

Morte d'Arthur such terrible fights, I think we must have dear old Malory. The antagonists are such shadowy, far-away ghosts that their sufferings affect us but little—especially as they have such a remarkable faculty for recovering speedily of their wounds. They are a loving set, and hack and hew each other for sheer good fellowship. A knight will be battered and bruised from head to foot in a terrific combat with five or six other knights, he will take to his bed for a day or two, and be at it again inside of a week. In fact, you never can be sure of a man's being done for until his head is off. All this is heartsome and makes one feel that after all Dame Nature may be a good sort of doctor, and that perhaps to be ill at all is a foolish fashion of modern times to which it is silly to conform.

Then there are Stevenson's essays, with their bright, smooth-flowing music. He has a good word to say for idlers, which especially endears him to me; and his philosophy of life, so glad and courageous, yet withal tender and not too strenuous, is particularly acceptable to an invalid. In reading him the knowledge of Stevenson's own brave fight with bodily weakness brings him nearer to our hearts.

I do not know whether poetry is altogether advisable. It depends, of course, chiefly on the taste of the invalid, but even when one loves it, poetry always seems to me to have a saddening effect. But the Ingoldsby Legends must be excepted. I remember reading them through, not once nor twice only, to a poor mortal in the grip of the influenza fiend, and their quaint humour proved distinctly beneficial.

Mrs. Gaskell's Cranford, with its charming pictures of village life in days gone by, is an ideal invalid's book. Another book that might almost be said to have a healing effect on the mind, so full is it of tenderness, sincerity, and loving wisdom, is the Journal of John Woolman. John Woolman was a Quaker of New Jersey, born in 1720, who spent a great part of his life in travels, on horseback and on foot, visiting meetings and families of his religious society; and his journal records these wanderings and his own thoughts in language of wonderful beauty and purity. Very many people have read Whittier's poem about him, and Charles Lamb's abjuration to "get the writings of John Woolman by heart," who have never read a line of the Journal. A good pocket edition, with Whittier's introduction, is published by Headley Brothers.

The mention of Charles Lamb brings to mind the Essays of Elia. Elia is an ideal friend in sickness; the thought of him almost makes

one long for an illness as a decent excuse for lingering over his pages as they should be lingered over. There are some writers whom one can scarcely read properly now-a-days for want of quiet and leisure. There are so many clamorous voices that their spacious wisdom cannot gain a hearing. Of such is Sir Thomas Browne, and one could not cultivate the acquaintance of this stately gentleman more happily than when illness has banished all the bustle and rush of the present.

A friend of mine laid the foundations of a great love and admiration for George Borrow during an illness; but I should imagine that to many his restless spirit and enquiring mind (one must not in these borrow-worshipping days say his conceit and cock-sureness) would prove rather irritating.

These books can all be found in the various issues of pocket reprints, in different prices according to the binding. I have only mentioned old books, but there are few modern ones that have the right quality of restfulness and cheerfulness.

JESSIE HARVEY.

The Effects of Infantile Malnutrition as found in School Children.

Dr. Kelynaek delivered the last of the present series of Lectures on Babies at the Infants' Hospital, Vincent Square, S.W., on Tuesday last. He showed that man differs from the lower animals in that he is a creature who can look before and after. He has been granted the great gifts of anticipation and retrospection. Those who are engaged in the study and care of infants are constantly asking themselves the question what sort of children will these premature, these immature, these defective children make?

And those who are charged with the heavy responsibilities of managing and educating children of school age are often inclined to enquire what sort of an infancy their charges have passed through. Some would forecast the future and others would read the records of the past, but for a complete study of the problem both points of view are necessary.

The lecturer showed by illustrations thrown on the screen, with the epidiascope, concrete examples of how malnutrition in infancy may stunt and handicap the child in later life.

At the conclusion of his lecture Dr. Kelynaek, to the pleasure of many of his audience, announced a short course of further lectures during the summer. The subjects and times will be duly announced.

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