

correct outlines and true proportions that we shall no longer be content with the violations of them which pass under our eyes every day.

*2nd.*—Let us encourage the study of the anatomy and physiology of the human body. Let all women inform themselves as to the normal mode of breathing and the position, functions and relations of the different organs of the body. Once knowledge upon these points is commonly disseminated it is inevitable that there shall arise a perception of the necessity of suiting our costumes to our bodies instead of suiting our bodies to our costumes.

*3rd.*—The individual must conform, more or less, to the standard of society about her. Half her energy is spent in making compromises. Society must clear her way instead of blocking it. All society cannot be changed in a day. True, but in this age of organization among women it is very possible for a sufficient number to unite in the assumption of a more rational mode of dress to give prestige to the movement and thus form a nucleus around which those rationally inclined may gather.

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