

DRESS AND HEALTH.

A BOOK FOR LADIES.

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.

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OPINIONS OF MEDICAL MEN.

"With very few exceptions I heartily endorse the views so ably advocated, which, resting as they do upon a sound physiological and common-sense basis, should receive the attention of every parent in the land. To those interested in this most important subject, the book will prove an invaluable storehouse of practical information, well designed to guide wisely and surely to health."

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Professor, Bishops College, Montreal.

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"Your little work is designed to do much good, and should be in the hands of every one to be well studied, and its precepts practised. If so, the results to the health of the present and succeeding generations would be incalculable."—JOHN WANLESS, M.D.

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