

HEARING AND HOW TO KEEP IT. Philadelphia, Lindsay and Blakiston Toronto, Hart and Rawlinson, 50 cents. This is the first of a comprehensive series of Health Primers to be issued by the same publishers. They are to be prepared by distinguished specialists, and judged by the first of them they will be of great value to all who wish to preserve their own health or care for the health of others. The primer under review discusses the structure of the ear, the diseases of the ear, and how to care for the ear both in health and disease. The latter portions are of especial value, as many of the imprudent practices of mothers and nurses in the treatment of the ears of children are clearly exposed. The illustrations are very fine.

MAGAZINES.

Teachers should take some of the July magazines to read during the holidays.

SCRIBNER'S MONTHLY. Probably the most important feature of the July *Scribner* (and one to be continued in the Midsummer Holiday number) is the reprint of the celebrated engravings, made several years ago by Mr. Henry Marsh, for Harris' "Insects Injurious to Vegetation,"—a volume issued by the Massachusetts State Board of Agriculture, and necessarily at such expense as to put it beyond the reach of the general public. The papers in *Scribner* are entitled "Summer Entomology," the first dealing with moths and butterflies, with most beautiful and accurate illustrations, the drawings having been approved by the late Professor Agassiz. In order to bring out to their utmost the delicate gradations and softness of these cuts, they will be printed upon extra-calendered paper. It is no exaggeration to say of these engravings that they have never been equalled in Natural History work. In "Topics of the Time," Dr. Holland discusses "Engravings on Wood," "Mr Kiddle's Book," and "College Instruction," in "Communications," are "A Women's Thoughts on the Education of Women," "Home and Society" treats of "Decoration of the Dinner Table," "A Military Education at West Point," etc. The Book Notices have importance and variety, and include a discussion of Matthew Arnold's essays on Equality and Democracy. "The World's Work" gives accounts of a "Novel Method of Testing Iron Wire," "Improved Refrigerating Apparatus," "New Method of Making White Lead," "Removing Metallic Substances from Grain," etc., etc., "Bric-a-Brac" contains some novelties within its well-defined range of fancy and humor.

St. NICHOLAS has eight extra pages and over illustrations. It is full of beautiful pictures, spicy stories, pretty poems; and is a cyclopaedia of good things for young and old.

The contents of *Appleton's Journal* for July are as follows: "Ricarda," a story, by Mary Wager-Fisher, "Reforms in Asiatic Turkey," by one who has lived there, "Italian Sketches." I. The Homes of the Plaster-Image Men, II Italian Moving, by Linda Villari, "The Seamy Side," a novel, by Walter Bosant and James Rice, chapters VII to IX, "The Midway Inn," by James Payn; "Conspiracies in Russia," by Karl Blind, "Moralists on Blue China," "Mr. Frowning's Dramatic Idyls," "The Queen's Private Apartments at Windsor," "The Rose of Love," a poem, by Marie Le Baron. Then follow the editorial departments. The editor writes of Reflection of National Character in Literature and Art; Town Spaces and Town Gardens. The Increase of Melancholy. Books of the Day. Symonds's Renaissance in Italy; Burroughs's Locusts and Wild Honey, English Men of Letters, "Spencer" and "Burns," The Secret of Success, Ruskin on Painting, Wanderings in Patagonia; Handbook of College Requirements; Motley's Dutch Republic; Lettingwell's Reading Book of English Classics; Appleton's Handy-Volumes.

THE WESTERN, July and August.—This number is interesting to teachers mainly on account of an article by Wm. M. Bryanton. The essential Phases of Education, and the Current Notes. It has a very good story entitled *Protoplasm*.

HARPER'S MONTHLY is all a magazine could be for giving amusement and interest. It would be difficult to name a class of readers who would not find in it something exactly prepared for them. It is literally full of excellent pictures; and its stories, records of travel, poems, &c., are of a high order. Teachers will find fifty years of American Art, and the Literary, Scientific and Historic records of profit as well as interest.

PEEPS NOW can not be fully appreciated unless it is seen. Many teachers would take it for the child stories it contains, if they knew the value of them.

HOW TO GO TO SLEEP.

BY HARRIET N. AUSTIN, M. D.

This is a question which I wish no readers of this journal might have need to consider, but that when the time arrives and they retire, sleep should come to them as readily and surely as to the

healthy and weary infant. However, if tired nature's sweet restorer has to be courted, how to do it effectually is worth studying. Something may be done beforehand in securing favorable conditions. The manual laborer, retiring with brain free, knows nothing after fairly landing in bed. The difficulty with the brain laborer is to get the brain free, or empty, of thought. Too often such a person knows more after going to bed than before; bright thoughts come easily, perplexing questions solve themselves, brilliant projects are born, but not of sober reason, and they are likely to vanish into thin air in actual living.

Time, and some sort of diversion, between responsible work, study, or solid reading, and retiring, will tend to empty the brain. Whatever diverts blood from that organ favors sleep. Sometimes a brisk but not fatiguing walk, bringing the blood to the external parts and to the extremities, helps. Increasing the circulation to the skin by a quick rubbing of the whole surface with a dry towel or the hands, is good; and if it can be done by an attendant, better. Riding or driving in the evening has a salutary effect. Baths may aid sleep, but space cannot be given in this number to a description of their administration, nor to the regulation of the dietary habits for the same purpose. But, briefly, the habit of taking the last meal (and eating nothing whatever afterwards) some hours, say four or five, before retiring, is beneficial. Tea drinking in the latter part of the day begets sleepiness. Drug taking, of any sort, to induce sleep is depreciable: the end thereof is wretchedness. Whatever is decidedly exciting either to the intellectual faculties, the emotions, or the passions, is unfriendly to sleep.

Absence of light, and pure air are promotive of unbroken and refreshing sleep. Even in midwinter out-door air may be admitted to the sleeping room, if not directly, through an adjoining room, by a slightly opened window; the temperature being modified, if practicable, by artificial heat. The seclusion of all noise, and a bed to one's self, are desirable when convenient. However, things cannot always be had at the best, and fortunately, there is a large element of adaptability in our composition, enabling us to thrive on second or third-rate accommodations if we only have content therewith.

The best bed I know of is a good hair mattress upon a good wire mattress; and the poorest is of feathers. Pillows of hair, medium size; day-garments all removed; and, for cold weather, a warm gown,—wool or cotton flannel,—next the skin; and, if need be, outside of it another flannel one. Of all cases of wakefulness, lying cold is about the most disagreeable and harmful. To secure warmth, thickness of gowns is better than great weight of bed clothes. But anything rather than lying cold,—jugs of hot water, a bed-fellow, even a feather-bed. The hour for retiring should be the same each night, and with persons who can readily fall asleep, I suspect it is well to allow half or three-quarters of an hour for settling up the last affairs of mind and heart. Being ready for sleep, take a comfortable position and persistently keep it. Turning, and tossing, and tumbling about rather increases nervousness than allays it. Resolutely holding yourself still, quiet, drowsiness and sleep steal over you in consequence. If not, then hold the mind still. It is possible to stop thinking. To do so may be very difficult for one not practiced in it. Certainly it is easier to let the thoughts run on automatically, where they will, till away in the small hours, may be. But this unprofitable thinking should be taken under control. Fix the attention closely, and instantly a thought starts out, stop it short. If you relax your watchfulness in the least, the first you know thought will be galloping off in a new direction. But be not discouraged. Though so weary you scarce have the courage to try, nevertheless do try; by and by you will find to your surprise that in the very effort you have dropped off and have really slept. Then, without allowing the mind to become active, do the same thing again. This is my method.

One lady fixes her attention upon an imaginary small spot, a few inches in front of her forehead; one repeats continuously, "He giveth his beloved sleep." Carpenter mentions some plan of gently rubbing some part of the body, and also that of fixing the thought on the action of respiration, mentally following the air in its course through the passages down into the lungs, and out again. I suppose the process in all these methods is really the same: by an effort of the will the mind is taken off the subjects which have occupied it during the day, though holding the attention to some particular object. One writer gives this direction for inducing sleep: "Let the person breathe very quietly, rather deeply, and at intervals, but not long enough to cause the least feeling of uneasiness. In fine, let him imitate a person sleeping, and do it steadily