

One proof of the abnormal restlessness of our times is the publication of books like Miss Call's *Power through Repose*. Surely men and women ought to know enough about the needs of their own natures to allow their bodies and brains sufficient time for recuperation without recourse to learned books upon "The Technique of Rest." But the tendency of our times is to reduce everything to a science; perhaps, when men and women find that "rest" is really taken seriously enough to arouse discussion, they may be willing to allot more regular periods for it in their busy lives. Miss Anna C. Brackett, who is a teacher in a large private school, wrote an article upon rest, which appeared in *Harper's* about a year ago. This article elicited comments and questions from tired women all over the country.

The clever epitaph pronounced on the

Poor woman who always was tired,  
For she lived in a house where  
Help was not hired,

might well serve for a large class of New England women, at least, today. With the immense advantages of the higher education which has been offered to women during the last few years, there has come a wearisome complexity of interests and occupations which tends to break down many an active brain. That much of this waste of brain-force and nerve-tissue is unnecessary the author of this dainty little volume tries to prove. "Watch other people," she says, "to be convinced how much muscular and nervous force is actually thrown away for nothing. Do not allow yourself to move nervously fast, and the more nervous you are the more deliberate all motions should be. Force yourself to move slowly, even if you are in a hurry. . . . When you are waiting for a train, don't keep perpetually looking to see if it is coming. The time of its arrival is the business of the conductor, not yours. It will not come any sooner for all your nervous glances and your impatient pacings, and you will save strength if you will keep quiet."

Some of Miss Brackett's advice is rather trite, and the whole material of the book could easily have been compressed into a magazine article. But that some antidote for the nervous restlessness of our times is needed, the newly awakened interest in the subject plainly shows. — Harper & Brothers. 75c.