Health and Dress

Dr. Richardson delivered a lecture in "Health and Dress." object of the lecture was to show what reforms were most required in order that dress might minister to health. What was wanted in the reform of dress was good fashion for both sexes and for every-day life in social intercourse. Faulty as the male attire might be in artistic points of view, it was, in relation to health, perfection as compared with the dress worn by women. It kept low the yoke the waist forms a side-all parts of the body equally warm; it plaited basque to be worn with a belt. all parts of the body equally warm; it was carried by the shoulders; it allowed movement of the limbs, and it pro vided for ready change to meet the vicissitudes of season. The reform he suggested in the dress of women was that it should in all practical details be, in fact, the same, with the exception deep collar, square cuffs and square of the exterior robe or gown. The long pockets, with a Spanish flounce at the of the exterior robe or gown. The long dress for women, which even trespassed slightly on the ground, was the most becoming for them. This should play the same part as the outer coat of the man, the rest of the dress being the same, except that it might be made of rather lighter materials. The great surgeon Cline, when once consulted by an anxious mother what she should do to prevent a girl from becoming detormed, answered: "Let her have no stays, and let her run about like the boys.' He would indorse this wise rule, and would add: "Let the mothers of England clothe the girls precisely as they clothe the boys, permitting knickerbockers if they like, and let them add the one distinguishing mark of a light, loose, flowing gown, and the girls will grow into womanhood as vigorous, as healthy and as well formed in body as their companions of the sterner sex." In the next part of the lecture the quality of clothing was considered, and the amount various seasons. The necessit The necessity of special care in adapting clothing to seasons was illustrated from the physiological rule first discovered by the late Mr. Milner, that the body, independently of any will of its own, underwent two pounds of waste and of increase of weight, the waste commencing toward the close of September and the increase in the first weeks of April. Warm clothing ought to begin in September or early in October, and ought not to be left off until the close of April. For underclothing next the skin he strongly recomded silk, and with that light, fleecy mended silk, and with the highest flannel. Thick heavy flannel, and every material that absorbed and held the watery excretions from the skin, were at all times bad. Heavy clothes were bad, and had really no necessary connection with warmth. For outer garments in cold weather, those that were light and fleecy were best, and furs were excellent. He criticised severely the permanent waterproof which shuts up the rain that distills from the body at the same time that it keeps out the rain which falls from the clouds—a distincion with a difference not in favor of the rer of the permanent waterproof.

n he dwelt on the color of dress, nding that the Lancet was quite st even in cold weather, while it was admittedly the best in the summer seastrictly an advantage in a health point face if the first shot at the joint between the fin and backbone has been success selves for months in crape were indee After the suttee, it was almost the saddest of miseries inflicted by ociety on the already miserable.

Very picturesque dresses are made of red calicoes are made up in short suits, partly of plain red and partly with figures of yellow, black and pale blue, in palm leaves generally, and sometimes in stripes. The solid red calico is used the striped overskirt. The waist of the ured calico is a double-breasted sque, easily fitted, with but one dart

so well, and will be much used in com-binations of striped blue and white with plain light blue. Thus the plain round short skirt merely faced or hemmed is striped blue and white, while the overskirt with retrousse shirred front and bouffant back is of

over white grounds, and are trimined with cambric Hamburg work, in which the prevailing color is used in the scallops. Seersucker ginghams are as popular as ever, and are trimmed with open have invented an endless number of depatterns of white Hamburg embroidery. Very pretty blue cambrics, or else lavender or gray grounds, are strewn with white polka dots, and are trimmed with narrow gathered ruffles edged with Russian braid edging or with tor-chon. Tucked yokes are on some of these dresses, and a band edged with torchon lace borders the yoke, while be-Price \$18. Bands of plain blue gingham border the ruffles of striped blue and white cambric dresses. There are also cambric wrappers with white stripes or dots on blue or gray grounds, made with a yoke in the back, from which the fullness hangs in a Watteau plait; a foot, complete these neat morning gowns. They cost \$6 without lace or embroidery, and \$9 with lace.-Harper's Bazar

A distinguished feature of parasols is the reduction in the number of the ribs -twelve now being used in place of sixteen, as last year. The ribs are red, and the lining, which is either of plain or changeable colored si ks, is placed between the ribs and cover. Much changeable colored silk will also be used in the covers. One of the prettiest of these is called "sunset" shade. The covers are of bright rich hues to match the new the saddest of all things—ladies and to the inevitable realization of Diderot's materials in dress goods.

The borders are sewed on or woven into the goods. In place of an elastic for securing the parasol when closed, an ivory ring is provided. A ball tassel serves as an onament. The parasols are trimmed with rich chenille fringes in particular or to come as nest as he can be absorbed by the brain and head, which will acquire the phenomena. or with cashmere laces, in which colors to to match the cashmere shawls are used. The sticks are mostly of carved natural light woods, but some very rustic ones are unvarnished and have beetles or flies resting on them. Owls' head are a de sign for carved handles made of black

## Sunfish Shooting.

These fish often run to a great size one having been killed which was estimated to weigh over a ton. The natives in Achill are accustomed to fish in boats made of tarred canvas, called "corrachs" (evidently congeners of the coracles used on the river Dee in Wales). which are very buoyant on the water. On a warm day, and when the sea is smooth, the sunfish are to be seen sailing slowly through the water, with their great dorsal fin projecting from the surface. When struck with a bullet just at the butt of the fin, the capers of this huge fish are truly wonderful. At one moment he will burst up from the water; at another he will spring bodily out, and the report the fish makes when striking the water is treme son. The objection to white was of Several shots are required to kill the ourse, the readiness with which it sunfish, and these are easily obtained. showed the dirt, an objection which was tically by modifying the color to gray. For all ordinary occasions light gray ought to take the place of black for outer the fins, and then it is towed to shore. coverings of the body. Black was, in fact, of all colors the very worst, and those poor ladies who thought it necessary after bereavement to immerse them four gallons. The flesh is white and of good flavor,

and when harpooned at sea is con sidered a great delicacy by sailors. The oil is used for sprains, bruises and rheumatism. The sunfish is an oddbeing nearly at the end of the body which terminates in a tringe-like tail the gay cotton goods now so fashionally its eye is another curious point. It worn throughout the summer. For in rests on a sac filled with a gelatinous stance, the rouge Adrianople or Turkey duty, and when the fish is alarmed the rests on a sac filled with a gelatinous fluid, and when the fish is alarmed the ere sinks in so as to become invisible. It swims along with its fin above water, nally showing hard, rough, gray ish brown skin. Off the Irish coast it r attains a very large size; but in tropics it has been found six feet

First Steps in Civilization.

basque, easily fitted, with but one dart in each. front. The collar laps quite high, and is covered with plain red calico; the pockets and cuffs are square, and the border is wider in the front and sloped narrower toward the sides, giving the effect of a cut-away coat and vest. Two rows of pearl enameled buttons are on the front. The suit costs \$18. Scotch ginghams are especially popular in the clear blue shades that wash so well, and will be much used in combinations of striped blue and white with plain light blue. Thus the plain round short skirt merely faced or hemmed is striped blue and white, while the overskirt with retrousse shirred front and bouffant back is of the same into Unyoro, where the people wore garments tashiomed out of the bark of a figure. hemmed is striped blue and white, while the overskirt with retrouses, shirred front and bouffant back is of the plain blue. The pretty basque is then made of the striped goods, single-breasted, with but one dart each side, and cut off quite short below the waist line; they are then finished out to a stylish length by a plaited ruffle six inches wide, made parallel with the selvedge, so that the stripes will run around the figure. This ruffle is kilt-plaited in front and on the side, but in the back, just below the middle back forms, it is laid in three double boxplaits. This arrangement of the ruffle is simple, but adds greatly to the effect. The neck and wrists have also plaited fills, with the stripes cut along the selvedge. Such suits are \$14. Some selvedge. Such suits are \$14. Some dogs' or horses' heads in blue or brown

which they prepare the tapa by soaking and beating. They illustrate another development of industry in the adornsigns, many of them of considerable merit.—Popular Science Monthly.

A Gentlemanly Engine.

Mr. Smiles, in one of his books, tells a story of a man in the last century who undertook to make a steam engine. He succeeded so far as you could see in making a very capital engine, indeed. The lever lifted to a charm, the piston answered exactly, the wheels turned beautifully, nothing could be better so far; but when it came to be fairly tried there was one drawback-the m you tackled anything to it, it stood still. On its own hook it would work beautifully, turn its own wheels faultlessly; but the moment you wanted it to lift a pound beside, then lever and piston and wheels struck work, and as it was made in an age and a country in which to do nothing was to be counted as a gentleman, the thing was called Evan's gentlemaniy engine. Now who doesn't know numbers of

they are polished to perfection, espe-cially in those parts that are brass and one motto is to take care of number ton to hunt for an office that they cannot to his own idea of a gentleman, by enal prododging everything that is not easy and Parisian.

Suicide.

Nicholas Ridley and Hugh Latimer stood at the stake to be burned for Fastened to the body of each was a bag of powder, placed there by riends with the intention of bringing the sufferings of the victims to a speedy termination. Latimer died first. dames, rising rapidly, touched the bag of powder, and the torture for him was at an end. Ridley was not so fortunate The wood prepared for his execution being green and tightly packed, the fire smoldered, and he was long in agony crying out that he could not burn; unti one of the spectators having loosened the fagots and admitted air, the flame swept up to the powder and brought death. It is certain that the use of powder was not included in the sen tence of death. It was permitted, not authorized. Death being sure, the persecutors were magnanimous enough, at the last, to allow it to come quickly. As the Athenian tribunal granted the privilege of hemlock to Socrates; as the English executioners failed to carry out literally, the horrible sentence of hang ing, drawing and quartering, so the Marian officials did not insist on the extreme rigor of the sentence. But was this hastening of death, in a way unau-thorized by law, either murder on the part of the friends of Ridley and Lati er, or suicide on their own part? Un der the old, stern common law, literally construed, the martyrs who used and the friends who furnished the powder were guilty, the former of suicide and latter of murder.—Popular Science Monthly .

A Monkey Pulls a Tooth.

We invite the attention of Mr. Darwin to the following very singular anecdote regarding the monkey "Dot," belonging to James Wardlaw, of this town, as peculiar an illustration of the ingenuity of the monkey has rarely, if ever, been recorded: The monkey was brought to Galt from Deccan, India, in the fall of 1878, by Mr. Wardlaw, who had been residing in Hyderabad for several years. It fairly eclipsed itself on Sunday before last. The little creature had been suf fering from toothache for several days, and evidently suffered severely. Sunday the pain was more than ordihuman type, resolved at last to undergo operation. But the dentist strange to say, was itself. "Dot found a string, fastened it around the aching tooth, seized the end of the string with its fore feet, drew up one of its hind legs between its fore feet and gave a sudden shove which jerked the tooth out and sent it flying half way across the room. This having been accom-plished, the monkey was at ease and resumed its natural cheerfulness and amiability .- Galt (Ont.) Reformer.

Words of Wisdom.

The greater a man is, the less he necessarily thinks of himself; for his knowledge enlarges with his attain-

The Human Race Running to Brain. If there is to be so much head work

what will become of us all? men and women are to develor more and more their brains, we shall soon be not far from the realization of the words of Diderot, who said: "We walk so little, we work so little and we think so much, that I do not despair of man ending by being nothing but a head. Figure to yourself civilized man 100 or 200 years hence, when manual labor shall have been entirely replaced by machinery, and when the dreams of social-ists shall have been realized, and man, even in the lowest grade of society, shall be able to gain his livelihood by working say three or four hours out of the twenty four. The tendency, you will observe, is constantly to reduce the hours of labor. In many parts of England, for instance, the hours of labor are little more than half what they were fifty years ago. Imagine, then, the movement spoken of by Diderot con stantly progressing, and man walking less and less, owing to the increased fa-cilities of communication and locomotion, and working less and less, owing they do for themselves. You can find no fault so far with their motion, and they are polished to perfection. cially in those parts that are brass and steel, but they would not raise a blister on their hands to save their souls. Their one matter is to take core of the results of the realization of the projects of Mr. Camille See, and to the establishment of Girton colleges all over the world, imagine woman walkone; and in this world they often come ing less, and thinking more and more? to one of three things—the charity of What shall we come to, great Darwin? gentlemen, I have seen them go down, down, until they get to Washington to hunt for an office tl.at they cannot our tails? Will not our arms and bodies enal proportions of a caricature?-

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