

know when her children are growing up around her. It tells the mother how to present in a right way to the mind of a growing girl just what the mother would be glad to tell if she only knew how to tell it.

Mary Wood-Allen, M.D., clothes the facts of the origin of life in delicate language and surrounds them with an atmosphere of sacredness and purity. With the sympathy that a mother can feel, the author gives instructions in a manner that will safeguard her child from the consequences of ignorance.—*What a Young Girl Ought to Know.* By Mary Wood-Allen, M.D. New revised edition. Cloth, \$1.00, net. William Briggs, 33 Richmond Street West, Toronto, Ontario, Canada.

#### “What a Young Woman Ought to Know.”

The book is divided into three parts; the first treats of the value of the body and its hygiene; the second of special physiology and the laws of maturity, and the third of love, engagements and marriage.

The author brings to her task the training of a physician, the sympathies of a mother, and the character of a teacher who has discerned the highest ideals, and lived in accordance with them.

The chapters on the care of the body are simple, sensible, and practical, and the directions given have in mind one result, and that is the attainment and maintenance of good health. In treating the subject of special physiology, the author avoids technical medical terms, and tells the young woman of the physical laws governing her nature, how to obey them intelligently, and what penalties follow their violation. With the finer nervous organization of woman, and the high office assigned her, it is essential that she should know how to care for herself, as impairment of her physical organization not only means personal suffering, but often wrecks the happiness of others related to her. “Obedience is freedom,” is the keynote of the truth emphasized in these chapters, and a deeper realization of the divinity of womanhood and the sacredness of sex must irresistibly be borne in upon the mind of the reader.

The ineffaceable experiences of love, engagement and marriage are handled with a firm touch. The author would equip the young woman with such qualities of heart,

mind and body that each experience might yield its joy untrammelled by a single sad mistake.

Although writing with the wisdom of maturity, Dr. Wood-Allen never for one moment loses her sympathetic understanding of the sentiment of young womanhood, its overflowing enthusiasm, abounding life, and the impatience with which it meets the check of restraint. Her council is given tenderly, and without repellant harshness. The book should help every young woman who stands upon the threshold of an untried life to meet its difficulties intelligently, and to become receptive to its deeper meanings and higher possibilities.—*What a Young Woman Ought to Know.* The second volume to women by Mrs. Mary Wood-Allen, M.D., published in connection with the companion books to men, by Sylvanus Stall, D.D., under the joint title of the *Self and Sex Series*. William Briggs, 33 Richmond Street West, Toronto, Ontario, Canada. 264 pp. Price, \$1.00.

#### “What a Young Wife Ought to Know.”

This book takes the subjects concerning which young women everywhere are so ignorant, and lifts them into the exalted place they must ever hold in the minds of the intelligent. No other class are so entirely without information as most brides, young wives and young mothers. Three thousand years ago the inspired writer declared “the people are destroyed for lack of knowledge,” and the statement is still true to-day. This book to young wives and mothers should have been written centuries ago, and no time should now be lost in bringing the knowledge it contains into the hands of young women of marriageable age. It tells the young wife just what she needs to know, and tends to prevent those mistakes which have wrecked so many lives. It equips the young wife to discharge intelligently the duties of her responsible relation.—*What a Young Wife Ought to Know.* \$1.000 Prize Book, by Mrs. Emma F. A. Drake, M.D., 288 pp. William Briggs, 33 Richmond Street West, Toronto, Ontario, Canada.

#### “What a Woman of 45 Ought to Know.”

In this latest and concluding book of the series, Mrs. Drake has equalled in style and interest the character of her previous