

## Rebels.

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### DRESS AND HEALTH; OR, HOW TO BE STRONG.

Messrs. John Dougall & Son have sent us the above exposé of the evils of the present mode of dress on ladies. It is a compilation from many sources, well culled and admirably arranged to make the "disagreeable" subject "agreeable." The object of the work is reform in dress, and we most readily endorse everything that will tend to make our young mother, more healthy, and so improve their offspring. The female dress has certainly arrived at an anomalous stage, everything worn seems to have been invented for the purpose of deforming if not of destroying life. There is a perfect disregard of health in everything appertaining to fashion. Parts that ought to be kept warm, remain unclothed, the upper portion of the chest, most prone to consumption, is completely exposed, the feet, great inlets to cold, are covered with thin stockings, and with shoes as thin as paper. Parts that should have full play are cramped and hampered. The chest is cribbed in with stays, the feet with tight shoes, hence causing deformity, and preventing a free circulation of blood. We have had the question asked, *When should a girl begin to wear stays?* Never!! They weaken the muscles. The pressure upon them causes them to waste; so that, in the end, a girl cannot do without them, as the stays are then obliged to perform the duty of the wasted muscles.

2nd. They weaken the lungs by interfering with their functions. Every inspiration is accompanied by a movement of