

ledge which it would be necessary for young people to have, in order to understand the importance of the rules of health, is very small. The bulk of the people, of course, cannot be taught technical physiology. Nor is this requisite. Certain points can easily be learnt in a few days, and, properly illustrated by a few models, would give a general view of the wonderful mechanism of the human body. After these simple lessons have been clearly understood, the reason of the rules of health would at once become transparent, and at last all would learn to treat their bodies with due care and respect. As Pallas says to Paris in Tennyson's poem of *Cenone* :—

“Self-reverence, self-knowledge, self-control,
These three alone lead life to sovereign power.”

The last few pages of the manual contain a few simple sanitary hints for workingmen, who would do well to follow closely the admirable rules laid down for the bettering of their physical, and consequent moral, condition. On the whole, there is very little in Dr. Parkes' volume to which any scientific man can take exception, and the general reader cannot err if he conforms to every hygienic direction that it offers for his benefit.

VENNOR'S WINTER ALMANAC. By H. G. Vennor, F.G.S., of Geological Survey of Canada. (Dawson Bros.)

The love of the marvellous is so ingrained in the human system, that when once a name is up as able to feed this mental taste, the success of the purveyor is in the ratio of faith to fact, with always this in favor of the prophet that every one wants him to be right, for every one loves to peep into the future. When favored with “Vennor's Winter Almanac” we found exactly what we expected, the system of prognostication reduced to common sense principles. We were reminded when we read it through of Miss Edgeworth's story of “Eyes or no eyes, or the Art of Seeing,” which pretty tale lays the foundation of a lad's future character for observation. Two boys go the exact same walk; one pronounced it the most stupid saunter he ever took, the other returned with a pocketful of notes and facts of deepest interest. Such is Vennor's Almanac; it is constructed on the *marvellous*, we admit, but the marvel is that only one out