

not obliged to attend to her own work, but if she must sweep and dust and take occasional trips into the kitchen and storeroom, then she must find a long skirt a weariness and vexation of spirit. Whereas a short one is more cleanly, lighter, and even more graceful, than a long one pinned or held up.

Another advantage pertaining to loose dressing is this: We gain very much in strength of lungs and consequent power of voice. In Prof. Wheeler's article on the "Physiology of the Voice," in the last *Musical Fello*, he says: "There are two modes of breathing, viz., respiration performed by means of the diaphragm, which is termed diaphragmatic or abdominal breathing; this is the form of breathing in men and children. Women generally breathe differently from men, (why differently from young girls?) their respiration being principally performed by the action of the ribs, (no wonder when it can't get any further); this is called pectoral, or superior costal respiration. This manner of breathing is attributed to the use of stays; still there is an admitted doubt on this point." Not in my mind, for I know that I myself now breathe from the diaphragm, and consequently sing with greater ease and more power. Prof. Wheeler goes on to say a great deal more to the same effect as to the injury caused by tight lacing to the voice, which all singers, and indeed all corset-wearers, might profitably read. But should anyone be awakened by my feeble remarks to the importance of this subject, I can recommend nothing better than the little book I have already mentioned, "Dress and Health." In it she will find detailed both the evil and its remedy.

And now, dear Editor, if you think that I have enveloped my few grains of sense in a very large amount of nonsense, you must also remember that this is a very bitter pill, which we are asking the ladies to swallow. Therefore I have tried to so disguise it that they may peradventure thoroughly digest it before discovering what they have taken.

Yours truly,

CLARA GRAHAM.