

tilated that does not receive from without at least one hogshead of air each hour for every pair of lungs. This is always secured by open fire-places, but by a stove almost never. Thus it is that the greater part of this generation have had every bodily tissue nourished by imperfect blood; thus inducing a delicate or feeble constitution.

A second cause of debility is the want of vigorous exercise, especially to the muscles of the arms and trunk. In former days the children worked with their parents in pure and cool air several hours a day, and thus exercised the muscles most important to health, especially to female health.

But in these days, school children, especially the youngest girls, have little vigorous exercise. And where exercise is demanded, a walk of a mile or two is deemed sufficient, while the exercise of the muscles most important to health is entirely neglected. Thus both sexes, but especially that upon whom depends the constitution of the children, are every year becoming more delicate and sickly.

The third cause of national debility is a change from a simple to a stimulating and luxurious diet. Stimulating food provokes an unnatural appetite. A great variety tempts to excess. Both combine to overload the organs of nutrition, and the whole organization is strained and overworked to throw off the excess.

The more food we eat and the richer it is, the more exercise is needed. But, instead of this, the people constantly are eating more, and exercising less. Meat is the most stimulating food there is, and there is no other nation on earth where all classes devour such quantities of meat, fat, butter, sugar, molasses, hot cakes, and hot tea and coffee. And no nation on earth have such bad teeth, and every other indication of a debilitated constitution.

A fourth cause of national debility is excess in stimulating the brain, unbalanced by exercise and recreation. Fifty years since, to read, write and cypher, were all that was expected, out of a college course. No daily drilling in hot

school rooms, in all manner of sciences, with evening lessons at home. No Sunday lessons; no books for children at every turn, both Sundays and week days. There is fifty times as much intellectual stimulus of the brain in childhood as was ever known in former generations. Then the cares, business, and excitement of all kinds, for both men and women, have increased at an equal ratio. Every thing is going on at high steam pressure.—Now the more the brain is thus stimulated, the greater the need for pure air, exercise, and seasons of relaxation.—But contrary to this, the more the brains of children and adults are stimulated, the less relieved. To use the words of a medical writer, "the constant exercise of the brain takes up the chief strength of the system, and consumes it in feeling and thinking."

Another cause of general debility is the fashions of the female dress. The stays of our ancestors were trifles compared with the accumulated enormities that have been practiced on the female form during the last twenty years. The thin covering for the upper portion of the spine and the vital organs in cold weather, the accumulation of clothing on the lower portion, the pressure of tight dresses around the waist, the whalebone in pointed waists, and the weight as well as the heat, of the enormous mass of clothing resting on the hips—all these combining with delicate constitutions, have produced, and are increasingly producing, terrific results that are but little known or understood.—*Ec. Med. Jour.*

EXTRACT FROM ADDRESS

Of Dr. Perrine before N. Y. State Homeopathic Society.

It seems to be quite a common belief that homeopathy is of comparatively recent origin.

But we shall show that its principle: "Similia Similibus Curantur" has always been acknowledged, and that it has been pre-eminently foreshadowed. And in doing so we shall establish the strongest claim that we can have for the