

is chiefly owing to the ignorance and carelessness of the latter, and is attributable only in a minor degree to the poverty of their circumstances.

He begins his subject accordingly with the period of puberty in both sexes—that is to say, about the age of fourteen or fifteen in girls, and a year later in boys. When growth is completed, about the twenty-first year, manhood and womanhood commence, lasting for about forty years, more or less, and succeeded by old age. We have, therefore, the three natural divisions of puberty, manhood and old age, for each of which Dr. Parkes gives the rules of health, as they necessarily differ somewhat in each period.

After remarking on the great importance of the period of puberty or growth, inasmuch as in it the foundations of health may be firmly fixed, or, on the contrary, undermined, he proceeds to give, under different headings, the rules of health for this division of life. Upon these, at present, we have no space to dwell. We must content ourselves with saying that he offers most valuable and practical suggestions on the varied topics of exercise, solid food, drinks, smoking, clothing, the care of the skin, teeth and bowels, fresh air, pure water, healthy houses, and unhealthy trades. He lays great stress on physical education, especially for girls. They ought, in his opinion, to have strong, firm muscles, and well-developed chests and haunches, as a race depends largely for its stamina on its mothers, and must degenerate if these are feeble, and want bone and muscle. He strongly advises every young man and woman to be a total abstainer, and gives his reasons, which we may briefly state as follows:—1. Alcohol cannot do any good to healthy persons in the period of growth. It contains no particle of nitrogen, and cannot, therefore, assist in building up the tissues of the body. 2. It does not aid muscular force, for its apparently reviving effect is transient, and is succeeded by increased languor. 3. It does not aid nervous force, for, though it may increase the rapidity of thought, it lessens the real power of the mind. 4. It does not increase animal heat, for it has been frequently shown by experiments that it depresses the temperature of the body; instead of keeping cold out, it lets it in. 5. A young man or woman who takes alcohol is laying the foundation of a habit which has a most