

Carruthers, the eminent British botanist. We are very glad indeed to welcome both of the above gentlemen to Ottawa. The Ottawa Field-Naturalists' Club will doubtless receive much benefit from their presence.

In the removal of the Rev. G. Eifrig from Ottawa to Addison, Ill., the Club has lost from the ranks of its active members a most valued officer and leader. From almost the first day he came Mr. Eifrig took a deep interest in the work of the Club. As an ornithologist of recognized standing, he was a welcome addition to our Society, and during his stay with us he did splendid work in encouraging the study of local birds. His papers in the OTTAWA NATURALIST have given much pleasure to our readers and we shall certainly miss his kindly face and interesting talks at our excursions in the field, and at our meetings during the winter months. He has been a faithful member of the Council of the Club, being at the present time the 2nd Vice-President and Chairman of the Excursions Committee. As a true and enthusiastic student of bird life his departure will be keenly felt by many members who followed him at our outings. Mr. Eifrig left Ottawa on September 27th to take up his new work at the College of the Lutheran Church at Addison, Ill. As Professor of Ecclesiastical and Secular History, his best thoughts will be directed along lines of favourite studies. It is also probable that he will teach Natural History. The Addison College is the principal one of its kind of the Lutheran Church in the United States. We extend to Mr. Eifrig our congratulations on this further recognition of his ability, and at the same time wish him continued success and happiness in his new field of labor. We hope to publish in our pages many more of his interesting papers.

BOOK REVIEW.

HYGIENE FOR YOUNG PEOPLE.—A Reader for Pupils in Form III of the Public Schools. By Professor A. P. Knight, M.A., M.D., Queen's University, Kingston. 8vo., pp. 211. Toronto: The Copp-Clark Co.

It was a happy suggestion which prompted the gifted Professor of Physiology in Queen's University, Kingston, Dr. A. P. Knight, to prepare the handsome elementary guide to health, "Hygiene for Young People," just issued in Toronto, under the recommendation of the Ontario Minister of Education. It is published as a reader for Public School use and for School Libraries, and no book could be more admirably adapted for both purposes. As a Birthday or Christmas Gift-book it would be valued by any thoughtful boy or girl. A more attractive and fascinating little work could not be imagined, and it is

popular, wonderfully clear, and thoroughly scientific, in its treatment of matters of daily life, regarding which far too much ignorance prevails. A life-like portrait of the immortal Apostle of Health, Louis Pasteur, forms the frontispiece, while the text is illustrated by sixty-six original drawings and half-tones. The pleasing cover, the paper, the clear large type, and the whole get-up of the book reflect the greatest credit on the author and publisher.

The author's former "Introductory Physiology and Hygiene" has proved its usefulness as a teacher's manual, and the present work was written at the suggestion of a former active member of the Ottawa Field-Naturalist's Club, Inspector R. H. Cowley, and of Inspector W. I. Chisholm. Professor Knight has long been recognized as a leading educationist and few of our Canadian scientific men have had his lengthy and rare experience in the work of instruction. Hygiene, like Political Economy, is too often regarded as a dismal science, a science of "Don'ts," as testified by health notices in every street and tram-car. To make the subject attractive to young people is a difficult task, but Professor Knight has achieved it with marked success. More readable pages could not be written than those on Sunlight, Bathing, the Eyes, Digestion, Exercise, Disease, and Clothing. Any boy or girl will be the better for reading this bright little manual. Much of the sickness, which afflicts our children, is due to ignorance, not only on the part of the sufferers but on the part of parents. Yet, even the most devoted parents cannot watch their offspring all the time. How valuable then to interest the young in the subject of health, treated so ably in this book! The lessons here taught will become second-nature in the child who will avoid dangers to health as naturally as he will avoid a deep hole in the side-walk. Tennyson's sad lines:—

"How dwarf'd a growth of cold and night,
How blanch'd with darkness must I grow."

find effective antidote in Professor Knight's chapter II where the pale face, the stunted growth and the weak frame, characteristic of unnatural conditions, especially city overcrowding, are described, and the causes and the remedies clearly enunciated.

Fresh air, cleanliness, tobacco, alcohol, are all amply treated by the author, with convincing reasonableness. The important chapters, XIII and XIV, treat of the blood and circulation. It is curious that more than a quarter of the blood in the human body is contained in the liver, while through the brain and muscles there circulate five or six parts, by weight, of the total amount, the bones receiving only $2\frac{1}{2}$ per cent. and the skin barely 1 per cent. To the blood is due, as Professor Knight points out, the "pinkish or reddish colour of the skin," and the fine ruddy cheeks of Canadian girls, as compared with their pale cousins in New York or Boston, are partly to be explained

by our colder air. Red corpuscles are more numerous in the blood in a colder environment, and people who live in the country have more red corpuscles than those living in towns. The number of these minute red particles in our blood is surprising. There are between three and a half to five millions of them in a man 20 or 30 years of age. Fishes, such as trout and cod, have not half that number, and the "cold-blooded" sharks are said to have not more than 140,000 to 230,000 in their vascular system. In these days of "suffragette" assertions and claims, man can boast, on scientific grounds, the superior richness of his blood! Man's blood has 12 to 20 per cent. more solid matter than woman's; but woman's blood is always found to be brighter in colour, hence the more attractive complexion when unimproved by alleged artificial aids! Of course the white corpuscles of the blood cannot be ignored, though they are not one-seventh in number, there being 2,284 white to 11,306 red corpuscles in human blood. But Professor Knight has no space for curious details such as these; his object is more direct and practical, and his wise words on "How to breathe," on foul air in the house (p. 44), care of the hands (p. 60), care of the teeth (p. 76), ears and earache (p. 84), eyesight (p. 92), round shoulders (p. 100), and clothing (p. 105) are perfectly admirable. Food and milk form a special chapter, XVI, but one cannot look at a single page of this bright readable work without having the attention at once enchained. Exercise, clothing, and sleeping ("sleep on the right side," says the author), and other vitally interesting and valuable matters are explained in the clearest, simplest and most accurate language. Nothing could be more instructive than the strange experiment by Dr. Hodge of Clark University, U.S.A., with four puppies, and Bum's conversion from habits of intoxication, and Nig's devotion to the whiskey flask, are interesting and pathetic in the extreme. Consumption is amply dealt with in chapter XXV, and indeed all phases of a healthy life and avoidance of common ills are clearly and concisely treated in this splendid little work, in which we have not found a single misprint or typographical error. The only suggestion which a critic might make would be the addition of an explanation that whereas arteries carry arterial blood and veins carry venous blood, as stated on page 97, the reverse is the case in the lungs, in which the pulmonary arteries carry venous blood and the veins carry from the lungs bright, arterial blood.

Thirty years ago a clever English lady, Mrs. Catherine M. Buckton, the first lady ever elected to a School Board, wrote a small handbook entitled "Health in the House," and it was such a success that edition after edition was exhausted in a few years. May Professor Knight's valuable book as rapidly secure a wide circulation and successive new editions be called for by the Canadian public!

E. E. PRINCE.



Prince, Edward Ernest. 1909. "Hygiene for Young People [Review]." *The Ottawa naturalist* 23(7), 134–136.

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