

MUCH SATISFACTION has been given to those who interest themselves in the musical education of children, by the adoption of the Tonic-Sol-Fa system. A little book published at the WITNESS Office, Montreal, entitled "Sol-Fa-Lessons," is a key to the whole system. It cost but 15c., and should be read by those interested in musical culture.

IF YOU HEAR A SCHOOLGIRL complain of headache, languidness or other affections, do not blame her school-teacher for making her study too hard, nor pet her for her presumed industry, but take away those bandages in which she is encased and which prevent her easy motion and the full play of her organs. If the Creator intended women and men to be protected by such arrangements he would have encased them in a shell, perhaps such as encase an oyster or turtle. Much important instruction on this subject is contained in "Dress and Health," a book for ladies, published at the WITNESS Office. Price, post free, 30c.

A MOMENTOUS PROBLEM TO BE SOLVED BY WOMEN.

When great complaints are made concerning poor sewing girls, and much sympathy is expressed for the miserable prices they get, and the mean way in which they are cheated, we have often wondered that they did not rather go into the respectable families that are so much in need of their services as cooks and housemaids. There they would have good board and lodging free, and good wages, and be in what is really an honorable as well as useful situation. When we have expressed these thoughts at any time to ladies we have invariably been informed that American girls had not the necessary strength for kitchen work, and that they would break down immediately. When we asked for the reason why they were not as strong as Irish girls we could get no satisfactory answer, except that the bringing up was different, and that Irish girls sometimes broke down also. We have, however, at last learned from a small book the chief secret of the general feebleness of Ameri-

can girls and the occasional feebleness of Irish girls.

Again when we have questioned physicians or others concerning the appalling fact that American families usually consist of only two or three children, if even so many, whilst Irish, German and French-Canadian families number usually ten or a dozen, the same answer has met us that American women have not the necessary strength for large families, and we have wondered why it was so now, seeing that in former times American families were usually large. Again, this little book reveals the cause of the native feebleness which is transferring America to foreigners.

Once more. When we see every paper except the few which have self-respect, teeming with advertisements of quack nostrums for female complaints, we have wondered in silent amazement if it really were the design of Providence that there should scarcely be a healthy, vigorous woman found in highly civilized society. Again the little book shows the chief reason of the whole self imposed class of complaints which impair so much usefulness and support so many quacks.

If the present race of dear little girls shall be brought up in a healthy, common-sense manner, the good old times of female vigor and large healthy families will return in a few years, and the way to accomplish this most essential reform, which is certainly one of the most important in all its consequences that can be imagined, is made clear in this little book, and that without any sacrifice of beauty, elegance or attractiveness, or the adoption of any laborious or costly remedies, or any strange and obnoxious costumes.

The little book we refer to is made up almost wholly of extracts from several books recently published in Boston, giving the testimony of the ablest and most experienced female physicians, as well as experienced physicians of the other sex in the Old and New Worlds. This book, which is calculated to effect a reform in every family whose mother reads it, will be of more value to each of these families than thousands of dollars, and, if generally read and acted upon, will restore a nation to the vigorous health of by-gone days. It will be sent, post-paid, to any part of this continent, for thirty cents, remitted to the MONTREAL WITNESS, Montreal, Canada. The name of the book is "Dress Reform."—*N.Y. Witness.*