

explain, my dear Doctor, what you mean.' 'Did you ever watch,' answered Dr. Rectify, 'a lady walking with a muff, especially the dear little fashionable modern muffs? To get their hands together, they have to walk with their shoulders drawn in at least eight inches, and their arms and hands contracted before them, till, instead of an easy, expanded chest, they actually contract their breath so as to forbid the possibility of a full, free expansion of the lungs. I tell you,' said the Doctor, 'I would forbid any woman walking with a muff, on purely common sense principles. What ought to be the motion, I would ask you, in an easy and graceful walk? Should the shoulders be contracted, and the back rounded, and the arms pinioned in a muff? or the very reverse, the shoulders expanded, the arms free, the motion of the hands inducing the expansion of the chest, and not its contraction. The fashions of dress, my good sir, are constantly hurrying deserving, amiable women to their graves, and all because common sense has to yield to fashion. As your medical adviser, I simply ask you to request your wife, the next time she goes out, to leave her muff behind and take her mitts. You will find that she will come back without a pain in her chest, breathing freely, and not with her breast bones pressed together by her fixed and rigid arms that have bound her together with a muff. There is no period of the year in which the atmosphere demands full exercise of every member of the body more than winter. To confine, or constrain the limbs or muscles, is to hinder the activity of all the joints and muscles, which should be in full exercise to keep up the general circulation and heat in the whole frame. Again, even for securing the warmth needed for the hands, where is there anything more exposed than the wrist, for how is it possible to secure that part from exposure? and no part of the arm is more susceptible of cold than the wrist. On the other hand, in a warm mitt or gauntlet, the whole hand and wrist are warm, the hand and arm free, the full action of the shoulders and movement of the muscles that expand the chest are developed, and the invigorating and beneficial results of a healthy and combined action, such as nature has secured for us, if we do not fly in the face of it, are certain to ensue.'"

Mitts paused. "O!" said Muff, "do tell me, dear Mitts, what did Master say?" "Why," replied Mitts dryly, he said, "Thank you, Doctor! Louisa shall wear mitts!"

Yours truly,

N. E. B.