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## *Address to Young People.*

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### CLOTHING.

IS it worth while for me to spend any time in urging you to pay some attention to your clothing? I fear not. The desire to have fashionable clothing is so strong in young people that most of you are blind to certain defects in clothing which often do very great harm. I shall, however, venture to point out two defects which, in my opinion, are most serious, and which injure the health of many young people.

The first of these is tight clothing. But why waste time in talking to you about this defect. In all my life I never yet met man or woman who said that their clothing was too tight. They had often seen other people wearing tight clothes, but theirs fitted them exactly. Men never admit that they wear hats, collars or vests which are too tight. Sometimes they have been coaxed to buy footwear that was a little too tight for comfort, but the pains which they had to suffer kept them from making that mistake very often. But as regards the head, neck and waist, most men and women will claim that as they have suffered no pain when wearing hats, collars, and waist gear, therefore this kind of clothing was certainly doing them no harm, and could not be too tight. They are quite ready to assert that they have seen people who seemed to be wearing very tight clothes, but they themselves never did.

Perhaps, in a matter of dispute like this, the best way to see the effect of tight clothing, that is, of pressure upon human beings, is to see how pressure acts upon trees. But you will say that trees are not human beings. No, they are not; but if we see pressure acting upon young growing plants, and changing their shape, perhaps it will help us to understand how pressure slowly but surely acts upon young people, and, without their knowing it, alters the outer shape of the body which we can see, and alters also the shape of organs inside of us, which we can not see.

It is not necessary for you to think of tight clothing as causing pain. As a general rule it causes no pain. The pressure is so slight, and so gradual, and lasts so long—often for months and years,—that young people are not aware of its effects. It is the slow steady pressure that does the harm. If it were painful it would soon be noticed, and the tight vests, or boots, would soon be taken off. The effects are all the more serious, because they are not generally