

cluding farinaceous articles, such as Italian pastes, rice, potatoes, macaroni, and white bread. In addition, he was most particular not to allow eggs, as if his observent eye had foreseen what physiological chemistry has just told us. He replaced the greatest number of farinaceous articles by toast and rye bread, of which latter he astutely observes, people are certain not to eat too much. To allow a sufficient interval between meals, and always to rise from a meal with appetite, were amongst the precepts which he thought it right to give. These were the precepts of Savarin in 1825; they were the precepts of Immermann in 1878.—*London Lancet*.

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### THE PHYSIOLOGY OF RECREATION.

The last of the excellent drawing-room series of lectures organized by the National Health Society was delivered at Mayfair, on the 10th inst., by Mr. George Romanes. The lecturer took the useful and novel subject of 'The Physiology of Recreation.' He said that under the conditions of life recreation was a most important thing, and should be understood. No doubt people would always be compelled to take recreation and profit by it, whether they understood its science or philosophy or not, but an intelligent understanding of abstract principles and their practical application would ensure more use and less abuse of the thing that was thus intelligently understood. Let them begin by an understanding what recreation was. It was nothing other than a renovation of their vital energies. Recreation ought to be, not a pastime entered on for the sake of the pleasure and amusement it afforded, but an act of duty. Many things fell within the name that did not come within this definition. Considering the physiology of the question, he asked, why should some pursuits have a recreative character and others not? Rowing, which was recreation to the student, was serious work for the bargeman, and they would never find the gardener, like the master, digging for digging's sake. The historian read science for recreation, and the man of science read the historian for the same purpose. A London tradesman might spend a beneficial holiday at Brighton, and a Brighton shopkeeper a beneficial holiday in London. The only principle that would serve to explain the recreative quality in all cases was what he might call the physiological necessity for frequent change of functional activity, and the consequent physiological value of the kind and seasons of such activity. The tissues and organs of