

five per cent more of the nitrogenous matter, and two per cent more of fat than the oyster. Different opinions have prevailed as to their digestibility ; but, with the proviso that there are certain stomachs which altogether reject them, they do not appear to offer more than the average opposition to the action of the digestive organs. In this matter, however, much depends, as in most other foods, on the manner of cooking. However digestible and nutritious shell-fish may be, as a rule, it is an undoubted fact that their use is occasionally followed by deleterious effects. Among the many thousands of species of shell-fish there are only two or three known or believed to be poisonous. Of the edible remainder, comparatively few kinds, however, are eaten. Of the shell-fish of commerce, the oyster is more important than all the others put together. Mussels, though largely used as food, are still more important as bait. Cockles, so far as we know, are the only other marine shell-fish cultivated by man. Large numbers are sold as food in towns near coasts where they are found, but they do not appear to bear conveyance to distant markets. In this respect they differ from the periwinkle, which can be carried from one end of the kingdom to the other without danger of spoiling. The trade in these mollusks is very large. It is stated that the supply of periwinkles brought to London averages about two thousand bushels per week from March to August, and about five hundred bushels weekly for the remaining months.

## Literary Notices.

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WHEN the tide is at its height it turns. Out educational methods have been growing in system and severity, if not in perfection, for many years ; and the demands upon the pupil have constantly increased, until the necessities for grading have become imperative, and the peculiarities of the individual are almost entirely ignored. It would seem to be impossible to carry this further, and any change now must be in some other direction. At this crisis one of the brightest and most fearless of American writers comes forward with a strong argument against the whole system, a protest against the grading and cramming that takes so much of the vitality out of the education we are giving to the rising generation. Edward Everett Hale, in the November number of the "North American Review," makes a plea for "Half Time in Schools", which every teacher and every school board ought to consider seriously. The other articles in this number are : "The African Problem," by Prof. Gilliam, "Woman as a Political Factor," by Judge Robert C. Pitman ; "Progress in Naval armament," by Hobart Pasha, who thinks the