

all that its Maker has involved in it could be given than what has been done by women under their present disadvantages of dress.

Excess in any direction is a bad thing, both for men and women, but the comparative effects of the same amount of study on girls and boys cannot be ascertained, while in one the vital organs are allowed freedom of action and circulation, digestion, assimilation, metabolism, excretion, go on as well as the normal constitution of the individual will allow; and, in the other, a system of compression and restriction of vital functions commences in childhood and is carried on through all the years of life to the very borders of the grave.

Let peripheral messages of unrest and discomfort, of disturbance of function and circulation, be constantly conveyed to the *masculine* nervous centres during the years devoted to study, and note the result. Only then can we draw a just comparison between the effects of study on the two sexes, and if, in the meantime, the false standard which compels the use of the corset with girls were overturned, and the long-suffering female organs given freedom to live, not merely to exist, we should perhaps find some writer rendering a verdict as to the comparative irritability of the male and female nervous systems the exact reverse of that of Dr. Bayard.

Recent experiments with the Wano-meter show the average pressure exerted through the agency of a loose corset to equal thirty-five pounds, and in different wearers, lacing more tightly, this is increased all the way up to eighty and ninety pounds. Displacements of liver, stomach, pancreas, etc., and pelvic organs found in

post-mortem examinations of all corset wearers, as testified to by Gugels, Frerichs, Murchison, Braun and Corbin, reveal the frightful difficulties through which our daughters are endeavouring to keep pace with our sons at school and college. Starved for air, hampered for blood, they yet work well, and that nature rebels as little as apparently she does (but the post-mortem alone discloses the full extent of her rebellion) is the most surprising thing about the whole matter.

Now, why does not a writer like Dr. Bayard take this into account? I think this should be the message to our girls from the physicians of to-day: "Don't be afraid to develop yourselves to the utmost in every direction. This is the obvious purpose of your being. To fear and so shrink from it is to arraign your Creator, from whom you have received your primal endowments, but absolute freedom is the condition required for all normal growth from the cell, through the organs, to the whole body, and also of the intellectual and spiritual being. As long as you wear corsets you are committing slow suicide."

I have been in practice for eleven years, and have paid great attention to this subject, and it is my deliberate conclusion that it is not because a girl is a girl that the strain of study is sometimes hurtful, nor because a boy is a boy that he sometimes bears it better, but it is because the average boy is allowed and encouraged and, indeed, often forced to lead a far more healthful life than is provided or tolerated for the average girl. I have seen exceptional girls who have cast off the corset and other unhygienic adjuncts of feminine dress and