To Dromio.

(See last Tech.)

Take that dainty piece of linen
That is hanging on the wall,
Fondly brush away the dust, then gently fold.
When you lay aside your flannels,
Sentiment will burst its trammels,
And you'll find it very handy for a cold.

Author of Rot.

Noticeable Articles.

The London Spectator for April 17th has a good notice of a very important and interesting philosophical work, just translated into English, the Microcosmus of Lotze, one of the leading German philosophers of the day. To the students of politics and history, who, however much they may admire the vast and comprehensive industry of Mr. Herbert Spencer, yet find his system essentially shallow and unsatisfactory, this book of a profound thinker of a totally different order will be a great boon. The parts that will interest such students are the last three books, entitled "History," "Progress," "The Unity of Things." "We call attention," says the reviewer, "to the thoughtful review of the history of the world which closes the seventh book, and to the discussions on truth and science, work and happiness, beauty and art, the religious life, and political life and society, which make up the eighth book. This book might well be called "A Statesman’s Manual."

It is a sign of the progress which the higher education of women is making, that this difficult book has been translated—exceedingly well, says the reviewer—by two young women, Miss Elizabeth Hamilton, daughter of the learned Scotch philosopher, Sir William Hamilton, who seems to have inherited some of her father’s ability, and Miss Constance Jones, a graduate of Girton College.

Since noticing the paper of Dr. Roose, on Health, I have fallen in with a little book on one branch of the same subject, the relation of food to health, which I want to bring to the notice of the readers of The Tech, as well worth to any one the ninety-five cents, which, with the proper discount, it ought to cost. It is the fourth edition of "Food and Feeding," by Sir Henry Thompson, an eminent London physician. Most cookery-books are written by cooks, and their aim is to tickle the palate; but here is what might be called a cookery-book by a philosopher, whose aim is the promotion of health,—physical, moral, and intellectual. Sir Henry’s idea is, that in respect to food and feeding, we are still in the empirical pre-scientific stage; the stage which corresponds to alchemy as compared to chemistry, or astronomy as compared with astrology. Man has been an omnivorous eater, and has thereby gained a considerable amount of valuable experimental knowledge, though he has eaten and drunk, and still eats and drinks, a great many things that do not agree with him, with a vast result of hereditary and transmitted disease. The remedy for the difficulty is to bring the subject within the sphere of exact scientific observation and experiment, and this our author thinks is now possible, with the help of modern chemistry and physiology. "For it is certain," he says, "that an adequate, practical recognition of the value of proper food to the individual in maintaining a high standard of health, in prolonging healthy life (the prolongation of unhealthy life being small gain either to the individual or to the community), and thus largely promoting cheerful temper, prevalent good nature, and improved moral tone, would achieve almost a revolution in the habits of a large part of the community."

Dr. Thompson is not a man with a crotchet, no bran-bread philosopher, or ally of the American transcendentalist, whom old Carlyle described as "that moon-calf with his potato-gospel." He is an advocate of good cooking, and plentiful and savory food; but he looks at the whole subject with the eye of a physician and a physiologist, and his account of the relative nutritive value and digestibility and economy of different kinds of food, and his practical directions for preparing them, will prove valuable knowledge to every one, and will be better than many cook-books to the practical housekeeper.

The author’s remarks on drinking and smoking are worth noticing as the results of wide experience, and the opinions of an impartial observer. "I am of opinion," he says, "that the habitual use of wine, beer, or spirits is a dietetic error, say for nineteen persons out of twenty. In other words, *the great majority of the people at any age, or of either sex, will enjoy better health, both of body and mind, and will live longer, without any alcoholic drinks whatever, than with habitual indulgence in their use, although such use be what is popularly understood as moderate. But I do not aver that any particular harm results from the habit of now