

usual tendency for this disease to recover. More space is taken up in describing the deformities which result from the disease, than in describing the disease itself, and in doing so we think Dr. Taylor has shown wisdom. This portion is practical and tangible, and some very good hints as to mechanical appliances are thrown out; but of the first portion we cannot say much in praise. Dr. Taylor, in giving the probable cause of this infantile paralysis being so frequent in the United States, says:

"Modern, and especially American, civilization is characterized by peculiar activity of the brain, and this is often carried to great excess.

"The motive-force of American progress is brain-power. It is the ceaseless activity of directing mind that, in two centuries, has subdued the wilderness and peopled the continent; that has built vast cities whose commerce reaches the remotest regions of the globe; and that has proved itself capable of solving the most difficult political problems. The creative energy of the distinctively American intellect is recognized everywhere. But such vast results of this creative intelligence have not been accomplished without some sacrifices. It has diminished our physical endurance. As a people, we are dyspeptic, and weak in bodily vigour in the inverse ratio of over-activity of brain. Our labourers have to be imported. We are predisposed to nervous derangements. As a people we are over-worked. The nervous system becomes exhausted, and a constitution less strong than our own, but more excitable and impressible, is transmitted to our children."

There is some truth in the above, yet it is not all truth. We grant the activity of Americans, and their energy, but we assert if the diet of the American people was plain and wholesome, instead of the gimcracks which they are eternally swallowing, their nervous system would be recuperated, and their offspring would be strong and healthy. In this matter we do not speak from hearsay, but from actual observation. Even in Canada, where we presume the active mind of the American race would be somewhat subdued, owing to the dulness of the Canadian and English intellect which surrounds them; we find not only the genuine American answers the description given by Dr. Taylor, but also his children. They are thin, puny and delicate, and why? Simply because, while the child of English or Canadian parents eats his porridge and milk, bread, butter, meat and potatoes, the child of the American eats tarts, cakes, candies, &c. We assert this is a fact; one which we deeply regret, for, while we can and do rejoice at the progress our neighbours are making as a nation, we can but deplore that they are so rapidly degenerating physically, as to give rise to the most serious thoughts concerning the future of the American race. The book can be had from Dawson Bros.