

scorn, he hardly allows this to affect his estimate of the man whom she infatuated and made supremely criminal: If he wrote his pictures for boys, it was questionable taste at least to say so much concerning a liason that so greatly detracts from his hero's character and reputation. This excepted, Mr. Clark Russell has produced a valuable book, and no doubt the most readable life of the great naval captain yet written. While young blood runs hot and fast there will be no lack of readers anxious to learn the story of their country's great defenders by land and sea.

Two volumes sent by the Drysdale Company are published by Messrs. Adam and Charles Black, of London. These are of 150 and 173 pages, crown octavo, and their price is seventy-five cents each. Their author is George S. Keith, M. D., LL.D., F.R. C.P.E., and their names are, "Plea for a Simpler Life," and "Fads of an Old Physician." A well-known proverb says that at the age of forty a man is either a fool or a physician. Dr. Keith's books are written for the amateur physician or the person who desires to learn how to take care of himself. They set forth very largely the facts of his own experience and that of others which has come under his observation. They are, therefore, gossip, interesting talks of a cultured and observant man no longer young. The same ideas occur in the two volumes in different form, the Fads being the latest and fullest of the two, and thus, in all probability, the ripest fruit of the author's theory and practice. Apparently the most temperate of men, Dr. Keith will not allow his hands to be tied in the use of stimulants, although strongly deprecating the frequent use of them, and of drugs in medical cases. He also refuses to denounce tobacco, while admitting the bad effect of excessive smoking. His great bug-bear is flesh-eating, and he regards the consumption of beef as provocative of intemperance. He has no faith in the medical cure of inebriates, but maintains that a vegetarian diet will speedily arrest the craving for intoxicants. Light and simple diet, rest, massage, hot water and, in certain cases cold, liquorice, and letting nature have her own way, are some of the doctor's