

*Handbook on Positive Health.* Revised edition. Prepared and issued by the Women's Foundation for Health, Inc., in co-operation with the Council on Health and Public Instruction of the American Medical Association, the Bureau of Social Education of the National Board of the Young Women's Christian Associations, and individual contributors, New York, 1928, pages 200.

Prevention rather than cure has been the modern attack upon sickness. Thousands of people have established the habit of having their bodies examined periodically as they do their automobiles. Slight physical inefficiencies are thus discovered and corrected before they become serious. The performance of the human engine is steadied. The Life Extension Institute has done a great work in organizing this preventive machinery on a large scale. Immeasurable benefits have accrued to its increasing membership, not only in sickness prevention but in positive health.

Physicians in general practice have been gradually shifting their professional viewpoints. Taught to diagnose illness and to give medicine to relieve pain, they have too often in the past discouraged the painless patient as a borrower of trouble. Now they are advising on diet, recreation and the home use of the violet ray.

Twentieth century progress shows signs of a Butleresque scorn of sickness. It is an offence to others. A cold should prompt an apology from the sufferer. Perhaps he should be hailed into court. Moreover it is not enough to prevent sickness—to live thus negatively. Life holds more for us; there is good health to be had. Health which promotes better thinking, better work, a truer morality, a zest for living.

The Handbook of Positive Health represents a movement which points the way to positive health by telling you how to attain it. Issued by the Women's Foundation for Health and warmly endorsed by the Council on Health and Public Instruction of the American Medical Association, the eight chapters of this Handbook present practical facts which should be the common knowledge of every man and woman. After an opening exhortation on the Newer Conception of Health, there is helpful advice to group leaders on the technique of the health examination. Good Body Mechanics and Nutrition compose the next chapters, with excellent and detailed information on individual exercises, feet, posture, shoes and walking; and on nutrition in its relation to health and efficiency. There is no excuse for not knowing what a balanced diet is after reading these pages, and for not having a balanced diet in everyday life.

Interesting attention is given to the need of rest along with work, to recreation which gives expression to our aesthetic sense as well as to our sense of play and our love of the out-of-doors.

The last three chapters discuss The Heritage of Life, Mental Health and Bringing Up Children, and Living at Our Best. There is rich material here, especially for those adults who have supervision over infants and growing children. Jessie Taft, Ph.D., discusses, with admirable authority and clearness, the

psychological and biological problems of infancy and childhood, and of adolescence, including her practical suggestions. The final note, and that which dominates the book, is struck by Dr. William A. White when he writes: "Sickness and failure, therefore, instead of being visitations from without, take on the quality of character defects for which, in a sense, the individual must assume his responsibility."

The chapters are all authoritative—having been written or directed by specialists. Contributors in addition to those just mentioned are E. V. McCollum, Ph.D., Mary Swartz Rose, Ph.D., Lillian M. Gilbreth, Ph.D., Jane Bellows, E. C. Lindeman, Era Betzner, and Dr. Walter B. Cannon.

This Handbook informs and stimulates the reader to give mind and body a better chance in life. As one reads, however, one cannot help being thoughtful of the almost prohibitive difficulties in the way of the masses of city workers who cannot have sunshine and whose opportunity for healthful exercise is almost nil. Also, since the book is written more particularly for women, one is surprised to find the good advice on health-building recreation reaching no farther than for women of thirty-five years of age.

ELIZABETH FAULKNER BAKER\*

*Labor Management.* By Gordon S. Watkins, A. W. Shaw Company, Chicago, 1928, pages 726.

"Labor Management" is a well organized and interesting rewrite of the principal material on personnel administration available in the best recent texts and studies.

It has borrowed liberally from these to a point that raises serious questions of sportsmanship. In many places matters taken from original sources and involving weeks or months of arduous work are used with little or scant credit. This has already incurred the wrath of several authors involved. It is likewise a disadvantage in making the material less safe for the conscientious reader.

This defect, it is hoped, will be thoroughly corrected in an early edition, and the book will then take its place as one of the best integrated volumes on the subject of labor management.

HERMAN FELDMAN\*

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