

also by men, though this custom, I believe, was never generally adopted."

Pictures of some of the remarkable men of that time are represented with slim waists, which are presumably the result of such tight lacing. From that period up to our own day corsets have been worn by women of England and of most other civilized nations. They combine in one the mammillare, the strophion, the zoster, the zona, &c., &c., &c. of the ladies of ancient Greece and Rome.

That the wearing of corsets is a gain to many women is evident enough from the fact that they are worn under conditions in which the wearers are regardless of mere appearance. For instance, we may cite the working peasant-women, unmarried as well as married, of France, Switzerland, the Tyrol, Austria and Hungary, &c., &c., who wear stays during the performance of very laborious work, yet who, one could not suppose, would do this if their stays interfered with their comfort or movements.

Another example of the same fact is illustrated by the very poor working-women of our own nation, who, when obliged to sell their clothes, or, when these hang about them in rags, still, as a rule, stick to the use of stays.

Many other examples to the same effect might be given, showing that mere regard for appearance will not, as is usually supposed, explain the wide-spread adoption by the women of our own time of corsets, or of tightly-bound sashes, as in the case, for instance, of the countrywomen of Spain.

In view of such facts, it may be asked why the custom of wearing corsets has been so generally looked upon as nothing more than a saddening example of how far this regard for appearance will lead the gentler sex to disregard common sense. The answer to this question is presumably to be found in the fact that the objections to the custom are more evident to men, and especially to medical men, than are any advantages which it may possess. Thus, constriction of the waist causes, or increases, pain in certain diseased conditions; the use of stays causes the body to differ in shape from that which it would otherwise present; no evident good could be seen to accrue from the practice; and, finally, no line of distinction has, as a rule, been drawn between the glaringly harmful "sylph-waist" of the lady who sacrifices too much to fashion, and the moderate constriction of the waist employed by the vast majority of womankind.

The facts stated in the above pages appear to us fitted to explain why, in spite of such evident objections, the custom of wearing stays still holds its own.

The constriction usually produced by properly constructed stays acts chiefly, we are informed, by compressing the waist, resembling