

to the water-drinking habit which is so distinctive a custom with them, it is probably an aid in keeping the system free from blood impurities, and might be followed with advantage in European countries, to a far greater extent than is

mirable volume by Ernest W. Clement, published by McClurg & Co., Chicago, and our Own Book Room, Toronto, as in our judgment the very best compendious account of



OSAKA CASTLE.

at present the case. Hydropathy and exercise seem to be the sheet-anchors of the Japanese training regimen, and judging from results, have been eminently satisfactory.

We referred recently to the ad-

this remarkable transition and transformation with which we are acquainted. From this book we make some further extracts, illustrated by some of the admirable engravings which it contains.