

THE READING TABLE

NUTRITION AND PHYSICAL FITNESS. By L. Jean Bogert. Philadelphia: W. B. Saunders Company. 1935. 566 pp. \$3.00.

In this revision of a 1931 publication, Dr. Bogert links up facts of science with practical applications that should make the reader "food conscious." Each chapter ends with "rules about eating" which give excellent advice. The chapter on vitamins has been rewritten and quantitative study has been stressed. Another chapter that has been rewritten in the light of recent discoveries is the one on digestive disturbances.

Frequent repetition makes the student with a background of knowledge feel that his intelligence has been challenged, but the elementary college student, the high school student, and the public with hazy ideas of nutrition will find this very repetition valuable.

The five main parts of the book deal with foods, body requirements, body processes, meal planning, and diets for special conditions. There are sixty-five illustrations. The book may well be read and studied by every boy and girl, man and woman interested in nutrition—and who isn't interested in nutrition?

B. R. V.

ANTHOLOGY OF CHILDREN'S LITERATURE. By Edna Johnson and Carrie E. Scott. Boston: Houghton Mifflin Company. 1935. 914 pages. \$3.50.

Here is an abundance of worth-while material for children's reading: Mother Goose rhymes, fables, folk tales, myths, legends, nature stories, biography, poetry, and fiction.

Although no suggestion of method is given and the continuity of reading matter is uninterrupted by facts, the introduction to each type of literature and the six appendixes include much helpful material for teachers. One of these, a section titled "The Story of Children's Literature," suggests a threefold division—books written

for a moral purpose, those written to interest the child, and those artistically written to interpret childhood. Other appendixes are concerned with the illustrators of children's books, the Newbery Awards, and biographical notes on the authors in this volume.

The fiction includes both early juvenile stories and also chapters from good recent books. The biographical readings present a variety of people and achievements. The poetry includes both old favorites and many delightful but unfamiliar new poems.

Prospective teachers should welcome this anthology with open arms, for in it they can find reading material of all types for all ages and all tastes.

M. V. H.

THE THORNDIKE-CENTURY JUNIOR DICTIONARY. By E. L. Thorndike. Chicago: Scott Foresman & Co. 1935. 970 pp. \$1.32.

"We have not been satisfied to abbreviate and adapt definitions made originally for adults," states Dr. Thorndike; "definitions are not like clothes that can be cut down and made to fit." This dictionary for children of the fourth to the eighth grades therefore uses understandable definitions supported by illustrative sentences and pictures to make meanings clear. It is printed in clear and readable type; it uses the system of diacritical marks of the Century Dictionary; it contains the 20,000 words found by Thorndike to be the most common through word-counts of 10,000,000 words. Syllabication is shown by spaces; thus the hyphen is reserved for hyphenated words.

A life-time of researches by Dr. Thorndike have been brought to bear on the preparation of this book, making it an ideal tool for young people.

C. T. L.

The happiness of your life depends upon the character of your thoughts.

—*Marcus Aurelius.*