

## THE BOOK PAGE

How much to eat; how to eat; what to eat; when to eat; if one is orthodox in principle and practice on these points, he is almost sure to be in health, and absolutely sure to get the most out of life, physically, that there is in it. This is the gist of **The Art of Living in Good Health**, by Daniel S. Sager, M.D. (Frederick A. Stokes Company, New York, 353 pages, \$1.35 net, \$1.47 post paid). Dr. Sager is a Canadian physician who has evidently given thorough study to his subject. He has the rare faculty of writing interestingly. Of course, on the question of diet, "doctors differ," but there is so much good sense here on such points as breathing, water drinking, mastication, the various diets, the enslaving drugs, etc., and also on the effect of the mental condition, on health, that one feels he is in the hands of a sane, and therefore a safe, guide. There are two classes of people who ought to read this book—those who have health, and want to keep it, and those who have lost health, and want to get it back.

On opening **Sidelights on Chinese Life**, by Rev. J. MacGowan (Keegan, Paul, French, Trubner and Co., London, illustrated, 368 pages, \$2.25) the unusual beauty of the illustrations at once attracts attention. There are twelve delightful full page illustrations in color, made from original paintings, and a wealth of very fine photographs of people and scenes. These, in themselves, throw extremely interesting sidelights on life in China. While the author belongs to the London Missionary Society, this is not a mission-

ary book, in the sense of describing or discussing missionary work and problems; but its minute, and evidently accurate, pictures of Chinese life and character, help much in understanding the conditions which missionaries have to meet. The writer is most interesting when he deals with the everyday life of the ordinary people, under such titles as, Family and Child Life, The Farmer, Pedler Life, or, A Trip Through the Country. The chapter on the Adaptability and Tenacity of Purpose of the Chinese, points out some of the qualities, physical and mental, which, now that the nation is waking up to Western ways, make China a quantity decidedly to be reckoned with. The Chinaman's keen sense of humor is frequently touched on, and the chapter on Chinese Amusements draws attention to the enjoyment of fun that so often lies behind the usually stolid, expressionless face of a Chinaman.

The first volume to appear of the **Westminster New Testament**, A. E. Garvie, D.D., General Editor (Andrew Melrose, London, U.C. Tract Society, Toronto, 255 pages, 70c. net) is the Gospel of St. John. The editor of this volume is Rev. H. W. Clark, who, in a recent book, *The Christ from Without and Within*, has given us a sympathetic study of the testimony of the Fourth Gospel to the Person of Christ. The new commentary is pocket size, beautifully bound in dark leather, with gilt top. The text used is that of the Authorized Version, which is divided into convenient portions, each section being followed by the editor's notes. The notes embody the assured results of modern scholarship, and,

# The Montrose Paper Co.

LIMITED

MANUFACTURERS OF

## HIGH GRADE BOOK and WRITING PAPERS

MILLS AT THOROLD, ONTARIO

TORONTO—HUBBS & HOWE CO., 48 Colborne Street

MONTREAL—T. B. LITTLE & CO.

WINNIPEG—CLARK BROS. & CO., LIMITED

Try Our INDIAN BOND in White and Colors

Please mention THE TEACHERS MONTHLY when writing to advertisers