

facility. But with caffeine this feeling is the accompaniment of a truly enhanced capacity for work while with alcohol it has often been shown to be a subjective illusion.

Reference to the most practical of Doctor Hollingsworth's tests has been deferred to the last. A subject was employed for short periods in copying literary extracts on the typewriter. Caffein was found to exert little influence on the speed maintained but a very favorable one upon the correctness of the copy. This stands in sharp contrast with many data regarding alcohol.

The sixteen persons who submitted to the

trials included only three who declared themselves to be abstainers from tea and coffee. These three did not react in markedly different fashion from the habitués though one of them (a woman, No. 11) was probably the most susceptible to the compound of any of the company. We should not be warranted on the ground of these results in concluding that every individual can drink coffee with lasting advantage but it must be admitted that the facts so carefully gathered are unexpectedly favorable to the "cup that cheers."

Percy G. Stiles.

Practical Method of Sewage Disposal. By Ogden and Cleveland, New York. John Wiley & Sons, 1912, 8vo. 132 pages, 52 figures, \$1.50 (6/6) net.

This book treats entirely of methods of sewage disposal for residences, hotels and institutions. These methods are adaptations of the well-known principles of the septic tank, sub-surface irrigation, sand filtration and broad irrigation to plants of small size. No new principles are developed and the various chapters are concerned chiefly with details of construction.

To engineers familiar with the author's previous books on sewer design and sewer construction, this book will be regarded as merely a supplement, but to the general reader not familiar with the subject, it will prove of interest. It is not, however, a sufficient guide for a layman intending to build works, and in some respects it may

prove disappointing to him. For example the chapter on Estimates of Costs, describes methods of estimating but gives no idea of what an actual plant is likely to cost. Nothing is said in regard to the operation of plants after construction, and this is one of the most important features of the subject, and one almost universally ignored by the owner. The author assumes that cess-pools are not to be recognized as a proper method of sewage disposal, yet many competent sanitarians believe that under proper conditions and with proper care, they furnish a method of disposal quite as satisfactory as a more elaborate plant that is not well taken care of.

G. C. Whipple.

Annuaire-Statistique International. Des Installations D'Épuration D'Eaux D'Égouts, to the first of July, 1911. With the laws and regulations in force on the subject of drainage in most countries. By B. Bezault, Sanitary Engineer. Quarto, 172 pp., illustrated by 20 photographs and 2 statistical diagrams. Masson et Cie, Éditeurs, Paris, 1912.

In the introduction to this statistical volume the author states that the first septic tank and contact beds in France were installed near Dieppe in 1899. Some years after an experimental plant was constructed near the sewage farm at Achères. Since 1901 experiments have been made with the sewage of Paris, but the progress has been very slow, notwithstanding the information at the hands of competent authorities. There is consid-

erable opposition to sanitary progress and to hygienic improvement, even among the physicians. The author compares progress in France to that in other countries, especially in Teutonic and Anglo Saxon lands. In conclusion to the introduction he expresses the hope that France will join in the progress which the rest of the world is making.

The book contains statistics concerning almost 3,000 installations gathered from all the

principal countries of the world. Besides, there is a brief description of the various well-known methods of disposal. The subjects are taken up by countries, and under each heading is an abstract of the sanitary laws of the country and statistics regarding the general mortality and that due to typhoid fever and tuberculosis. Following this is a statistical summary, arranged geographically, and well illustrated with photographs of some of the newer plants. The European statistics are much more complete than those of the United States, although there are good reviews of the laws of Massachusetts, New Jersey, New York, Ohio and Pennsylvania, photographs of parts of the Columbus and Baltimore plants and fragmentary data re-

garding twenty-five or more cities. The American statistics are supposed to cover the years 1907 to 1910, but strangely they omit many important plants constructed during that time.

The book would serve as a very good guide book of the European sewage disposal plants.

Two statistical diagrams apparently show that the mortality is in inverse ratio to the degree of development of sewage disposal, and in direct ratio to the use of primitive methods of disposal. There is no mention, however, of the fact that the state of civilization which is responsible for sewers may also have had some effect upon other conditions equally important as effecting the mortality.

R. S. Weston.

Baby's Teeth to the Twelfth Year. *By Albert Westlake, D.D.S. New York and London. Mitchell Kennerley, 1912. Cloth, 50 cents net.*

Recent developments in the study of oral and dental hygiene lend particular interest to a little booklet issued by Mitchell Kennerley (New York) from the pen of Albert Westlake, D.D.S., a well-known dentist of New York City. The title of Dr. Westlake's book is "Baby's Teeth to the Twelfth Year." He emphasizes the fact that the care of the teeth in babyhood and in early childhood demands unusual watchfulness on the part of the parents, particularly the mother. The interest and care of the mother for the teeth of her child begins long before the birth of

the child and should extend at least until the child is twelve years old, when presumably good habits with regard to the personal cleansing and care of the teeth will have been established. Good teeth are the product of good wholesome bodies and in order to secure good teeth, proper attention must be paid to diet and exercise and general health.

Teachers in public schools, mothers, and other persons will find Dr. Westlake's booklet of unusual interest.

Philip P. Jacobs.