

pass from one neuron to another, by citing another equally important difficulty and one where we know the impulses do pass from one structure to another. In the case of the relation of the nerve ending and the neuromuscular fibre, we have only a case of close contact, yet we know that the nerve impulse does pass to the muscle fibre, most likely by some minute chemical change that takes place between them, as in the terminals of an electric machine. This position being established, it must cease to be regarded as an insurmountable difficulty to the neuron theory, the fact that the neurons are independent of each other, and have no integral union. Impulses can pass from one neuron to another, as they pass from nerve endings to muscle fibres. In this we think Prof. Donaldson is absolutely correct.

One naturally turns the pages over to the chapter on Reproduction to ascertain what position so distinguished a physiologist as Prof. Lee would take on the theories of heredity. He passes under careful review the theories of Huxley, Weismann, Nägeli, Darwin, Spencer and others. The theory of the germ-plasm, so ably expounded by Prof. Weismann, of Freiburg, receives due attention. The theory of variations, founded upon Darwin's, Brooks' and Gatten's views, that while something is inherited in the form of germ-plasm, something is also added by the individual. This leads to the theory of epigenesis. This theory holds that there is no absolute predetermination in the formation of the various cells of the body, and that this is largely a question of their physical and chemical surroundings. The views of many of the leading physiologists are a sort of compromise between the full germ-plasm theory of Weismann, and the epigenesis theory of those who adopt the theory of variations. The writer does not commit himself to a very definite statement of his own position, but admits that modern physiologists incline to look for some truth, both in the doctrines of preformation and epigenesis.

SUNSHINE AND SLEEP.—Sleepless people—and there are many in America—should court the sun. The very worst soporific is laudanum, and the very best is sunshine. Therefore, it is very plain that poor sleepers should pass as many hours as possible in the sunshine, and as few as possible in the shade. Many women are martyrs, and yet they do not know it. They wear veils, carry parasols, and do all they possibly can to keep off the potent influence which is intended to give them strength, beauty and cheerfulness. The women of America are pale and delicate. They may be blooming and strong, and the sunlight will be a potent influence in this transformation.
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