

with Bible-class work among the middle and lower classes, know with what sad frequency the excuse of ill-health is given for prolonged absence. Among women, rich and poor, married and single, a certain amount of ill-health seems to be the rule rather than the exception. This fact is often unrecognized, for with true martyr spirit most women conceal from their own immediate family a great part of their sufferings, and go about with a smiling face while the body is racked with pain or exhausted with sleepless nights and weary days.

This general ill-health, when it has been observed, has been attributed to various causes. Now it is overwork that is blamed; now too much devotion to study; now it is the sewing machine, and again the many stairs that have to be climbed in modern mansions. Now it is the standing in shops, then it is the exposure to all weathers, and the rapid monotonous movements exacted from the factory operative. Then we hear that it is the luxurious idleness of the drawing-room, or the late hours and excitement of the woman of fashion that is at fault. With another writer, the diet is the sole trouble, while some one else lays the blame on the fact that girls cultivate delicacy of health in order to increase their attractiveness. That so many reasons are found for ill-health.