

experience. That experience is well known to the writer of this little volume, having been an invalid confined to her bed for nearly seven years ; and the thoughts expressed have been produced between midnight and early dawn, while in much suffering, but communing alone with God. These productions cannot fail to do good to those who read them, and to the writer to know she has been enabled to do good to others, even though she be a "Shut-in."

The Trend of the Magazines and Reviews.

The Cyclopedic Review of Current History. This ponderous, but valuable quarterly, still keeps on the even tenor of its way, and for the student is invaluable as a reference text-book. It is well arranged under the following headings : International Affairs ; Affairs in America, in Europe, in Asia, in Africa ; Recent Progress in Science and Literature ; Deaths of Noted Men with short Biographical Sketches. This quarterly is published by Garretson, Cox & Co., Buffalo, at the low price of \$1.60 per annum, and is printed on good paper in clear readable type. The literary criticism of current books will be found to be very crisp and entertaining.

The Century Illustrated, August and September. These two numbers are unusually good, even for *The Century*. The August has a splendid descriptive article of travel by Stephen Bonsall, entitled, "Fez, the Mecca of the Moors," with finely executed illustrations. Then follows a selection of Phillips Brooks' Letters to Children, exceedingly quaint and playful, causing to stand out in bold relief the exceeding humanity of this prince of preachers. Mr. W. P. Garrison has a very appreciative sketch of the "Stormy Petrel" of English journalism, W. J. Stillman, the well-known *Times* correspondent at Rome. Mr. Gladstone said in one of his speeches in 1877 that the only reason he read the *Times* was to see Stillman's despatches from the seat of war—the Russo-Turkish—then going on. To those who imagine the life of a journalist to be all ease, and whose idea of correspondents is obtained from the weekly "chit-chats" in ordinary papers, this insight into the real life and work of an accredited correspondent of the world's greatest daily will come as a revelation. Thomas J. May has also an interesting scientific article, "Breathing as a Cure." It starts out with the statement that imperfect breathing, or lack of knowledge how to expand the chest and lungs, is a fruitful source of disease and responsible for many deaths by pulmonary consumption. It is then shown that the original method of breathing is abdominal and not costal, and that expansion of the apex of the lung is one of the most important means by which pulmonary consumption may be avoided. The evils of stooping positions, want of exercise and sluggish breathing are very forcibly shown, and the necessity for more simple breathing exercises emphasized. The gist of the article is that by proper regulation of the breathing resulting in expansion of the lungs the greatest cause of consumption may be removed. We give the following extract for our readers' benefit : "I think it is evident that proper development and expansion of the lungs by means of well-regulated breathing must be regarded as of the greatest value in the prevention and in the treatment of the inactive stages of pulmonary consumption. Much has been said and written on the subject of artificially inflating the chest, and of bringing into activity that upper part of the lungs