

Sport, and Walking and Running Exercises; A Few Remarks on Cold Feet—Their Cause and Treatment; On the Benefits of Sunlight; On the Advantages of an Open Air Life and of Breathing Exercises; On the Dangers of Living in Confined and Ill-ventilated Quarters; Hygiene of Artificial Heating—The Dangers of Heat by Steam, and a Few Hints About their Prevention, Food Hygiene, General Remarks; On Proteid Food, Animal Food, Meat, Fish, Eggs, Milk, etc.; On Carbohydrates and Fats, and the Great Advantages of Vegetables and Fruit; On the Advantages and Disadvantages of a Vegetarian Diet; On the Dangers of a too Abundant Meat Diet; A Few Hints on the Dietetics of Meat; On the Great Advantages of Much Milk in the Diet for the Prevention and Treatment of Old Age; On Blood as an Article of Food Containing Iron and Animal Extracts—Sausages and Blood Puddings; Some Remarks on the Hygiene of Eating—How to Obtain an Appetite; On Mastication; On the Uses of Small Doses, and the Deleterious Action of Large Quantities of Alcohol; Some Remarks on the Causes and Prevention of the Alcohol Habit; On Other Stimulants—Tea, Coffee, Cocoa, Tobacco—Their Merits and Disadvantages; On Sleep and its Importance in Ridding the Body of Toxic Products; On the Causation of Sleep, Sleepiness and Insomnia; Hygiene of Sleep; Prevention of Insomnia; The Treatment of Sleepiness and Insomnia; Hygiene of the Sexual Glands; The Dangers of Sexual Over-activity and of Total Sexual Abstinence; On Married Life as an Important Means for Prolonging Life; Hygiene of the Mind-emotions and Worry as Cause of Old Age; Hygiene of the Mind; Religious Belief as a Means of Prolonging Life: Disease Considered as a Self-defence of Nature; Hygiene of the Mind; Advice to Brain Workers; On the Prevention of Premature Old Age, and the Treatment of Old Age, Through Certain Drugs—Arsenic, Iron and Iodides; On the Prevention of Premature Old Age, and on the Treatment of Old Age by Animal Extracts; A Few Hints on Youthful Appearance; The "Twelve Commandments" for the Preservation of Youth, and the Attainment of a Green Old Age.—*Old Age Deferred; The Causes of Old Age, and its Postponement by Hygienic and Therapeutic Measures.* By Arnold Lorand,

M.D., Carlsbad, Austria. Third Edition, translated by the author from the third German edition. 480 pages. Philadelphia: F. A. Davis Company, Publishers, 1911. Cloth, \$2.50.

"The Fourth Physician."

A book that appeals to one from sentimental standpoints, an excellent volume for the office table, is "The Fourth Physician," by Montgomery Pickett. It is a holiday story of a new and distinctive type, displaying to the reader the aspirations and ambitions of a young physician and his advance from the coldness of scientific deduction to the warmth of the Christmas spirit. It is based on a play which won first prize over eleven hundred others submitted in a recent contest. The book is beautifully printed and well illustrated.—"The Fourth Physician," by Montgomery Pickett. Illustrated in color. Chicago; A. C. McClurg and Co., Publishers. For sale at all bookstores. \$1.00 net.

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