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"If I forget thee, O Jerusalem, let my right hand forget its cunning." — PSALM CXXXVII. 5.

DR. ELLIS WARNS HIS COUNTRY.

Although this terrible warning is given specially to AMERICANS by one of their own ablest Physicians, yet Canada and the world at large are not quite free from the same deadly dangers.

WIS it not true that too many of the Churches of to-day, with their clergy and periodicals, are apparently sailing above the clouds, far away from the earth where men and women toil and struggle, and children are born and reared amid temptations of every kind; and that few special efforts are being made to prevent our boys from using intoxicating drinks and tobacco, and our girls from following the vain and foolish habits which to-day threaten the very existence of the native American race? Within fifty years the number of children born of Americans has diminished one-half, and they are only one-half of the number born in the homes of our Irish, English, and German immigrants. This is a sad showing for the descendants of the Puritans. And yet this is not the worst of it. Even the development and ability of American women to bear children have diminished in like proportion; and their ability to nurse their children has decreased in a much greater ratio; until now "the mass of our American females are totally unable to act the wet nurse with success." All this deterioration of our women results from false ideas and habits of life. First: They have an idea that it is not fashionable to have a large family of children. Second: Our girls are not brought up at active housework, and active work of any kind is not fashionable,—thus giving them no chance for being physically and mentally

well developed. Third: The prevalence of the idea that a pale, delicate complexion makes a woman more attractive; this leads to the exclusion of sunlight from the rooms where women dwell and girls grow up; thus depriving them of sunlight, which is so all-important if the body is to be developed and health preserved. Fourth: Sending our girls (who are suffering for the want of proper exercise and sunlight to develop their bodies) to school, and plying them with many studies which tax the brain and develop that organ faster than the muscular and lymphatic systems, and even the bones; thus destroying the balance between the different structures which must exist if there is to be a harmonious development of the entire body. Fifth: Tight dressing, which is commenced at a younger age and carried to a greater extent to-day than ever before. This practice cripples the heart, lungs and breasts, and prevents their development, produces permanent retraction of the nipples, and indurations in the breasts which result in inflammation and abscesses when the woman becomes a mother and attempts to nurse her child. Tight dressing also displaces the abdominal organs and crowds them down upon the reproductive organs within the pelvis, and thus interferes with their development and functional activity, and gives rise to a large number of female diseases which so torment the lives of many of our women.

In a work, by "Meta Lander," on "The Tobacco Problem," published by Cupples, Upham & Co., Boston, Dr. Nathan Allen, a distinguished medical writer, says:

"I am glad to learn that you are soon to publish a work on 'Tobacco.' Having made,