

Every reader interested in better health, greater strength, grace, self-control, elegant carriage, should possess a copy of this work.

The book is full of good suggestions for all classes. The parent who is anxious about the narrow chest of the child—the young man who is worried about his lungs and stooping shoulders—the business man on the verge of collapse—the busy editor, lawyer or minister alarmed because of an over-taxed brain and its resultant sleeplessness—the society woman who finds the adipose tissue is accumulating too rapidly over the abdomen—the housewife who can no longer climb the stairs without losing her breath—the young lady who is troubled about the bones in her neck showing and slight bust development can all find in this book much that will benefit and help them. We know of no work that gives as many useful and helpful suggestions in such compact and readable form. The illustrations, about one hundred in number, are taken from drawings and life.

The book will be sent post paid by the publishers for 15 cts. Address The Harold A. Wilson Co., Limited, 35 King St. West, Toronto.

The Medical News Visiting List for 1899. — Weekly (dated, for 30 patients); Monthly (undated, for 120 patients per month); Perpetual (undated, for 30 patients weekly per year); and Perpetual (undated, for 60 patients weekly per year). The first three styles contain 32 pages of data and 160 pages of blanks. The 60-patient Perpetual consists of 256 pages of blanks. Each style in one-wallet-shaped book, with pocket, pencil and rubber. Seal Grain Leather, \$1.25. Thumb-letter Index, 25 cents extra. Philadelphia and New York: Lea Bros. & Co.

This valuable little book appears in the same well-known form as last year with the exception that the material composing it is better if anything. To those who have used it no word of recommendation is needed, but to those who have not experienced the convenience of this compact visiting list a trial of it will reveal a boon. It contains 32 pages of data which form an invaluable guide in emergencies. The blank pages are arranged conveniently to record all manner of professional engagements and memoranda.

Diet for the Sick. By Miss E. Hibbard and Mrs. Emma Drant, matrons at two large hospitals in Detroit. 103 pages; board sides, postpaid, 25 cents. The Illustrated Medical Journal Co., Detroit, Mich., publishers.

This is the Third Edition of this handy and popular little bedside book. The recipes for sick dishes have all been tried, and are those largely used by the Detroit hospitals where the two contributors of them served as matrons. Added to these are various Diet Tables, as for: Anæmia, Bright's Disease, Calculus, Cancer, Consumption, Diabetes, Dyspepsia, Fevers, Gout, Obesity, Rheumatism, Uterine Fibroids, etc., as given by the highest authorities. The booklet is intended to be given to the family by the physician, and for such purposes one half dozen will be sent, prepaid, on receipt of \$1.00.