

doubles his exertions, putting further strain on a heart already taxed to the utmost limit of its capacity, and in those few moments damage has been done to the heart from which it perhaps cannot recover.

Dr. Herschell also warns the cyclist against mapping out a course for the day which is too near to the limit of the rider's power. Thus he may find himself hungry and somewhat exhausted, and still with some miles to go before he can obtain a meal. He increases his efforts, and when he arrives at his destination is perhaps utterly fagged out and has lost his appetite. The position of the rider's back also should be upright, and not horizontal. The latter attitude does not give free play to the lungs.

These items of advice are addressed to the thousands of every-day cyclists. Racers on the road or path cannot, of course, profit by them, but probably a man who rides 460 miles in twenty-four hours, as was done at Herne Hill last year, does not expect to increase his stock of health and strength thereby.

Finally Dr. Herschell states that in cases of established heart disease cycling is one of the most potent remedial measures. It tends to bring about the increased muscular development or hypertrophy of the heart, which alone can enable the victims of valvular disease to live in comfort and usefulness.

A Book of the Week.

THE FOUNDATIONS OF BELIEF.*

ALL the most important newspapers and magazines are devoting column after column (contributed by many of the most learned thinkers of the day) to considering the merits and limitations of Mr. Balfour's introduction to the study of theology. It is quite beyond the scope of our small column on the book of the week to deal adequately with such a profound and erudite study of the deeper problems of life; the most we can hope to do is to suggest to our readers that they should turn to these deeply interesting criticisms for themselves, and also to ask them not to be afraid to send for the book itself from the library, for there are many pages within its covers that are quite understandable reading, and the whole is so admirably written and conceived that everyone who will make the intellectual effort to comprehend even part of it, must inevitably be the better for the exercise of their mental powers. Mr. Balfour, in his preface, tells us that his object has been "to recommend a particular way of looking at the world-problems, which, whether we like it or not, we are compelled to face," and that he intends this study "for the general body of readers who are interested in such subjects, rather than for the specialist in philosophy." Thus we can see that this book must be interesting to a very large circle of readers, for are we not all profoundly and deeply interested in these great world-problems—that is to say, all of us who have any time to think at all? Perhaps the happiest thing for men and women is to be so busy doing their duty in the planet on which we have been placed that we have no time at all to trouble our heads

* "The Foundations of Belief: being Notes introductory to the Study of Theology," by the Right Hon. Arthur James Balfour. (Longmans, London.)

about problems or doubts. But happy daily occupation is not everyone's lot in life, and even to the busiest among us, there must come times of deep sorrow and illness, and even perhaps doubt, and therefore a book which has as its object (to quote Mr. Lewis Morris's lines) "to doubt our doubts away" is a very valuable addition to our library, and I think more especially because it has been written not by a mere philosopher or metaphysician, but by an active politician, whose life is devoted to the service of his country. Since reading "The Foundations of Belief" I have been especially impressed with the inadequacy of mortal intellect to fathom the greater problems of life, for evidently as we are at present organised, "we do see through a glass darkly." Mr. Balfour points out that:—

"Our capacity for standing outside ourselves and taking stock of the position which we occupy in the universe of things has been enormously, and it would seem unfortunately, increased by recent scientific discovery. We have learned too much. We are educated above that position in life in which it has pleased Nature to place us. . . . We have learned to measure space, and we perceive that our dwelling place is but a mere point, wandering with its companions apparently at random through the wilderness of stars. We have learnt to measure time, and we perceive that the life not merely of the individual but of the whole human race is brief and apparently quite unimportant. . . ."

For the deductions that the author makes from this interesting speculation, the reader must refer to the volume itself, for it would be very easy to go on multiplying quotations, as on almost every page something original and suggestive is to be found; therefore, as I have said before, I can only refer my readers to the book itself and to the many able criticisms upon it in the daily press; but before closing this short and extremely inadequate little article, there is one quotation that I must extract, as it is so profoundly suggestive of the discipline of endeavour and the spiritual growth that perhaps is only acquired by the struggle against evil. Speaking of Mr. Herbert Spencer's theories—of how in the future, evolution will develop absolute righteousness, and conscience will grow unnecessary, Mr. Balfour says:—

"I confess that my own personal gratification at the prospect is somewhat dimmed by the reflection that the same kind of causes which make conscience superfluous will relieve us from the necessity of intellectual effort, and that by the time we are all perfectly good we shall also be all perfectly idiotic."

It is well to be able to deduce a little grain of comfort from the daily weary struggle against evil which is apparently ordered for our discipline in this world!
A. M. G.

Reviews.

"PHYSIOLOGY for Beginners," by Dr. M. Foster and Dr. Lewis E. Shore. (Macmillan & Co.) This is a carefully-written and valuable little book. It does not profess to be anything more than a description of the rudiments of physiology, but it amply fills a want for such

[previous page](#)

[next page](#)