

Rebels.



"ADVICE TO A WIFE," on the Management of her own Health, &c., &c. By Pye Henry Chavasse, Fellow of the Royal College of Surgeons.

We are indebted to Mr. H. F. Jackson, of 931 St. Catherine street, for the above work. It is a book of 246 pages, every one of which is filled with very necessary and important advice to a wife. It is divided into four subjects, each of the utmost consequence in the economy of female health, with an introductory chapter on generalities, the whole essential to a young married woman. Mr. Chavasse, in his own peculiarly interesting manner, treats the subject very exhaustively. He says: "I know I am treading on tender ground, but my duty as a medical man, and as a faithful chronicler of these matters, obliges me to speak out plainly, without fear or without favor." The object he seems to have constantly in view, is "the health of wives." He most determinedly opposes the present mode of commencing married life. He says: "The present fashionable system of spending the first few months of married life in a round of visiting, of late hours, and in close and heated rooms, calls loudly for a change. How many valuable lives have been sacrificed to such a custom! How many mishaps, &c., &c., have resulted therefrom? Night after night, gas, crowded rooms, and excitement, are her portion. Fashion is often-times but another name for the suicidal undermining of health and happiness." His advice to a young married lady to take regular and systematic *out-door exercise* is admirable. We thoroughly endorse his views. There is too much close confinement either at home or at parties, &c. He advocates free ventilation to keep her house healthy and sweet and to keep off disease.

Thorough bathing is another point he insists strongly upon, and in five lengthy paragraphs he enters most minutely into the subject of cold or tepid water ablutions, according to the seasons. If she attends to this every morning it will most assuredly strengthen her.