

ready well known to American teachers as the author of several text-books. This valuable treatise consists of an analysis and statement of psychical facts and processes, and of the principles of teaching deduced from these.

COWPER'S TASK. Books III. and IV.  
COLERIDGE'S LIFE OF SIR ALEXANDER BALL. With Introduction, Critiques, etc. Paper, 20 cents. Toronto: The Copp, Clark Co.

A convenient edition of the Literature for 1887-8 for High Schools. The typography, etc., is excellent.

THE ECLECTIC GUIDE TO HEALTH. Cincinnati: Van Antwerp, Bragg & Co.

This text-book on Physiology and Hygiene contains the information usually found in elementary text-books on these subjects; special reference being frequently made to the effects of alcoholic and narcotic poisons. It was prepared, indeed, to meet the de-

THE leading foreign medical journal says that "Water should be drunk cool, but not iced, with the juice of a quarter or half a lemon in it. Mineral water should also be drunk with a dash of lemon. Water should always be swallowed slowly. It is not the stomach which is dry, but the mouth and throat. If you toss off a drink of water, you throw it through your mouth into your stomach without doing the former any good, while you injure the latter by loading it with what it does not require. Drink slowly, and keep the water in your mouth for a moment when you begin. If you work in a hot room in hot weather, tie a damp cloth around your temples, and you will not experience half the cravings for drink you otherwise would."

ACCURACY, RAPIDITY, NEATNESS.— These three words, in their order, make the conditions of a written problem. Accuracy is the first condition and desideratum, rapid-

ity the second, and neatness the third. Too many teachers sacrifice everything to accuracy, claiming that to be the sole object of performing the problem; forgetting, possibly, that rapidity and neatness are as much necessary means to that end as is a knowledge of the principle involved in the problem.

A good plan—good, because we have tried it and found it to be good—is to have the pupils write at the top of their slates or papers, in large letters, these three words, and insist that the words shall meet the eye and dwell in the mind during the operation of a problem in arithmetic. If need be, the words may be written when each new problem is begun, the repetition of them serving to fix their meaning in the pupil's mind.

When the problems are performed, the slates or papers may be exchanged, the best ones under the condition noted and shown to the class for emulation, copy and improvement,

THE ELEMENTS OF PHYSICS. By A. P. Gage. Boston: Ginn & Co.

Intended to be used as a guide and assistant to laboratory practice in Physics. The present volume, which contains some four hundred pages, and is fully illustrated, will be found valuable, both as a book of reference and as a text-book.

DEDUCTIONS FROM EUCLID. London: Moffatt & Paige.

There are here some six hundred exercises on the first six books of Euclid, fully worked out and explained. Many examiners and teachers of mathematics will no doubt be able to make good use of such a convenient collection.