

name, the ethical type, and including the consideration of the lives of Christ, Marcus Aurelius, Mahomet, Luther, Emerson, Renan.

Power in the crucible is considered in two noteworthy chapters. The first of these, chapter X., deals with Danger and Solitude—Solitude as a means of Power; and the second, chapter XI., the Classification of Sexual Types, Ambiguities, Need of Attachments, Woman in Relation to Man's Ideals, Sexual Versatility of Genius, the Higher Monogamy. In this section, one of the questionable points above referred to is the author's statement that all ethical ideals are ultimately traceable to the precepts and examples of what the world has agreed to regard as pre-eminent individuals, in so far, at least, as they are not mere products of social expediency and use and want.

"The demoralization of a *demigod*," says Dr. Whitby, "becomes intelligible when we learn that destiny has united him to a worldling and a scold"; but he qualifies this statement by saying that in every woman worth her salt, there is somewhere hidden a worldling and a scold. "It is a question of degrees; the tenderness may be veiled, but must not be eclipsed." Then what of this? "The transition from devil to angel is for woman the work of an instant. Paradox incarnate; the infliction of unendurable pain is often her veiled tribute to qualities beyond her comprehension, but not beyond her worship; is often the prelude to her most entrancing mood."

Dr. Whitby does not forget the criminal side of greatness; and here we find not the least of the sections that make the book most worthy of a place on our library shelves.—*Makers of Man. A Study of Human Initiative. By Charles J. Whitby, M.D. (Cantab.), With 47 half-tone and other plates. 424 pages. Full index. New York: Rebman Company, 1123 Broadway. Cloth, \$3.00.*

"Old Age Deferred."

Commencing his treatise on the causes of old age and its postponement by hygienic and therapeutic measures, Dr. Arnold Lorand, Carlsbad, Austria, quotes Seneca in saying that man does not die; he kills himself. Dr. Lorand introduces his subject by saying that, while it is still impossible for

us to create a young man out of an old one, it is quite within the bounds of possibility, to prolong our term of youthfulness for ten or twenty years; he enters very fully into the question of ductless glands in order to point out the marvellous influence they exert upon the various vital functions, paying particular attention to the thyroid and sexual glands which are carefully studied anatomically, histologically, experimentally and clinically.

The chapter headings will give one an idea of the value of the book. There are forty-eight chapters, as follows: On the Appearance of Symptoms of Old Age in Young Persons; On the Agencies which Govern Immunity Against Infections and Intoxications—The Origin of Fever; On the Agencies that Govern the Conditions of the Nervous System and Mentality; On the Influence of the Sexual Glands upon Vitality and Long Life; On Heredity and Longevity; On Means which can Help us to Determine the Probable Duration of Life; On the Causation of Old Age; The Rational Prevention of Premature Old Age and the Treatment of Old Age; The Destruction and Elimination of Toxic Products from the Body and Hygienic Measures for the Improvement of these functions; On the Destruction of Poisonous Products through the Thyroid and Parathyroid Glands; Hygiene of the Thyroid Gland; The Destruction of Toxic Products by the Liver and the Improvement of its Protective Functions; The Hygiene of the Liver; On the Destruction of Toxic Products by the Adrenals; Hygiene of the Adrenals and of the Circulatory System; A Few Remarks on the Cause, Prevention, and Treatment of Arteriosclerosis; The Elimination of Toxic Products Through the Intestines and the Improvement of this Function; On the Prevention and Treatment of Habitual Constipation; Hygiene of the Intestines. A Few Remarks on the Cause and Prevention of Appendicitis; On the Elimination of Toxic Products Through the Kidneys; Hygiene of the Kidneys, and the Prevention of Renal Disease; On the Elimination of Toxic Products through the Skin; The Hygiene of the Skin—Air Baths; On Rational Clothing; Improved Hygiene of the Skin and Kidneys through Bathing; Foot Baths; Hygiene of the Skin and Kidneys by Means of Perspiration; On Exercise, Swedish Gymnastics, Massage,