

producing a tyranny as hateful as that of the Holy Inquisition by their witch-smelling practices.

As regards the use of herbs, it is pointed out that the natives are in the possession of many valuable drugs. Amongst these they have been for generations in the habit of using a decoction of the leaves of the Cape willow for the cure of rheumatic pains, thus preceding Europe in an appreciation of the curative properties of salicin. A list of all the diseases to which Kafir man, woman, and child are liable is given, together with their native names, and the remedies which the natives so successfully apply. There is a chapter on midwifery and the rearing of infants, which leaves one surprised that the Kafir race has not long since come to an end by indirect infanticide. The extraordinary treatment of newly-born children may act as a kind of spur to the survival of the fittest; it most certainly kills out weakly children. The newly-born baby is "bled at the point of the fingers for luck; then held in the smoke of a slow fire till it sneezes or coughs, to show that it is not bewitched. It is then thoroughly rubbed all over with a solution of cow-dung," and so forth. Instead of being allowed to suck at the breast, it is fed at first on sour cow's milk, which is "forced down the throat of the poor little mortal by blowing into its mouth and compelling it to swallow."

Notes are given as to the operations performed on girls in the initiation schools (the elongation of the *labia minora*), and also in regard to the circumcision of the males.

The introduction to the book contains a useful summary of Kafir history, but is marked, like nearly all the writing that comes from South Africa, by a curious ignorance of Bantu history north of the Zambezi.

H. H. JOHNSTON.

OUR BOOK SHELF.

Sociological Papers. Vol. ii., 1905. Pp. xiii+312. Published for the Sociological Society. (London: Macmillan and Co., Ltd., 1906.) Price 10s. 6d.

THOUGH hardly equal in interest to its precursor, the present volume contains some valuable contributions to sociology. First, and foremost in interest and importance, comes a paper on eugenics by Mr. Francis Galton. He argues that man, whether civilised or barbarian, has submitted to restrictions in marriage, and, therefore, that a new restriction in accordance with eugenics may be imposed. Mankind has borne the yoke of monogamy, endogamy, exogamy. He has recognised prohibited degrees of kinship. Why cannot a new taboo be started? Dr. Haddon adduces an argument that is much to the point: the world is becoming self-conscious and modern civilisation has at command great resources for bringing about a revolution in men's views and practice. Dr. Max Nordau thinks the proposals unpractical. Modern restrictions would have no religious sanction, and would therefore fail. He would trust more to an improvement of the environment than to eugenics. There are many medical men who, like Dr. Max Nordau, think that environment is everything. Prof. Tönnies fears that *mariages de convenance* and *mariages de passion* will continue in spite of eugenics. Lady Welby sees the difficulty of considering the interests of the race and at the same

time making the most of the individual. Mr. Galton, whose enthusiasm compels admiration, answers the main objections forcibly.

Among the other papers are the following:—Civics, by Prof. Geddes (he argues for evolutionary sociology and for a civics exhibition); The school in some of its relations to social organisation and to national life, by Prof. M. E. Sadler (he urges that scope be left for "group effort and private enterprise in education"); The influence of magic on social relationships, by Dr. E. Westermarck; On the relation between sociology and ethics, by Prof. Höfding; Some guiding principles in the philosophy of history, by Dr. J. H. Bridges; Sociological studies, by Mr. J. S. Stuart-Glennie.

F. W. H.

The Heart of a Garden. By Rosamund Marriott Watson. Pp. 162. (London: Alexander Moring, Ltd., The De La More Press, 1906.) Price 7s. 6d. net.

THE title of this book is significant. The reader is not led to expect cultural details or botanical technicalities. To use a vulgarism, "science is not in it." What we have is a record of musings, such as would suggest themselves at each successive season, to one more concerned with the poetry and beauty of nature than with its philosophy. Notwithstanding this, the author shows herself a careful observer and a skilful delineator. Take, for instance, this account of the winter aconite (*Eranthis*). The writer is descanting on the promise of early spring, and goes on to say:—

"And even flowers are not wanting; multitudes of small, gold heads have shyly thrust themselves up through the dark earth, wrapped closely about in their green hoods which, as the sun grows warmer, they will fling back to do service as jaunty fringed capes."

This is not a botanical description; nevertheless, there is no mistaking what flower the writer had in view. The lady, with most other people, has her likes and her dislikes, and her ideals are not those of her gardener. Still, that functionary is paid to do certain work, and it is difficult to see how he can fulfil his duties properly if "milk-white pigeons with the roseate feet" are allowed to gratify their proclivities among the sweet peas and the gooseberries, and other culprits are permitted to make havoc with the strawberries.

Be this as it may, the author contrives to get a continuous feast of pleasure from the garden of which she writes, and by her cheery optimism and the elegance of her narrative affords the reader a share of the gratification she herself experiences. Dainty lyrics enliven the text. Even the pug-dog "Momotaro" is immortalised, though the invocation to him, "Hued like the full moon of the apricot," strikes us as peculiar. What sort of apricots can they be that possess full moons? In a work of this kind, however, allowance must be made for poetic imaginings. The illustrations are numerous and well executed. The book throughout is pleasantly written, and attractive to the eye.

Methods in Microscopical Research—Vegetable Histology. By Abraham Flatters. Pp. x+116. (Manchester and London: Sherratt and Hughes.) Price 21s. net.

THIS work is designed to give a course of instruction in the practical working out of the internal structure of a number of higher types belonging to the vegetable kingdom, and should admirably fulfil this purpose. The earlier portion deals with the general preparation of specimens, collection, fixation, and preservation; instruments and section cutting; staining and mount-