

which is said to be contained in the law that "there cannot be any process taking place in finite dimensions by means of which a body can be cooled to the absolute zero." Important mathematical formulæ used in the applications of the theorem are next summarised, and then the application of the theorem to numerous cases follows in the rest of the book. Complete numerical data, curves, and references to the literature are given.

Perhaps the most interesting part of the book, from the theoretical point of view, is that dealing with the calculation of the chemical constants, which, together with thermal data, are required in the applications of the theorem. It cannot be said that this branch of the subject is yet in a very advanced state, but sufficient is given to enable the reader to understand the nature of the problem to be solved.

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Our Bookshelf.

The Importance of Diet in relation to Health. (The People's League of Health Lectures.) Pp. xii + 130. (London: George Routledge and Sons, Ltd., 1926.) 3s. 6d. net.

THE subject matter of this book consists of a course of six lectures entitled "What to Eat and Why," given, under the auspices of the People's League of Health, by a distinguished group of lecturers.

In the first lecture, on "The General Principles of Diet," Prof. Leonard Hill points out the importance of diet, sunshine, and open air in the prevention of tuberculosis and rickets. Overfeeding is stressed as being the most general error, caused by the temptation of "the arts of cooking, by pastry cooks and sweet shops." "More people are probably killed off too early by intemperance in eating than by alcoholic intemperance." The food requirements of different classes of individuals are given, and the use and misuse of some of the commoner articles of diet are discussed. The second lecture, on "The Food of Mankind treated Historically and Geographically," by Sir D'Arcy Power, affords an extremely fascinating picture of the habits that have prevailed from the earliest times. The customs of the Egyptian, Grecian, and Roman Empires are compared with those of Anglo-Saxon and Norman times, showing the evolution of present-day usages. The chapter draws an important lesson, showing the relationship of moderation in food to health and character.

Prof. W. D. Halliburton's lecture on "Vitamins and the Diseases caused by Badly Chosen Diet" urges the importance of milk, green vegetables, and whole-meal bread. Many will endorse the lecturer's remark: "Cursed be he who removes his neighbour's landmark, and those who interfere with their neighbours' food ought to be equally banned." But Prof. Halliburton's remark that "It is the poor, whose ignorance leads them to suppose that white bread is the best and whose poverty compels them to eat the cheapest fat," is especially poignant, as we see from the previous lecture that throughout the ages the poorer classes have

invariably endeavoured to follow the habits of the more well-to-do.

Dr. H. Scurfield follows with the application of the points already discussed to "Infant Feeding." The figures he has to give concerning the decrease of infant mortality in Great Britain are encouraging and compare favourably with progress made abroad. Dr. M. J. Rowlands explains the importance of "The Feeding and Breeding of Cattle in Relation to the Health of the People." It is pointed out that as vitamins are of vegetable origin, they must be liberally supplied to the cow if the milk is to be of proper quality. This is frequently overlooked, especially in winter feeding. Besides reducing the quality of the milk, the lecturer considers that neglect of these substances is the main cause of bovine tuberculosis. The last lecture, on "Food Preservation and Adulteration," by Prof. W. E. Dixon, is comforting, for he shows clearly that the addition of preservatives is unnecessary for all foods except sausages. Australia and New Zealand send butter to the United States, where added preservatives are absolutely forbidden, so they can quite easily provide us with the same quality.

The whole book is extremely readable and interesting, and should be widely studied by those interested in welfare work.

Acoma, the Sky City: a Study in Pueblo-Indian History and Civilization. By Mrs. William T. Sedgwick. Pp. xiii + 314 + 33 plates. (Cambridge, Mass.: Harvard University Press; London: Oxford University Press, 1926.) 18s. 6d. net.

ACOMA, a pueblo stronghold of the Keres people of New Mexico, has a double claim on the interest of the student. Its inhabitants, now about five hundred in number, are the least known, the most reticent, and the most inscrutable, of the Indians of the pueblo area. Their history as told in the stories of the conquistadors, the poems of Villagr , and later records, embodies examples of valour and endurance as striking as any in the history of the Spanish conquest of America. Mrs. Sedgwick has a thrilling story to tell—from the entry of the Spaniards into New Mexico in 1539 and the expedition under Coronado in 1540, when they first saw Acoma, until the final crushing of revolt among the inhabitants of that pueblo in 1699. To the Indians it seemed well-nigh impregnable, as indeed it appears to-day, and its capture was a remarkable feat of arms.

In culture the Acomas are akin to the Zu i; but even that indefatigable and sympathetic inquirer, Mrs. Elsie Clews Parsons, was to a great extent baffled by the difficulties of obtaining information from them. To give a more or less coherent account of their beliefs and organisation, Mrs. Sedgwick has made use of the analogies of closely related cultures, but only with good reason. In this matter her judgment and her experience among the people themselves may be trusted. Although her account of the Acoma culture is not based entirely or even to a great extent upon first-hand observation, she has done a service both to the student and the general reader in presenting the historical and the anthropological material in an eminently readable form within the covers of one book.