will at least not suffer from scarcity of players. A team will go to Berlin soon. We think it would be wise to arrange matches for the second team, if possible. Matches are the best practice, and it is from the second team that the first must in future be recruited.

YALE has a yacht club and a bicycle rink.

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