

## WHY WOMEN ARE DECLINING IN PHYSICAL VIGOR.

The following summary of the causes which are at work to undermine the health of women, especially in the early years of life, was recently published in a circular sent out by the Association of Collegiate Alumnae, and presents the subject in a forcible and concise manner:—

1. Social dissipation and excitement, which is neither amusement nor recreation. Girls are too often stimulated to shine socially and intellectually at the same time. A mother proves her daughter's perfect health by saying: "She has been able to go to parties or entertainments four or five evenings a week all winter, and she stands at the head of her class."

2. Habitual loss of sufficient and healthy sleep. In a New York academy, a class of sixty girls, between the ages of twelve and eighteen, chanced to be asked by a recent visitor what time they retired the night before. The average was found to be twenty minutes before midnight; but no surprise was manifested by teachers, nor regret by the scholars.

3. Irregularity and haste in taking food, the use of confectionery in the evening, and the omission of breakfast. The principal of a large girl's school in Philadelphia lately said that so many habitually came to school without having sufficient breakfast, and taking little or no luncheon, that he had been compelled in order to obtain good mental work, to have a warm luncheon furnished, and to insist on every scholar taking it in the middle of the morning.

4. Tight, heavy, or insufficient clothing, which frightfully increases the tendency to consumption and spinal diseases. A physician of wide experience confidently states that this cause alone has incapacitated more women than overstudy and overwork of all kinds.

5. The lack of sufficient out-door exercise. When a proper amount of time is devoted to such exercise, no time will be left for excessive study.

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## WATER-DRINKING A PREVENTIVE OF DISEASE.

An old English proverb says, "Drinking water neither makes a man sick nor in debt, nor his wife a widow." It is not only a good temperance maxim, but with a slight addition it might be equally accepted as a rule in therapeutics. Drinking water neither makes a man sick, nor hurts him when he is sick, but rather helps him. It must be admitted that the doctors have often been wrong in refusing water to their thirsty patients; and it is gratifying to find that they are beginning to see the mistake, and to warn their professional brethren against it. Dr. J. F. Meigs, of Philadelphia, in a clinical lecture on "The Internal Use of Water for the Sick," delivered at the Pennsylvania Hospital a year ago, gives a painful, almost a terrible, picture of the suffering and the injury caused by the prejudice of physicians and nurses against the free use of water as a beverage in certain diseased conditions. He lays down the rule, that the sick should be allowed all the water they desire. It is the appetite implanted in the body by the Creator, for the determination of the amount of water needed. . . . For myself, I dare not oppose this divine sense in thirsty patients any more than I would oppose the instinct of the infant to take from its mother's breast the material it needs for its growth.

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