

tion, and medical men will agree with me, that in all cases, but more especially in married ladies, tight lacing is very detrimental. Nay, it ought perhaps to be a subject of legislative interference, as tending to injure the rising generation before they come into the world; and some divers into causes and effects, allege that from the long time stiff stays have been in use, arises the shortness and depression that is said to prevail now-a-days in men's noses.

To return to my committee; on this subject, my lively young Canadian agrees with me fully, and is content with the artless outline all bounteous nature has given to her youthful shape; but the English and the American ladies are both advocates for whalebone and steel; the latter particularly, who is really intrenched *jusqu'aux dents*; whilst my Irish widow alternately laughs at, and praises busks and stays, for at one time she is as unconstrained and *dégagée* in her shape and air, as her own lovely person can make her; and at others, when she dresses for company, she puts on her coat of mail, and says, "why you know we must do as others do;" which is, by the bye, a motive that weighs equally with the fashionable belle in dressing for a ball, with the Chinese lady whose feet are pinched into one fourth of their natural size, and with the Hottentot Venus who adorns her arms and legs with the rich and dripping spoils reeking from the abdomen of an ox. I am old enough to remember the absurd and disgusting custom of powdering and plaistering the hair; when ladies wore their toupees three stories high, chignons spreading a coat of grease and powder all down the backs of their costliest apparel; when they wore waists tapering down to a point, that might almost be spanned, about two feet below the bosom; when they tottered upon shoes