

## Correspondence.

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### DRESS REFORM.

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(To the Editor of Public Health Magazine.)

DEAR SIR,

With your permission, I—an emancipated woman—would like to give the Montreal ladies my ideas on dress reform.

I know we have had articles *ad nauseam* on this subject of late years, but yet the corset reigns supreme, and “dress-deformed” women, with their small waists, skirt-fettered limbs, and mud bedraggled skirts, still plod their weary way along, catching up their dresses with one hand held well behind, and consequently carrying one shoulder considerably in advance of the other—graceful figures, truly. “But,” you will say, “if they heed not Dio Lewis and his disciples, to what purpose can I wield my feeble pen?” Ay, but, dear Editor, you see Dio Lewis and yourself, and most of the other disciples, are of the male Persuasion, and it seems to me if one among us,—one who has herself been but lately raised from the dead apathy on this subject in which we have so long been sunk—if she can come forth and say, “I have done this thing and lived!” *i. e.* not made myself a perfect monster of unfashionable appearance—then peradventure she may find some followers.

It is with this faint hope I am about to give my experience of Dress Reform garments.

I have worn corsets, heavy depressing skirts, for many years. I bore my burden without complaint, as do most of my fair sisters. We do not complain of the *cause* of our many infirmities, but we do say a good deal about the *infirmities*, which are the result of our absurd mode of dressing—our weak backs and chests, our headaches and general debility. Strange that we should all be afflicted with weak back bones and chests! “And God created great whales,” so that we might have their bones put into strong little cases, and squeeze our unfinished forms