

first evidence of the system being overtaxed. In one gentleman this is very marked. Long and sustained over-exertion, mental and bodily, some years ago brought on a most severe and continued attack of sciatica, which necessitated a lengthened rest before recovery was completed. He now knows distinctly how far he can go with impunity. In this case the pain is directly conservative and conducive to health, and to length of days: it is indeed protective against physiological bankruptcy, or exhaustion. It is rather singular that in this gentleman's wife a similar phenomenon is found. She is dyspeptic, and as a consequence often reduces the food she takes to an amount below what is compatible with proper nutrition. In her case, a gusty current of facial neuralgia, like a long wail, is at once the indication for, and the direct cause of, more attention to her diet, and so, too, her health generally is improved. So, too, in lead poisoning; here colic or neuralgia attract attention, and point alike to the cause and its treatment.

Headache often alone can secure that rest which the brain requires; and the headache of exhaustion is as marked as is that pain at the top of the head which tells us that the brain is insufficiently supplied with blood. The headache after a day of exertion, excitement or enjoyment, so commonly met with in ladies, secures a day of complete quiet, during which the system regains its tone. In dyspepsia, too, the pain caused by food, and still more by unsuitable food, either improper in quantity or in quality, is the direct incentive to the necessary attention to the matter, whereupon improvement follows. Absolute rest for the stomach is a serious and very troublesome affair for the patient; and though so grave a condition is not often reached, such cases are sufficiently frequent to point out the protective character of dyspeptic pain. To many persons their hateful dyspepsia is a species of guardian-angel; though it is very probable that they are not in the habit of regarding it in that light!

When a muscle is exhausted its contractions are accompanied by pain. Consequently this pain secures the rest requisite for repair in muscles that are utterly exhausted, as is seen in the present common "tennis-elbow." The characteristic of muscular pain is that it is absent as long as perfect quietude is maintained; but as soon as the muscle is thrown into action pain is produced. So, too, with a gouty toe, the agony produced by movement secures the requisite rest for the inflamed joint. From which considerations it is clear that pain is not only not always an unmitigated evil, but has at times a distinct value of its own.—*J. Milner Fothergill, in the Contemporary Review.*

### BOOK NOTICES.

**PROFESSOR CONANT:** A story of English and American Social and Political Life. By the Hon. L. S. Huntington, Q. C., (late Postmaster-General of Canada, etc.) Toronto: Rose Publishing Co.

The remark that the English world is growing American, and more and more taking interest in the doings of America, the present work and much of the political and literary thought of the time prove. The people of the Old and New World are coming closer together; are studying each other's characteristics; noting the institutions of either side the Atlantic; and evincing a lively interest in the social, industrial, and political life of either country. Fiction is not slow in taking its cue from the fashion of the time; and it is no surprise to find that much of the plot and portraiture of recent novels deals with international scenes and incidents, and to a large extent introduces us to American society and to American womanhood. In Mr. Huntington's delightful story we have not only the notable fact of a Canadian publicist and politician taking to the writing of fiction, but we have the charm of being introduced by him—after the fashion to which we have referred—to interesting scenes in the social life of the New World, and to the discussion of problems of absorbing contemporary interest to a democratic people. In the preface the author modestly disclaims responsibility for other than reportorial work, in chronicling the sayings and doings of the various personages to whom the reader is introduced. It is true the story is slight, and interests more by its dialogues and reflections than by its plot and constructive art. Still, in its literary form, our author has no reason to be ashamed of his work; while in *motif*, and in the materials that go to make an enthralling story, he has wrought to good purpose and given us a wholesome and refreshing novel which skilfully blends love and politics, romance and philosophy,—the dalliance of the hour with interest in the deeper and serious things of our modern life and public affairs. The story, which we regret we have no space even to epitomize, ought to find interest in every Canadian breast, not only for its hearty liberalism and its tribute to all that is best in the political and social life of the New World, but from the fact that one of the chief characters in the book is a *Seigneur* of Quebec, whose interest in and love for Canada is passionate and strong, and whose unhappy fate, depicted in a chapter of no little power, enthralls one by its sadness and quickens one's sympathies with those who suffer bereavement and whose future is darkened by an untoward event. The tone of the book, as we have hinted, is elevated; its characters are genial and attractive; the dialogue is bright; the views expressed are optimistic and sensible; and the plot is restrained and unsensational. "Professor Conant" combines in his person the characteristics of a scholar and an advanced Liberal—a man of broad culture, enlightened views, and of generous enthusiasms. His utterances are those of a well-informed man of the world, of large experience in public affairs, of sound judgment, and broad views in regard to many important topics of the time. On most of the subjects broached in the novel, Mr. Huntington is warranted to speak, and no thoughtful reader will turn from his story with dissatisfaction.

G. M. A.

**HOW MUCH I LOVED THEE.** By Raymond Eshobel. Published by the author, Washington, D. C.

A quaint conceit, in dramatic form, and written in imitation of Shakespeare. There is, however, an almost irresistible tendency to laugh at phraseology *a la* the great bard when put into the mouth of a policeman. The time of the drama is that of the American War, and, unconsciously or otherwise, the author has travestied "Hamlet," "Othello," and other plays.

**THE RUSKIN BIRTHDAY BOOK.** New York: John Wiley and Sons.

This handsome quarto volume of "Thoughts, mottoes, and aphorisms for every day in the year," selected from the works of Mr. Ruskin, must become a familiar object on the book tables of cultivated collectors of friends' autographs. Mr. Ruskin's "Apples of gold in pictures of silver" lend themselves readily to arrangement in this magnificent birthday-book, which is also far above the average in size and outward finish, as it is in internal excellence.

**THE SEVEN GREAT MONARCHIES OF THE ANCIENT EASTERN WORLD.** By George Rawlinson, M.A., complete in three volumes; with maps and illustrations. New York: John B. Alden, 1884.

What the enterprising publisher really offers, in a marvellously cheap and excellent form, is a combination, in three volumes, of Mr. Rawlinson's "Five Great Monarchies," published in 1862, "The Sixth Great Monarchy," published in 1873, and "The Seventh Great Monarchy," issued in 1876. In a future edition Mr. Alden will no doubt find it advisable to add an explanatory preface stating the above facts. Mr. Rawlinson's works are so well known, have been so frequently and favourably reviewed, that it is not necessary to say more of this reprint than that its issue at a popular price is a public advantage which does credit to the publisher.

### THE PERIODICALS.

THOUGH there are four profusely illustrated papers in the June *Century*, and four full-page pictures, this number of the magazine is perhaps even more notable for its literary features than for its pictures. Of special interest is Miss Fanny Stone's "Diary of an American Girl in Cairo during the war of 1882." President Eliot, of Harvard, discusses the question, "What is a Liberal Education?" in which he claims that the sciences and English should be given leading places in the school, and also in the college, course. In a paper on "The Use and Abuse of Parties," Dr. Washington Gladden advises independents to try to act with their party in the choice of candidates, and to bolt bad nominations. "Reaping the Whirlwind" is a sequel to the editorial of the April *Century* entitled "Mob and Magistrate," which so surprisingly anticipated the Cincinnati riot. In "Open Letters," Dr. Charles S. Robinson continues his series on Church music with "What the Choirs Say"; Prof. Ritter and Mr. Grant White break lances once more over "Music in America," and among the other short contributions is one by Walter Herries Pollock about "Miss Mary Anderson in London." The illustrated papers of the June *Century*, in their order, are, "A French-American Sea-port," and a part of Mr. S. G. W. Benjamin's series describing his cruise in the *Alice May*; a description, by Franklin H. North, of the seamen's retreat on "Sailors' Snug Harbour," to which paper belongs the frontispiece of the number; "American Wild Animals in Art," by Julian Hawthorne, and a curious and scholarly paper, interestingly illustrated, by Dr. Edward Eggleston, on "Commerce in the Colonies." In fiction, Henry James's new story, "Lady Barberina," Mr. Cable's "Dr. Sevier," and Robert Grant's story of "An Average Man" (concluded), the short story of the number is a vivacious sketch of character and incident by H. C. Bunner, entitled "The Red Silk Handkerchief." The poetry is contributed by Kenyon Cox, Dr. T. W. Parsons, Miss Emma Lazarus, John Vance Cheney, Christopher P. Cranch, Richard Watson Gilder, and Mrs. Helen Jackson (H. H.), and there are several clever and amusing poems in "Bric-a-Brac."

The *Manhattan* comes out in a beautiful new wrapper, June number being the concluding one of Vol. III. Mr. Buxton Forman contributes an elaborately-illustrated and well written paper on Mr. H. R. Newman's Florentine studio and work. A critical paper on "The Brownings" is given by K. M. Rowland. "Retrospection of the American stage," by John Bernard, Lawrence Hutton, and Brander Matthews, will attract much attention, and is richly illustrated. J. Heard gives some potent reasons "Why women should study Shakespeare." A second paper on "The Gunnison Country," by Ernest Ingersoll, is illustrated by many prominent artists. Nora Perry has a charming, complete story entitled "A Boston Man." Other subjects are "Trajan," serial; "Floribel," a story; "Tinkling Cymbals," concluded; "Spring," "Betrothed," "In Sorrow's Name," "To Jo-casta," "Eros," "Salmagundi," poetry; "Recent Literature," "Town Talk," &c.

LIPPINCOTT'S MAGAZINE for June opens with an illustrated paper on Raglan Castle, "the finest ruin in England," and one of the richest in historical associations. W. H. Schuyler discusses the subject of "Academy Endowments," and makes a strong plea in behalf of the extension of this system, showing the superiority of endowed schools over others, as more permanent and establishing a better grade of scholarship. Dr. Felix L. Oswald continues his papers on "Healthy Homes," the subject in the present number being "Out-Buildings," or as the English say, "offices." The concluding paper on "Shakespeare's Tragedies on the Stage" describes the acting of Forrest, the elder Booth, and Macready, and contrasts their qualities and methods. "Voyaging on the Savannah," by Charles Burr