

dicta on things divine. Almost every imposture that has paraded itself before the world during the past century has flaunted a testimonial from clergymen. These, however, are sometimes fictitious. Newspapers, religious as well as secular, give place to advertisements and often to puffs, the most false and misleading. Sometimes the purport of these advertisements is the most degrading and wicked, and which is by no means concealed by their cunning and ambiguous words.

The demands of society in this so-called civilized age are very trying to females. The love of idleness is a most pernicious evil. The duties of motherhood demand the attention which is often given to other purposes. The consequence is that many find what ought to be the joys of matrimony irksome; the care of children a burden. In many cases the mother sows the evil seed in the mind of her daughter, by complaining of her lot, and the daughter grows up with the conviction that a great objection to matrimony is the danger of having children.

As this communication is intended to be suggestive rather than exhaustive we cannot pursue this point further. But we must glance at the evils of fashion, often encouraged by mothers, at least allowed by them to affect their daughters. The faults of dress are numerous. From the crown of the head to the sole of the foot the dress of women is full of objections. Inadequately covered head in winter, and the feet at all times lead to a multitude of evils. So the low neck dress, and the constriction at the waist. This last habit is one of the most fruitful causes of disease and suffering. The free action of the lungs is prevented, the heart embarrassed, the stomach, bowels and liver are pressed out of place downward; and the important organs below are made to suffer. The dragging pains, the weak back, the periodical pains in the womb, and many of the perils of child-birth, and uterine displacements are the result of the deformity which the vain habit of constricting the waist inflicts. The evil is much enhanced by the general custom of wearing the underclothes suspended from the waist instead of from the shoulders.

The importance of diffusing correct knowledge upon the points referred to cannot be over-estimated. So far as individual hygiene goes, until the medical man is engaged to advise upon everything relating to private health, and his advice is implicitly followed, we can hardly expect perfectly developed manhood or womanhood. And without a perfectly developed physical system it is a question whether we should expect a healthy moral nature.

Yours, &c.,

OBSERVER.