

by our colder air. Red corpuscles are more numerous in the blood in a colder environment, and people who live in the country have more red corpuscles than those living in towns. The number of these minute red particles in our blood is surprising. There are between three and a half to five millions of them in a man 20 or 30 years of age. Fishes, such as trout and cod, have not half that number, and the "cold-blooded" sharks are said to have not more than 140,000 to 230,000 in their vascular system. In these days of "suffragette" assertions and claims, man can boast, on scientific grounds, the superior richness of his blood! Man's blood has 12 to 20 per cent. more solid matter than woman's; but woman's blood is always found to be brighter in colour, hence the more attractive complexion when unimproved by alleged artificial aids! Of course the white corpuscles of the blood cannot be ignored, though they are not one-seventh in number, there being 2,284 white to 11,306 red corpuscles in human blood. But Professor Knight has no space for curious details such as these; his object is more direct and practical, and his wise words on "How to breathe," on foul air in the house (p. 44), care of the hands (p. 60), care of the teeth (p. 76), ears and earache (p. 84), eyesight (p. 92), round shoulders (p. 100), and clothing (p. 105) are perfectly admirable. Food and milk form a special chapter, XVI, but one cannot look at a single page of this bright readable work without having the attention at once enchained. Exercise, clothing, and sleeping ("sleep on the right side," says the author), and other vitally interesting and valuable matters are explained in the clearest, simplest and most accurate language. Nothing could be more instructive than the strange experiment by Dr. Hodge of Clark University, U.S.A., with four puppies, and Bum's conversion from habits of intoxication, and Nig's devotion to the whiskey flask, are interesting and pathetic in the extreme. Consumption is amply dealt with in chapter XXV, and indeed all phases of a healthy life and avoidance of common ills are clearly and concisely treated in this splendid little work, in which we have not found a single misprint or typographical error. The only suggestion which a critic might make would be the addition of an explanation that whereas arteries carry arterial blood and veins carry venous blood, as stated on page 97, the reverse is the case in the lungs, in which the pulmonary arteries carry venous blood and the veins carry from the lungs bright, arterial blood.

Thirty years ago a clever English lady, Mrs. Catherine M. Buckton, the first lady ever elected to a School Board, wrote a small handbook entitled "Health in the House," and it was such a success that edition after edition was exhausted in a few years. May Professor Knight's valuable book as rapidly secure a wide circulation and successive new editions be called for by the Canadian public!

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