

## Book Reviews.

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**A Manual of Personal Hygiene.**—Edited by Walker H. Pyle, A.M., M.D., Assistant Surgeon to Wills Eye Hospital, Philadelphia, Fellow of the American Academy of Medicine. Contributors: I. W. Courteney, M.D., George Howard Fox, M.D., and several others. Illustrated, Philadelphia W. B. Saunders & Co., 1900. J. A. Carveth & Co., Toronto, Canadian Agents. Price \$1.50.

The object of this manual is to set forth plainly the best means of developing and maintaining physical and mental vigor. Throughout the book there is concise but adequate discussion of the Anatomy and Physiology of the parts under consideration, upon which is based the advice given. In other words, there is an exposition of proper living upon a physiological basis. Purely technical phraseology has been avoided, as far as compatible with the scientific value of the text, and numerous explanatory diagrams and illustrations have been introduced. Although each chapter is complete in itself, there has been purposive repetition of remarks upon subjects of such general interest, as eating, drinking, breathing, bathing, sleep, exercise, and in order that they may be discussed more thoroughly from several standpoints. The style in which this manual is written is very pleasant, and no one could rise from its perusal, or of any part of it, without absorbing a very large amount of most valuable information. As a text book, it should find an entrance into all schools where Hygiene is taught, and the general public will find it well worthy of perusal. It is a sad commentary on human nature, that so few really know how much they can do to make their lives healthy and in this way prolong life. Even the medical professor is not guiltless in this respect. This book deserves a very wide circulation.

**Progressive Medicine.**—A quarterly Digest of advances, discoveries and improvements in the Medical and Surgical Sciences. Edited by Hobart Amory Hare, M.D., Professor of Therapeutics and Materia Medica in the Jefferson Medical College of Philadelphia, etc., etc., assisted by Charles Adams Holder, M.D., Assistant Demonstrator of Therapeutics in the Jefferson Medical College. Vol. III., September, 1900. Diseases of the Thorax and its Viscera, including the Heart, Lungs and Blood Vessels, Diseases of the Skin, Diseases of the Nerve System, Obstetrics. Lea Brothers & Co., Philadelphia and New York, 1900.

This volume has appeared very promptly on time, and is equally as valuable as any of its predecessors. The departments in this volume have been collated by such well-known men as William Ewart, M.D., F.R.C.P., Henry W. Stelwagon, M.D., William G.