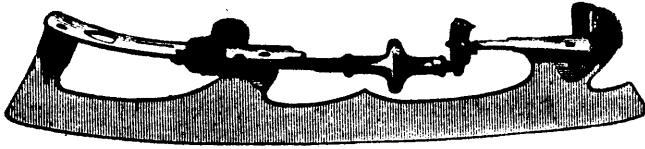


# SEE THE EUREKA CLUB SKATE.



It is put on and taken off the foot in a moment by a *simple turn* of the round nut shown in above drawing. The clamps at both heel and toe are fastened by the one simple movement, and so perfect is the plan, that the fastenings adjust themselves to any size or shaped boot. There is no need of boys and girls having cold fingers, cramped feet, or loose skates, so long as they can get a pair of "Eureka Club Skates," which may be had by sending \$10 in new subscriptions for the WITNESS publications to

**JOHN DOUGALL & SON,**

**MONTREAL.**

(This offer is good for the winter.)

## DRESS AND HEALTH.

### A BOOK FOR LADIES.

#### OPINIONS OF THE PRESS:

It may be a matter of pleasure as well as of interest to ladies whose attention has been directed to this matter to learn that the reform so strongly approved of by medical men whose opinions are below quoted, requires no change in the outward apparel. The discussion on the change of woman's dress has become so associated with bloomerism and woman's rights, that to some the mere suggestion of change is regarded as tending to something unlady-like or indecent, but the changes recommended in "Dress and Health" have a tendency directly in the opposite direction. The price of this book is 30 cents, post paid.

(Translated from the French.)

MONTREAL, May 22nd, 1876.

Messrs John Dougall & Son:

GENTLEMEN,—It is with pleasure I to-day reply to your letter of the 1st inst., in which you request my opinion as to the usefulness and worth of your little work "Dress and Health," which has lately issued from your press. Having read the greater part of this little work, I have no doubt that it will produce, in society, the most happy effects. Being essentially addressed to the ladies, it will not fail to make them reflect on their manner of dressing, and on the disastrous effects of the fashions of the day. The abuses which are described are in great part the cause of the sickness and feebleness of

young people, as well as of mothers, who see with regret premature old age.

"Dress and Health" should work great reform in the dress of ladies, especially on those who will peruse it attentively. I earnestly recommend it to be read by those who desire to preserve their health and that of their daughters, and that they put into practice the wise and salutary rules laid down by the authors for the moral and physical health of woman.

I am, gentlemen, yours &c.,  
J. EMERY-CODERRE, M.D.,  
Professor of Midwifery.

237 ST. ANTOINE ST., Montreal, 8th May, 1876.

The book entitled "Dress and Health" contains most important advice to the ladies on the momentous question of dress, considered from a sanitary point of view.

If they will only adopt some of the practical rules thus given, they will stand less in need of physicians and prescriptions, and find life much pleasanter to themselves.

J. L. LEPROLON, M.D.,  
Professor of Sanitary Science, University of  
Bishop's College.

MONTREAL, May 8.

GENTLEMEN.—In reply to your favor of 29th ult., accompanied with the book entitled "Dress and Health," I beg to say that I have read it, and consider it a sound, practical and concise work, which fully explains the effects of the present unhygienic style of ladies' dress, well worthy of careful perusal. The chapter on cutting and fitting will enable any lady to carry out the principles of reform without any difficulty.

Unless the leaders of fashion inaugurate the reform, I fear it is a hopeless effort to introduce such a change.

I remain, gentlemen, yours very truly,

E. K. PATTON.