

HOW TO KEEP FIT. By C.T. SCHOFIELD, M.D. W. Rider and Sons. 1s. net.

There is a deal of sound sense in this little manual. The author castigates faddists, though to my mind not severely enough. However, I suppose that in this mealy-mouthed age the truth is not printable.

It is a little amusing, though, to see how he tries to make his commonsense fit into Christianity.

It is the Puritan theory that theological sin, which means everything you like, is bad for you, that is responsible, according to statistics, for 79.403% of all the misery in England.

I suppose the bulk of the rest is due to having to review the outfall of the R.P.A.

A. C.