

to study; now it is the sewing machine, and again the many stairs that have to be climbed in modern mansions. Now it is the standing in shops, then it is the exposure to all weathers, and the rapid monotonous movements exacted from the factory operative. Then we hear that it is the luxurious idleness of the drawing-room, or the late hours and excitement of the woman of fashion that is at fault. With another writer, the diet is the sole trouble, while some one else lays the blame on the fact that girls cultivate delicacy of health in order to increase their attractiveness. That so many reasons are found for ill-health proves, in the first place, that there is a great deal of it to be accounted for; and, in the second place, that there is something radically wrong in our arrangements. All the causes named are probably at work to produce the effect, but a moment's reflection will show that there is hardly one of them which is not aggravated by the prevalent errors of dress. If standing all day, or running up numerous stairs, or overwork, be injurious under any circumstances, how much more so will it be if heavy skirts drag the internal organs out of position, and at the same time free breathing is prevented. If the diet be faulty, digestion is certainly not helped by the corset steel and waist-band pressing the stomach out of shape. Exposure to the weather is not dangerous if suitable clothing be worn. Hard study would not have the same chance to injure, if the body of the growing girl were not cramped in clothes which prevent the natural development. The child is early taught to substitute an artificial shape for that given her by nature; and it is not altogether wonderful if in other matters she distrusts nature and attempts to improve upon it.

Dress thus intensifies and aggravates every other cause of ill-health and it becomes the duty of every sensible woman to do what she can for its reform.

OUR WASTED RESOURCES.—The Missing Link in the Temperance Reform. By William Hargreaves, M.D. New York: National Temperance Society and Publishing House.

As its title indicates, this volume is devoted to the subject of the great loss to a country occasioned by the use and traffic in intoxicating liquors. His arguments have primary reference to the United States, but most of the deductions will be equally true of other countries. We give a couple of extracts:

#### LOSS TO EMPLOYERS.

Total abstinence will not only benefit the employed, but the employer. All other things being equal, the sober workman who totally abstains from all kinds of liquors is to be preferred to one who drinks. The non-drinking mechanic or artisan is generally able to do more and better work with greater ease to himself than the drinker. This is now certain; hence it is a loss for employers to have drunken hands, or even those who use strong drinks. Again, the non-abstainer will often neglect his work to spend his time in drinking. True, the employer does not pay his hands when they are not at work. The employer, when he engages a man, needs his work, and expects to profit by it; but when he spends his time in drinking, the employer not only loses the profit on the work he could have done, but his business is neglected, and often, as business is now carried on, other men may be kept waiting for the work he should have done. In such cases the employer not only loses the work of the drinker, but also that of the non-drinker, by drunkenness. If it is profitable to employ hands at all, it is certainly to his benefit to have sober workmen upon whom he can depend; and it is just as surely a loss to have men who drink. This was well understood by Mr. Bokewell, of Manchester, England, who offered to give a shilling a week extra to every one of his workmen who should become a worthy and consistent member of a total-abstinence society.

It is strange that manufacturers and master-mechanics have not ere this become more fully awakened to the loss they sustain by the drinking customs of the country, not only by checking the development of their industries, but by the loss they sustain from the drunkenness and idleness of their employees. Let us, to illustrate. Suppose that Mr. A. has a machine-shop or factory, fitted up with machinery, each part depending upon another. The success of his business depends upon the skill and industry of his workmen. He contracts to produce in a given time a certain amount of the products of his business. To do this will require the steady and