

ure from exercises of a more vigorous kind, such as rowing and skating,* for which nature has in no way disqualified them, and which, when learnt in early girlhood, are so conducive to robust health and innocent enjoyment.

Girls ought to be first clothed according to correct physiological principles; and, secondly, they ought to be taught those principles. They should know, for instance, why it is wrong for them to have twenty to thirty yards of material put into one dress, even though the money to pay for it may be quite a secondary consideration; why their undergarments should be light and warm enough to enable them to dispense with multitudinous skirts; why no tight strings or bands should fasten round the waist, compressing the lower ribs and important abdominal organs; why they should wear no stays, but allow the chest to expand and grow in its natural form, that is to say, to widen and not to become narrower at its lower part. Girls must be shewn what mischief results from compressing the lower part of the chest, and altering its natural shape out of all symmetry and beauty—impeded growth and displacement of internal parts, weakening of the muscles of the back, condemned by the use of stays to inactivity, interference with the orderly course of the circulation of the blood, general impairment of nutrition and the dwarfing of the physical life, and, through it, of the whole life of the heedless or ill-advised young creature, who seeks to attain through physical deformity to a false ideal of womanly beauty. The Venus de Medici, of medium stature and perfect proportions, is twenty-seven inches round the waist. How many young women

who have grown up in stays, whether they be of medium height or tall, ever attain such healthy development of chest and muscle as a girth of twenty-seven inches at the waist implies.

Again, as to boots. It is not enough for a wise mother to say to a girl: "You are not to wear high-heeled boots, because they are bad for you." That may do for the period of childhood and early girlhood; but once released from authority, of course the girl will follow the prevalent fashion of the day, unless she has been convinced that it is fraught with danger. She must be taught, if she is by her own free will to eschew high and slanting heeled boots, that they will destroy the natural form of the bones of her foot, and give her in a less degree the deformity of a Chinese lady's foot; that they predispose to painful joint affections, cause permanent contraction of certain muscles of the leg during walking and standing, throw the weight of the body forward, and cause even curvature of the spine to be developed, in order to restore the disturbance of equilibrium caused by withdrawing the heel of the foot from its natural function of helping materially to support the weight of the body. Similarly, a disturbance of equilibrium occurs, followed by its own train of evils, when tight or narrow-soled and ill-cut boots, which destroy the natural arch of the foot, or twist and cramp it, are worn. That boots should be of a quality and texture to keep the feet dry and warm is almost too obvious to need insisting on, were it not that many women choose boots for themselves and their young daughters as if boots existed to make their feet look pretty, and nothing more. The foot is undoubtedly capable of bearing a good deal of exposure, and in more temperate climates than our own something might be gained, and much enjoyment afforded, by dispensing with any cover-

* Great care is necessary in teaching grown-up women to skate, or even to row, as the consequences of skating-tumbles or of over-exertion in rowing may be serious to them; and no violent exercise ought ever to be taken when the pelvic organs are in a state of congestion.