

holds. Whether the lithia contained in this water is of any therapeutic importance is at present doubtful, but its presence is a distinctive feature in the analyses.

Like a cool, refreshing breeze from the ocean, which acts as a physical stimulus and tonic during the summer heats, the August "Arena," breezy, strong, vigorous, refreshing, comes to us as a mental tonic. This number has an unusually attractive and varied table of contents, any item of which will well repay reading. The portrait of George Canning Hill, the Massachusetts member of the National Bimetallic Union, forms the frontispiece. Mr. Hill contributes a strong and admirably written paper in favor of free silver, entitled "The Morning of a New Day." Hon. C. S. Thomas, in his "Reply to 'A Financial Seer,'" utterly puts to rout his critic, "A Financial Seer," and, with the aid of a startling array of facts and figures, culled from the most authoritative sources, refutes in the clearest and most convincing manner the many fallacies advanced by the upholders of the single gold standard. Notes by the Editor contain some very startling revelations and should be read by all who wish to be informed in regard to the tactics resorted to by the gold monometallists in their frantic endeavors to uphold the gold standard. Prof. Frank Parsons' series on "The Telegraph Monopoly" still continues, and Part VIII is one of the most striking and powerful papers yet written on the subject. It still further exposes the essential tyranny and lawlessness of this giant monopoly. Under the title of "Whittier—The Man," the editor of the "Arena," Mr. B. O. Fowler, furnishes another of his delightful and instructive papers on our Quaker poet. The serials,—“The Valley Path” and “Between Two Worlds” become more and more interesting with each succeeding chapter, and a glance at the titles of the remaining articles, with the names of the authors, given below, will convey some idea of the rich store of mental food provided in the August issue of that always live and original magazine, the "Arena:" "Bibliography of Literature dealing with the Land Question," by Thos. E. Will, A.M.; "Is the West Discontented?" by John E. Bennett; "Club Life versus Home Life," by G. S. Crawford; "A Social Settlement," by Annie L. Muzzey; "Mahayana Buddhism in Japan," by Annie E. Cheney; "The Convict Question," by J. Kellogg; "Ethics the Only Basis of Religion," by R. B. Marsh, M.A.; "Associated Effort and Its Influence on Human Progress," by M. L. Holbrook, M.D.; "Philosophers Afloat," by Helen H. Gardener.

"THE ART OF MIND-BUILDING."

In the "Metaphysical Magazine" for July, Professor Elmer Gates, formerly of the Smithsonian Institute, explains for the first time the results of his extended experimental researches in the domain of Psychology. These experiments have been conducted in a thoroughly scientific manner, and the demonstrations are of the very highest importance to every branch of learning. Order early.

The contents of this number also include: "Karma in the Bhagavad Gita," by Charles Johnston, M.R.A.S.; "The Subtile Body," by E. G. Day, M.D.; "The Serpent and its Symbol," by Lieut. C. A. Foster, U.S.N.; "Spirit in Man and Nature," by C. Staniland Wake; "Conception and Realization of Truth," by Frank H. Sprague; "A Prophetess of the New Life," by Lilian Whiting; and other articles on occult, philosophic, and scientific lines. At all news-stands. Price, 25 cents; yearly subscription, \$2.50. In foreign countries, 14s. The Metaphysical Publishing Company, 503 Fifth avenue, New York.