

### THE BOOK PAGE

"You actually spend in earning your livelihood—how much? Seven hours, on the average? And in actual sleep? Seven? I will add two hours, and be generous. And I will defy you to account to me on the spur of the moment for the other eight." It is these "other eight" hours that Mr. Arnold Bennett takes up so pungently in his little book on, **How to Live on 24 Hours a Day** (George H. Doran Company, New York, Musson Book Co., Toronto, 75 pages, 50c.)—how to "live", and not merely exist or "muddle through". Merrily, but with most serious intent, he arraigns the ninety-nine people who fail to get what they should out of the "24 hours" for lack of purpose and plan and concentration, and shows how the trick may be really done. It is a book to wake up slumberers, and to set even the most sedulous to fresh thinking.

Mr. Bennett also gives us, in, **The Human Machine** (same publishers and agents, 123 pages, 75c.), a more extended series of studies in the art of living. "I am simply bent on calling your attention to a fact which has wholly or partially escaped you—namely, that you are the most fascinating bit of machinery that ever was." To this fascinating bit of machinery—especially the brain part of it,—and now to run it to the highest satisfaction of its proprietor, he devotes sixteen brief chapters. It is really a keen psychological study, especially of reason in its relation to "the rabble of primeval instincts", and with a view to the acquirement of poise and self-control and the best way of navigating the swirling

currents within and without us; but the touch of the writer is so whimsical and deft that the study is a constant delight. **The Brain of a Gentleman**—at-large, **Habit-Forming by Concentration**, **The Daily Friction**, **L.S.D.** (Pounds, Shillings, Pence), are some of the inviting chapter headings. Every young man, and every man who is not too old to feel young occasionally, will receive help from Arnold Bennett's books in getting the most out of life.

**The Andersons** (Copp, Clark Co., Toronto, 372 pages, \$1.25) is a new story by S. Macnaughtan, the author of **A Lame Dog's Diary**, **Christina Macnab**, etc. Like **Christina**, the heroine **Flora** is Scotch, Scotch through and through, strong-minded, practical, and yet all the while wholesomely sentimental. The hero is **Dr. Patterson**, a country doctor, who is likewise a typical Scot, steady, sensible, sound to the core, but blind and awkward to a degree, where a fair maiden and the gentle passion are concerned. These two are brought together happily at the last, and along with their love story are blended the fortunes of various others of the Andersons. Guthrie, "the minister who did not believe in God, the Free Churchman who did not believe in the Confession of Faith, the man who did not believe in humanity", is well drawn, and how his love for gentle **Maggie Anderson** helped to bring him into the ways of faith and peace. The author's characteristic shrewd humor and bright dialogue insure the reader against weariness.

Musson's list includes the following stories:

**Lella**, by Antonio Fogazzaro (468 pages, \$1.25). In this "companion volume to **The Saint**" there

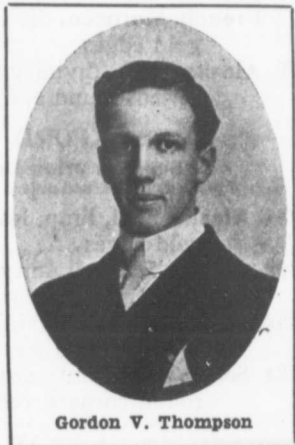
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