

lieve that the natural physiological processes may be as easily controlled as an acquired taste for tobacco. She alludes to how dreadfully a smoker feels for a long time after he gives up his injurious habit, and thinks a natural desire created by certain physiological processes might be as heroically subdued by the will as a perverted appetite. What she proposes and what Dr. Winslow urges is continence, except when offspring is wanted. This means for many absolute continence, for there are thousands who cannot have children if they try; millions of others who ought not to have them because they cannot endow them with viable constitutions, or because they cannot obtain the means to properly clothe and educate them. Then when we come to the favored few who may have offspring, the health of the wife and mother would render it imperative that conception should not take place oftener than once in three or five years!

Social science has yet to meet and grapple with the problem of what is to be done for our young people. With the growth of civilization the chasm is continually widening between the period of concupiscence and that which admits of marriage. Bishop Armitage of Wisconsin is quoted as having advised young ministers not to get married; "their pay," he urges, "is too small for the support of a family." "Wait," says the Bishop, "for connubial felicities until you are properly established." And this is really good advice if the Alpbite doctrine is true, or if the church is to uphold Comstock in his warfare against physiologists who are seeking for means of limiting the family to the ability of the husband and father to support the same. But a different voice will come from the halls of science and from the churchmen of broad and practical views. Physiologists will by and by take hold of the question which our friends of the Alpha school are pressing upon their attention, and from our observations in practice for more than a quarter of a century, and a correspondence upon this subject with thousands of intelligent minds in both hemispheres, we have no doubt what the final verdict will be. Meanwhile at this moment and every day thousands of our children are ripening to puberty blindfolded with ignorance and impelled by an impulse which is as strange as it is irrepressible. Artificial bars of all description surround them. Custom is making it necessary for a young man to snatch a home from the watchful and experienced old squatters, who have monopolized them, before he can be permitted to have a conjugal companion. More than that, he must have an established business or profession affording an income sufficient to enable him to keep up appearances. All these with growing expensive tastes on the part of every member of the family is making what is called a home a charmed spot which few can aspire to possess. Hence there are fifty old maids where there used to be one, and one of the main sources of revenue of the doctors arises from the cure of diseases resulting from vices which such a state of society fosters. Young men poisoned with disorders or wrecked by solitary vices; young women nervous and hysterical with ovarian and uterine diseases which result from suppressed desires or unnatural methods of relieving them! Few who at twenty-five or thirty are enabled to reach the gorgeous altar of marriage and pay the officiating minister a generous fee to start them on the road of life, as the Creator originally started them, with commands which have been echoing in their bosoms for ten or fifteen

years unheeded, are in a fit condition to enter matrimony or at least to become parents! And, to think of it that this is true!

"One thing we have come to understand better in modern times," says an anonymous writer on "The Brain and Nerves" in "Good Health" (Alex. Moore, Boston, Mass.) "and that is, why too stern a control of the expression of emotion preys upon health; why *concedment* acts especially the part of the worm in the bud. All emotions are attended with changes in the convolutions in the brain, and these changes generate a force which must operate in some way. The natural actions by which the passions express themselves are the channels provided by nature for this force, which thus contributes to the grace and dignity and joy of life; or at least provides signals of danger. But there is risk alike in the too free indulgence of these natural expressions, and in their absolute repression; the former tends to give passion too great a mastery over us, the latter forces the power which would thus innocently expend itself into hurtful channels. Thrown back absolutely upon the internal organs, the force which emotion generates deranges the operation of the other nervous centres, and may be the starting-point of long disease."

Dr. Winslow must have cases of impotent young married women as well as we. We constantly have many of them. And the impotency has in many instances resulted from non-use of organs which were fitted by nature with every possible requirement at the age of fifteen or earlier, and then hidden by their possessor like the talents spoken of in the scriptures!

We confess that the problem presented is a difficult one; but when the ingenuity of man is earnestly turned upon it as it is directed to other questions which are considered more respectable to handle, the problem with all its seeming difficulties will be solved. Mrs. Dr. Winslow, Mrs. C. B. Whitehead and our contributor who writes about "Holy Marriage," are helping to solve it. What they write will provoke discussion. The need of this article, is caused by the people of the Alpha school who have asked the questions we have felt bound to answer. In the present temper of the public mind we hesitated to enter upon the discussion. But a stern sense of duty impels us. Our readers have both sides of the question presented—not all that can be said by any means—but some of the prominent points which may be urged by each. Let them judge between us.

The prevalence of hay fever at certain seasons of the year is due to the pollen of plants which floats in the air. During the period of fresh growing vegetation the atmosphere is greatly charged with the fructifying material of plants, and the pollen of some of these plants is more irritating than that of others to those who are susceptible to hay fever. It is thought that the reason there was less hay fever the past summer, was that the drought had so affected the plants bearing such pollen as to prevent it from being so effective as usual. Our readers doubtless remember that we hold that a certain vitiated state of the blood is necessary to render the system susceptible to the irritating effects of such pollen. Get the blood in a perfectly healthy state and the mucous membranes will be correspondingly healthy and will resist the irritating effects of the obnoxious pollen. People of good normal blood are not susceptible.