

ing to a close." The impression was deep in character and baneful in effect. It was powerfully felt throughout the length and breadth of Europe. The child-age lay paralyzed with fear and perplexed with dark forebodings. Its springs of action were broken; the vital functions of body and mind were disordered, and the consciousness of strength was taken away. The grim spectre of death haunted every imagination, and nipped every young hope in its bud. Intellectual darkness filled the land, and the souls of men were fettered in spiritual bondage. The discipline to which the young age had been subjected was of too harsh and tyrannical a character to be productive of anything better than cowardice and timidity. The age, cowering and abject, slunk away from its approaching doom, which was imagined to be so near and certain. Such was the condition of things at the close of our period.

"OUR GIRLS."*—A REVIEW.

BY A. L. C.

THE little work¹ whose title we have placed at the head of this article, is the production of a physician practising at Boston, U. S., but better known to the public as a teacher of gymnastics, and a writer and lecturer upon domestic hygiene. We believe that it has met with a large sale. It demands some notice at our hands, because we, too, "have always been deeply interested in the girls,"² and our interest, like the doctor's, has become so well known that we have an unusual number of girls among our readers, for whose benefit we now propose to review the book. The matters of which it treats are interesting, and the writer's profession and occupation give to his ideas concerning some of them a certain amount of authoritative weight.

We say *some* of them advisedly, for the most ambitious instructor could hardly claim to be infallible upon all. In matters appertaining to the female sex the doctor has taken all human knowledge to be his province. Never did an author undertake to compress the treatment of a greater variety of subjects into a smaller amount of print and paper than he. In this little book of less than 250 pages, *Our Girls* will find information about all their rights, requirements, and obligations. What they should eat and what they should drink, and what they should *not* wear; how they should employ their business time, and how they should amuse their leisure; how they should cultivate

(1). *OUR GIRLS*. By Dio Lewis, A. M., M. D., President of (*titles enough*). Reprinted from the American edition. Toronto: Adam Steyenson & Co. Montreal: John Lovell. 1871. pp. 244. (2). Introduction.