

DRESS AND HEALTH.

I.

INTRODUCTORY.

DRESS Reform and Dress Emancipation are expressions odious beyond measure to the mind of a large majority of the cultivated and refined women of the day. Why is this? Because the expression seems to them to savor of the ill-odored "Woman's Rights" movement. Because it brings up reminiscences of the days when certain women, more brave than wise, attempted to lead a movement for the deliverance of their sex from the thralldom of dress by the adoption of the "bloomer" costume, which satisfied neither womanly taste nor womanly dignity; and because, farther, certain reformers of the present day have appeared in a mannish garb which has caused people to cry out in disgust "They want to dress like men." For these reasons the idea of dress-reform is a hateful one, though few thoughtful women will refuse to acknowledge that the present style of dress is not only uncomfortable but unhealthy and really burdensome. The idea that