

scattered local organizations we have progressed to national and even international ones. Women are no longer isolated. They convey to each other their ideas. They draw from each other stimulus and support. They are already feeling that power for social reform which union alone can give.

## Radical Errors in Woman's Dress.

*1st. Constriction of the waist.*—Dr. J. H. Kellogg, who has given much attention to the effects of woman's dress, quotes the following figures: The average waist-measure of girls from 9 to 12 years, 23.5 in. The average waist-measure of twenty-five women wearing corsets or tight bands, 23.3 in. He asks why all the organs occupying the region of the waist line continue to grow after the age of 10 to 12, while the waist refuses to increase in size? The same twenty-five young women a few months after reforming their dress gave an average of 27.15 in. Dr. Kellogg also finds the average percentage of waist to height in American women to be 39.6 in., while in American men it is 43.3. The Venus de Milo, typical woman of the ancient Greeks, has a percentage of 47.7, and the average Grecian man, as judged from six famous models, 46.4. He again asks why it is that the civilized woman of to-day requires a smaller waist than the civilized man?