

fads, drugs, special devices and concludes that except for a few glandular cases the solution is diet and exercise. The material is alphabetically arranged.

HAGGARD, HOWARD W. *Man and his body.* 1938. 594p. Harper, \$4.

A broad and mature approach to personal hygiene written by an eminent physiologist for employers, college students or beginning medical school students.

——— and **JELLINEK, E. M.** *Alcohol explored.* 1942. 297p. tables. diag. Doubleday, \$2.75.

A sincere, unmoralizing approach to the subject of alcohol. Two well-qualified authors discuss the consumption of alcohol and its extent, actions in the body, effect on behavior, resultant diseases both mental and bodily, and inebriety.

HEISER, VICTOR G. *You're the doctor.* 1939. 300p. Norton, \$3.

An analysis of the common elements of life pertaining to physical fitness with special reference to diet and exercise. Written for the public in popular style.

——— *Toughen up America!* 1941. 228p. McGraw-Hill, \$2.

An inspirational treatise on the needs and methods for getting fit. Deals in a popular manner with foods, germs, sleep, exercises, and a variety of health habits. Contains a description of ten body building exercises.

HILL, CHARLES. *Your health in wartime.* 1941. 48p. Univ. of London press, 1s.

Deals with the spread of germs, immunization and inoculation, cleanliness, warm feet and cool heads, sleep and rest, and food.

HISS, JOHN MARTIN. *New feet for old.* 1937. 161p. Doubleday, \$2.

Three people out of five in these United States suffer from some form of foot trouble. Thirty per cent of these wince under the stress of those twin abominations—broken arch and bunion. It is in an effort to relieve some of this needless, nonsensical suffering that this little book is written.

JEFFERY, CLEMENT. *Fit after forty.* 1939. 211p. Muller, Ltd., Lond., 5s.

Deals with middle age problems of fitness, stressing the place of moderate exercise and diet. Has sections on constipation, winter health, change of life, and the mind after forty.

JOSSELYN, DANIEL W. *Live up to yourself.* 1941. 190p. Longmans, \$2.

This is a popular book written to show people how they can make the most of their energy. "I propose this book as an equal training system for the business athlete: a training system which sends him to the office full of enthusiasm, which keeps him vital and pleasant in the face of trying work, and which brings him home with a generous margin of energy for study, active pleasures, happiness, and health in general."

——— *You can stay young.* 1939. 143p. Stokes, \$1.50.

Reviews the theories of youth and summarizes acceptable scientific principles in popular form. Gives dietary program, endorses regulated exercise, and emphasizes sleep and proper use of medical science.

KEITH, ARTHUR. *The engines of the human body.* 1925. 343p. Lippincott, \$5.

A popular book based on a series of lectures given to an audience of boys, girls, men and women. Gives a detailed explanation of the body as if it were composed of various machines found in the industrial world.

KIMBALL, FRANK T. and ALLEN, ABBOTT W. *How to feel better and look it.* 1942. 280p. Duell, Sloan & Pearce, \$2.50.

This book has been written to give you, in easy "how to" terms, the scientific facts you really need to know about yourself, along with certain practical wisdom learned the hard way by men and women who have applied the facts to their own and their pupils' bodies—made visible in candid camera photographs.

McGOVERN, ARTIE. *The secret of keeping fit.* 1941. 242p. Garden City, \$1.

This book is full of specific exercises that will tone the body to peak condition, and teems with physical and psychological tips on the care and feeding of adults. It forever blasts away for one the quackery of health charlatans.

MOORE, H. H. *Keeping in condition.* 1936. 136p. Macmillan, \$1.40.

Covers the essentials involved in training—exercise, fresh air, diet, rest, and the control of the inner conscience. Gives a good summary of the dangers to virility.

PARRAN, THOMAS. *Shadow on the land.* 1937. 309p. American social hygiene association, \$1.

A frank and widely read presentation of the venereal disease problem.

RICE, THURMAN B. *Living.* 1940. 464p. Scott, Foresman, \$2.25.

Covers in popular style modern principles of personal, mental and environmental hygiene.

ROBERTS, HARRY. *Keep fit in war time.* 1940. 90p. Watts, Lond., 1 crown.

It is addressed to those classed as civilians . . . an important contribution to our country's success consists in everyone doing his best to be fit in body and in mind. Some of the more outstanding changes in our environment caused by wartime conditions are discussed, and some suggestions offered as to how we may best adapt ourselves to the altered conditions.

SOKOLOFF, BORIS. *Middle age is what you make it.* 1938. 204p. Greystone press, \$1.75.

A book which summarizes the evidence on middle age health. Develops a positive theory of living the dynamic life. Includes case histories of dozens of important men who have demonstrated unusual vitality and longevity.