

TABLOID BOOK REVIEW

FOOD, NUTRITION AND HEALTH by E. V. McCollum and Nina Simonds. Baltimore, Md. Published by the authors. \$1.50.

In this handy volume the pioneer of the newer knowledge of nutrition gives in simple language the fundamental principles of dietetics and their application to the daily dietary. Those who need to know what has recently been learned by experimentation about vitamins and balanced rations will find it here stated succinctly and conservatively. The chapters on "How to Reduce Weight" and "How to Increase Weight" will serve to save the reader from the folly of food faddists and fakes. A good book for the open shelves of school or public library.

E. E. SLOSSON

OUR FEAR COMPLEXES. By Edward H. Williams and Ernest B. Hoag. Indianapolis. Bobbs Merrill. 1923. \$2.50.

The unfortunate prominence of natural and morbid fears in the lives of human beings is here discussed. The book is written in simple language, to explain to the layman the glands and their relation to emotion, also the theories of Freud and Coue, and other therapeutic measures. One puzzling paradox appears at the end of the book. The authors here point out that the fearful person is to a large degree a victim of morbid self interest and advise him to transfer his interests to other people and other things. Which leaves us wondering whether a 300 page discourse on fear mechanisms and remedies is not a contradictory prescription if recommended to the fearful reader.

Plant life cannot exist more than 600 feet below the sea, but animal life is found at depths of almost four miles.

The four chief causes of death in the United States, in order, are: heart diseases, pneumonia, cerebral hemorrhage and softening, and cancer.

The Egyptian pyramids were buildings used for burial, but the Mexican pyramids were only foundations for buildings.

The ultra-microscope, which uses ultra violet instead of ordinary light, is aiding in the study of invisible disease germs.

When anthracite coal was first taken from the Pennsylvania beds, it was unpopular because people tried to burn it like soft coal.
