NEW PUBLICATIONS.

FOODS. By EDWARD SMITH, M. D., F. R. S. 12mo. pp. 485. D. Appleton & Co.

The union of scientific and popular treatment in the composition of this work will afford an attraction to many readers who would have been indifferent to purely theoretical details. Perhaps even, the author has gone to an extreme, in his desire to produce a volume of general interest, and has overburdened his pages with an exposition of facts relating to points with which the intelligent reader may be supposed to be sufficiently familiar. Still his work abounds in information much of which is of great value, and a part of which could not easily be obtained from other sources. Its interest is decidedly enhanced for students who demand both clearness and exactness of statement, by the profusion of well executed wood-cuts, diagrams, and tables which accompany the volume. Not so much can be said in behalf of the antiquated recipes taken from a rare old volume, containing a copy of ancient manuscript directions for preparing various dishes, by the chief cook of Richard II., which are merely literary curiosities without any scientific or practical interest. Dr. Smith's definition of food is simple and concise. He describes it as a substance which, when introduced into the body, supplies material which renews some structure or maintains some vital process. It is distinguished from a medicine by the fact that the latter modifies some vital action, but does not supply the material which sustains such action. There are certain kinds of food which increase vital action to a degree far beyond the amount of nutriment which they supply. In this way their action is similar to that of certain medicines, but as they also supply a certain amount of nutritive material, they should be classed as foods.—Coming to some of the practical details of the volume, we notice the correction of a prevalent error on the subject of gelatine. The nutritive properties of that substance have been unjustly called in question, on account of experiments made in the feeding of dogs with ground bones, which showed that it could not alone support life. But they proved only that life could not be sustained by one kind of food alone, not that gelatine, when properly combined with other foods, is not a valuable aid to nutrition. The experiments of the author, as well as others, have proved that it is an important source of nutriment, in the same direction, if not in the same degree, as albumen. Liebig's extract of meat does not receive so favorable an estimate. During the process of preparation all the fat and as much of the gelatine and albumen as can be extracted are removed from the solution of flesh, leaving only water, salts, osmazome and the extractives of flesh, or the flavoring matters and the salts of meat. There is but little left in the extract to nourish the body. The most that can be said of it is that it is a valuable addition to other foods, since it yields an agreeable flavor, and when prepared with hot water gives a degree of exhilaration which may be useful to the feeble, and is as useful to the healthy as tea and coffee. But if relied upon as a principal article of food for the sick, it will prove a broken staff. It is not, however, to be entirely removed from the list of foods and classed with condiments, but it should rather be placed with such nervous stimulants as tea and coffee, which supply little or no nutriment, yet modify assimilation and nutrition. Used alone for beef-tea it is a delusion.—The suggestions of the author on the use of tea and coffee, and of the various forms of alcohol, although perhaps not strictly of a novel character, are highly instructive, and form an interesting portion of the volume.

THE ANNALS OF NORWICH, CONN., IN THE GREAT REBELLION OF 1861-65. By MALCOLM McG. DANA. 8vo. pp. 395. J. H. Jewett & Co.

The distinguished pastor of the Second Congregational Church in Norwich has performed a patriotic as well as a pious service in the preparation of this interesting memorial volume. It contains a complete list of the Norwich people who left their firesides and families to serve in the Union armies or fleets during the civil war. In connection with the general narrative, an account is also given of the action of the citizens who remained at home, and of the town itself in its corporate capacity. The energetic course of the chief magistrate of the State, Governor Buckingham, is described in suitable terms, illustrating its effect on the spirit of the people and the ardor of the soldiery. The unanimity of the population on the breaking out of the war was remarkable. Political differences were laid aside. One purpose seemed to animate every citizen. "Heart throbbed to heart, and lip spoke to lip with a oneness of feeling that seemed like a divine inspiration." Earnestness of purpose, and consecration of life seemed a great promise of ultimate success. During the whole contest, there was but faint opposition to the liberal appropriations for the support of the war. There was also singular promptness of action, as well as energy of spirit. The town was kept in advance of the calls made upon it for men. One of the most attractive features of the volume is the biographical notices of the young men who fell in the service of the country during the war. Their record is ample and excellent. The perusal of their brief history, so rich in promise and so noble in performance, exhibiting the glow of youthful fire, with the devoted self-sacrifice of the martyr, stirs the blood like the trumpet's sound. A variety of authentic statistical details, in addition to the military narrative, increases the historical value of the work, while its typographical beauty and well-executed illustrations make it an ornament to the library.

DIGESTION AND DYSPEPSIA. By R. T. TRALL, M. D. 12mo. pp. 160. S. R. Wells.

In the commencement of this work the author refers to the wide prevalence of dyspepsia in the United States as almost forming a peculiar national disease. It is the condition that usually precedes consumption, of which it constitutes the most powerful predisposition. Dyspepsia in early life, and consumption in middle life are related to each other as cause and consequence. A large proportion of consumptives of mature age were dyspeptics in their youth. This applies, in an especial manner, to the native inhabitants of this country. Among that class of our population, it prevails to an appalling extent. The author even goes so far as to predict the dying out of the American race, unless the dyspeptic tendency is stopped. The Irish, the German, and other foreign races, with more vitality of nerve, stomach, and muscle, will crowd aside the debilitated and puny American, and take possession of the land. Whether or not this wail of Cassandra be worthy of confidence, the treatment of the disease suggested by the author at least deserves attention. It is the fruit of more than thirty years' experience and study. In accordance with his well known practice, it involves no use of medicine. The only remedies which he prescribes are founded on hygienic agencies. Diseases are to be regarded as remedial efforts to purify the vital organism, and repair deranged structures. The efforts of nature, accordingly, are to be aided, rather than thwarted; and this can be done in no other way than a suitable diet and regimen. Many excellent hints with regard to the care of the physical organization are scattered throughout the work, and may prove of value and interest even to those who do not adopt the general principles on which it is founded.

A NEW PATH OF ELECTRICAL THERAPEUTICS. By ELIZABETH J. FRENCH. 12mo. pp. 251. Lippincott & Co.

A new discovery in the application of electricity as a curative agent is announced in the present volume. The author claims to have arrived at a more profound knowledge of the laws of electricity than has hitherto been shown by writers on physical science. In her opinion, the electric forces of the human system are the same as those which prevail in other departments of nature, and are identical with the principle of life. Hence the disturbance of the normal quantity of electricity in the human organism involves a derangement of all the motions and functions of the body, and this derangement is disease. The symptoms of disease, the author contends, are written upon the brain. Her method of diagnosis is founded upon the examination of that organ. In the development of her views upon the subject, she announces principles which will not receive the sanction of the majority of physicists or medical men, but which she affirms have been established by the test of long and wide experience. The succinct exposition of the doctrines of physiology and hygiene which accompanies the announcement of her methods, is a useful summary for popular reading, and affords a practical aid to the comprehension of her system by non-professional persons.

Detail, Cottage, and Constructive Architecture, published by A. J. Bicknell & Co., is a superb quarto volume, containing seventy-five large lithographic plates of plans and elevations for cottages, villas, country-houses, stores, and banks, with numerous sketches of details in the various branches of practical architecture.

The Phrenological Journal has a biographical sketch of the late Lieutenant-Governor Howe of Nova Scotia, and of Dr. Horace Wells, with a paper on the discovery of anæsthesia, by Dr. J. Marion Sims. The character of the late Oakes Ames is discussed from a phrenological point of view, and some interesting personal reminiscences are added by an acquaintance of more than forty years standing. A paper on "Prophecy, Ancient and Modern," takes the ground that the human soul has a prophetic faculty which is dormant while the attention is absorbed by the scenes of the external world, but capable of being aroused when the exigency arrives for its manifestation. The universal intuitive perceptions of truth are regarded by the writer as primary revelations from the Deity. "We do not need the utterances of seers, expounders, or even of prophets, when we are truly at one with the Divine Source of life and intelligence, and so inspired with the sacred enthusiasm, that we, as of our own accord, do the will and think the thoughts of God." An excellent article on "Sensational Literature," denounces the fondness for romance which is fostered in the high schools of the present day by an excessive devotion to the study of mythology, and recommends an increased attention to natural history, and other sciences which interpret the divine works and methods.

The sixth edition of *The Law of Contracts,* by THEOPHILUS PARSONS, LL.D., late Professor in the Law School of Harvard University, is published by Little, Brown, & Co. The work has passed through a careful revision by the eminent author, new chapters on the law of patents, copyright, telegrams, and trade marks have been inserted, which embody the most recent decisions on the respective subjects, and nearly fifteen hundred new cases have been cited illustrating important and difficult juridical questions. The remarkable success of this great legal classic is due not only to the hereditary fame of the author, but to the profound research of which it is the fruit, the acute discrimination of its judgments, and its lucid and elegant style which often clothes the dryest topics with the attractions of a lively narrative. Professor Parsons has obtained a high and enviable reputation in the English courts as well as those of this country. His statements of the law in certain cases have been there referred to as of decisive authority, and no professional library is considered complete without the present treatise. Although twenty years have now elapsed since its original publication, it has lost nothing of its freshness or value by the progress of time; no more recent work has occupied its place; it has kept pace with the development of jurisprudence during that interval; and it still promises to attain a protracted date among the most permanent monuments of legal study.

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