

satisfactorily fulfill the duties of maternity and of marital life, and meet the requirement of every domestic and social position. We certainly would recommend no more clothing than could be carried with ease and comfort; we would suspend all garments from the shoulders; we would not constrict the most important part of the body, making that portion of the chest which is naturally the most expansive a contracted, immovable *point d'appui* for every inspiration to drive down and displace the vital organ; we would have the shoe to fit the foot, not forcibly adapt the foot to the shoe; we would order the heels to be low and broad, and placed where the Almighty designed them, we would discard furs from the neck and shoulders for common use, reserving them for extraordinary occasions, and veto the use of unwieldy masses of false hair—as these portions of the body are so near the centre of circulation as to have their heat well maintained: in short, in adapting any style of dress we would do no violence to the laws of physiology and hygiene. This could always be accomplished in perfect harmony with good taste. The health of women, which is so intimately associated with the beauty, welfare, and happiness of the whole human race, is too valuable to be sacrificed to the blind and indiscriminating tyranny of fashion.

In these remarks I mean no offensive criticism on the manners and customs of the day. I am incapable of this. As physicians, we should be the conservators of public health; and we have no legitimate right to be counted in the profession, if, through any mercenary or other unworthy motive, we fail to promote it in every possible way.

Growing out of the debility and ill-health to which our female patients are so often the victims, is the resort to tonics, stimulants, nervines and opiates, the former to maintain their strength, and the latter to quiet their nerves. This, I regret to say, is not sufficiently discountenanced by the profession, and often degenerates into a habit which entails a life-time of misery and distress. Tonics and stimulants can rarely, of themselves, add tone and strength to the animal system, and to regard them as nutrients, and to employ them with that view, is, to say the least, a most hazardous proceeding. There are times when they may be employed to advantage, but I apprehend that the cases requiring them are comparatively rare. Permanent strength is the result of molecular nutrition. And true nutrition is the effect of the assimilation and appropriation of wholesome food supplied to the stomach, mingled with and elaborated by pure air inhaled by the lungs, and then subjected to the recuperative and depurative processes throughout the whole body—while the great pendulum, required to