

second this information is used to suggest methods applicable to the special needs of American farmers. In 1913 the German farmer could borrow from his mutual credit association at $3\frac{1}{2}$ per cent., while his confrère in the Western States was paying from 6 to 10 per cent. for similar accommodation. The difference in the value of money in the two continents was, of course, partly responsible for this—a difference which the present enormous waste of capital in Europe will certainly reduce—but the advantages of the old-world farmer were chiefly due to his superior organisation.

For the provision of personal or short-time credit, the combination of farmers into co-operative credit societies is recommended. Seventeen States have already passed laws to facilitate the formation of such societies, but the scattered population on the large farms of the West renders the Raiffeisen type of credit bank, so successful in Europe, much more difficult to organise in America. As regards long-time loans to the landowning farmer, the State should grant these at reasonable rates of interest, and on the amortisation plan of repayment, by which equal payments over the period covered by the loan both meets the interest and extinguishes the capital debt. The author has set out a mass of facts and figures with great clearness, and has further provided a very complete bibliography of the subject.

The Statesman's Year Book. Edited by Dr. J. Scott Keltie, assisted by Dr. M. Epstein. Fifty-second annual publication. Revised. Pp. lxxxiv+1536. (London: Macmillan and Co., Ltd., 1915.) Price 10s. 6d. net.

THE editors of the "Statesman's Year-Book," gravely incommode as they have been by the effects of the war, have met the situation successfully. The statistics given for enemy countries and Belgium are for the most part of no more than historical interest, but they have been revised to the latest dates possible, and will be of value in the future for purposes of comparison. Special revision is stated to have been applied to the sections on Turkey, China, Greece, Spain, and the Panama Canal zone. The accounts of Chinese government and administration are very clear so far as they go, and the statistical tables for this country have been decidedly improved. To the introductory tables some pages have been added specifically dealing with the war. The dates of nineteen separate declarations of war between July 28, 1914, and May 23, 1915, are furnished. The list of principal events of the war might well have been fuller, but there is a useful catalogue of the principal official and unofficial war publications.

The coloured maps are all pertinent to the war—an ethnographical map of Central Europe, an historical map of Prussia, and a map illustrating the three partitions of Poland (1772, 1793, and 1795), which is not very easy to follow. A map of the "World Colonial Powers concerned in War" is merely a map of the dominions of all the

great European colonising Powers, including the Dutch. Attention has clearly been paid to the bibliographies, many of which are substantially more valuable than formerly; perhaps the selection of works other than those quite recently published is still open in some instances to further revision.

Lessons and Experiments on Scientific Hygiene and Temperance for Elementary School Children. By Helen Coomber. Pp. xx+163. (London: Macmillan and Co., Ltd., 1914.) Price 1s. net.

MANY people have an idea that it is impossible to learn physiology without the complex paraphernalia of the modern laboratory. Some go to the other extreme, and imagine it is possible to become acquainted with the subject from books alone. Both are obviously wrong, and Miss Coomber's manual will show how easy it is to teach the principles of elementary hygiene (applied physiology) with quite simple materials, such as a few bottles, a spirit lamp, a chemical reagent or two, and material such as any butcher can furnish. Whilst thoroughly agreeing with the underlying idea of the book—that such teaching, to be effective, must be practical—one is a little doubtful whether the system of question and answer, which is adopted throughout, though most suggestive to the teacher, is really the best for the learner. Some little summary of the main conclusions in each section should follow (or precede) the catechism and practical exercises. Indeed, the authoress oftens feels this herself, for some of the answers are prodigiously lengthy. Experience will, however, show whether some short connected accounts will be advisable in future editions. Any competent teacher could quite well supply the want if it is found necessary, and perhaps Miss Coomber thinks that this is the duty of the actual teacher rather than that of the writer of the present admirable little guide.

W. D. H.

Making the Most of Life. By Prof. M. V. O'Shea and J. H. Kellogg. Pp. ix+298. (New York: The Macmillan Co.; London: Macmillan and Co., Ltd., 1915.) Price 3s. 6d.

THIS is another of the many elementary manuals on physiology and hygiene which are being so prolifically produced in the United States. It is written clearly and to the point, and without any undue use of technical terms. How to live healthily and long is the ambition of most of us; this makes all the more astonishing the colossal ignorance which prevails, even amongst otherwise well-educated people, of the most elementary rules of health. One cannot praise sufficiently a nation which seeks to make knowledge on such a vital question part of the education of every citizen. Useful lessons are drawn from the lives of such men as Gladstone, Tolstoi, Cornaro, and others; but the most important section of the book appears to us to be that devoted to the history of our microscopic foes, and the means to combat their attacks upon us.

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