

popular, wonderfully clear, and thoroughly scientific, in its treatment of matters of daily life, regarding which far too much ignorance prevails. A life-like portrait of the immortal Apostle of Health, Louis Pasteur, forms the frontispiece, while the text is illustrated by sixty-six original drawings and half-tones. The pleasing cover, the paper, the clear large type, and the whole get-up of the book reflect the greatest credit on the author and publisher.

The author's former "Introductory Physiology and Hygiene" has proved its usefulness as a teacher's manual, and the present work was written at the suggestion of a former active member of the Ottawa Field-Naturalist's Club, Inspector R. H. Cowley, and of Inspector W. I. Chisholm. Professor Knight has long been recognized as a leading educationist and few of our Canadian scientific men have had his lengthy and rare experience in the work of instruction. Hygiene, like Political Economy, is too often regarded as a dismal science, a science of "Don'ts," as testified by health notices in every street and tram-car. To make the subject attractive to young people is a difficult task, but Professor Knight has achieved it with marked success. More readable pages could not be written than those on Sunlight, Bathing, the Eyes, Digestion, Exercise, Disease, and Clothing. Any boy or girl will be the better for reading this bright little manual. Much of the sickness, which afflicts our children, is due to ignorance, not only on the part of the sufferers but on the part of parents. Yet, even the most devoted parents cannot watch their offspring all the time. How valuable then to interest the young in the subject of health, treated so ably in this book! The lessons here taught will become second-nature in the child who will avoid dangers to health as naturally as he will avoid a deep hole in the side-walk. Tennyson's sad lines:—

"How dwarf'd a growth of cold and night,
How blanch'd with darkness must I grow."

find effective antidote in Professor Knight's chapter II where the pale face, the stunted growth and the weak frame, characteristic of unnatural conditions, especially city overcrowding, are described, and the causes and the remedies clearly enunciated.

Fresh air, cleanliness, tobacco, alcohol, are all amply treated by the author, with convincing reasonableness. The important chapters, XIII and XIV, treat of the blood and circulation. It is curious that more than a quarter of the blood in the human body is contained in the liver, while through the brain and muscles there circulate five or six parts, by weight, of the total amount, the bones receiving only $2\frac{1}{2}$ per cent. and the skin barely 1 per cent. To the blood is due, as Professor Knight points out, the "pinkish or reddish colour of the skin," and the fine ruddy cheeks of Canadian girls, as compared with their pale cousins in New York or Boston, are partly to be explained