

reasons which will be obvious, the nationality of the authors is by no means entirely irrelevant.

In the first section of the book, Dr. Lorentz definitely establishes the fact that in the historical sense the Cassubians are of Slavonic origin, and maintains that notwithstanding their adoption of the fruits of German culture they have remained in all essentials a Slavonic people. This position is further substantiated by Dr. Fischer, who describes the salient features of Cassubian culture, beliefs, customs, occupations and institutions, as it exists to-day. He finds that in no way does it differ from that of the Poles.

In the third section Dr. Splawiński examines the linguistic affinities of the Cassubians, and with the reservations inseparable from the application of linguistic studies to racial questions, confirms the conclusions of his two colleagues.

At the present juncture, racial studies, especially in Central Europe, labour under a disadvantage, especially in the eyes of the general public, who view them with some mistrust. In the present instance this is allayed, or should be allayed, by an introduction from Prof. B. Malinowski, who has some pregnant observations to offer on the relation of race, national culture and political allegiance. This introduction adds a crowning touch to what is both a valuable scientific study and an instructive document for all who are interested in national questions in Europe to-day.

Ubena of the Rivers

By A. T. and G. M. Culwick. With a Chapter by Mtema Towegale Kiwanga. Pp. 444+5 plates. (London: George Allen and Unwin, Ltd., 1935.) 16s. net.

NOT the least remarkable feature in this excellent account of the Wabena of Tanganyika is the fact that it was in part inspired by the desire of the people themselves that an account of their traditional customs and tribal records should be embodied in some permanent form before it was too late. Hence not only is the book based on material, in the collection of which the authors had the co-operation of Wabena of all grades and standing, but also it actually incorporates a history of the people written by Chief Towegale Kiwanga.

The tribal story, like that of a number of other Bantu peoples, is a record of gradual consolidation, which, according to the Wabene account, began about the middle of the eighteenth century and apparently is only now approaching completion. In this the introduction of British rule has proved a stabilising, rather than a disturbing, factor.

In the picture of tribal life and organisation given by Mr. and Mrs. Culwick, the account of magical and religious belief is a good example of the difficulties which confront anyone who hopes to evoke consistency in, or to systematise, Bantu beliefs. In the description of family life, Mrs. Culwick's share has been fruitful in material illustrating the activities and point of view of the women, while the record of how the puberty ceremonial for girls is performed is in the highest degree instructive.

Biology

The Structure and Composition of Foods

By Dr. Andrew L. Winton and Dr. Kate Barber Winton. Vol. 2: Vegetables, Legumes, Fruits. Pp. xiv+904. (New York: John Wiley and Sons, Inc.; London: Chapman and Hall, Ltd., 1935.) 75s. net.

THE first volume of this book was reviewed in *NATURE* some three years ago (*NATURE*, March 4, 1933, p. 316). This second volume consists of an equally comprehensive survey of vegetables, including mushrooms, roots and tubers, leaves and stems, flowers, fruit and seeds (other than those already covered by vol. 1 in the sections on cereals and nuts). The two volumes together make an extremely useful survey of almost the whole of vegetable food sources.

Vol. 2 contains a very interesting introductory chapter "designed to cover the salient chemical features common to the two parts of this volume, Vegetables and Fruits" and intended to supplement the brief statements made in the introduction to vol. 1. Although this introductory chapter only occupies 24 pages, it covers an extremely wide field, but it is curious to note that some of the information therein is of much more recent date than other. For example, Williams's proposed formula for vitamin B₁, published in 1935, is followed on the next page by two alternative formulæ for ascorbic acid, that of Haworth, universally accepted two years ago, and that of Karrer, actually abandoned by Karrer at that time. Again, the information about vitamin D would bear revision; the account of the work of Askew and others is only brought up to 1931, and consequently contains a quite incorrect description of calciferol, though Waddell's recent work on irradiated cholesterol, published in 1934, is mentioned. No attempt is made, in the descriptions of individual food substances, to indicate their content of vitamins, but the minor mineral constituents receive specific mention in many places.

The description of every plant is accompanied by its systematic name, which will help chemists and botanists to identify some that are differently described on the two sides of the Atlantic. The general production of the book, the authors' admirable illustrations and the full index, nearly 50 pages long, contribute to its usefulness, and it is difficult to imagine that many properly equipped food laboratories or agronomic institutions will be able to dispense with it.

A. L. B.

How to see Nature:

(1) Birds, Beasts and Pond Life. Pp. x+102+x+110+x+108. (2) Plants, Flowers and Insects. Pp. xii+112+x+142+x+114. Written and illustrated by Eric Fitch Daglish. (London and Toronto: J. M. Dent and Sons, Ltd., 1935.) 6s. net each.

THESE books form two further attractive additions to the prolific publications of Dr. Daglish. Both are beautifully illustrated chiefly by the woodcuts for which the author is well known. In fact, one may fairly say that the text is merely a vehicle for the pictures, because the explanatory diagrams are crude