

supplies that reach hereditary tendencies, mend existing influences, and mould hoarded energy to highest ability. Fifty conventions in a week in Boston signifies need of change, both radical and general. Close observation in the meetings found them seeking to escape the palsy power of pernicious usages.

Some of them plainly stated, others implied, that powerlessness of women, induced by fashions in dress, was the sorest underlying cause of inefficiency, the most reckless obstacle to the realization of their aims. Men and women speakers said a change in the habit of complying with these fashions was requisite; and Mrs. J. W. Howe pathetically besought her audience to see if some device could not save the girls of to-day from the invalidism so general and so appalling. It was strange that no one replied: We, the mothers, can save them if we will, by our wise example! Though the main speakers were wary of the plainness that might displease, they could not so far ignore duty as to omit the mention of this sorest impediment to human progress. I do not share in the fear that women can not bear frankness. Instead of such concessions to their weakness they need treating as if moral worth survived and might yet rule in their deeds and examples. Long subjection has nearly unnerved the animating power of will, and made the sustaining encouragement of men and the press most needful aids. With these and the freely expressed conviction of existing sentiments on the subject, women would feel invited to consistent practices, and allow their worth to be known on earth. Whereas now abnormal lives cause all humanity to suffer consequent loss.

The question pressed by present want and wrong—the plea rising from the scientific volume, the inspired circle, and the expounding rostrum, is, shall selfish greed and reckless stupor longer close our eyes to awful facts, and steel our hearts to humanity's dearest rights. That the universal demand is a normal physical state for all material use, and for a sustaining base for mental and moral action, is widely known,—that the attainment necessitates woman's abandonment of all that vitiates, enfeebles, and wastes, needs no argument. It is equally clear that means and modes of this hygienic work is proper nutrition and regimen. The first should be pure, void of stimulants and irritants; the latter should clothe the body evenly, comfortably, and allow the fullest convenience and freest exercise of every member, that it may favor digestion, circulation, respiration, and the manifold motions of hands and feet. Present habits of the great majority are far from this in both diet and dress. The use of tea, coffee, malt and alcoholic drinks sacrifice health and its constant blessings to morbid appetite. Condiments add burning fagots to fires that ravage every nerve, tissue, and fluid of the body. This line of reform is receiving attention, and needs much more. The regimen line also is being considered; a few thousand women are profiting by inventing wholesome styles for themselves; but the millions need the renovating effect of relief from tight and trammelling attire, not only for personal ease, but for general hereditary influences. Individual actors in this line are amply rewarded, and prove its salutary effects, but the assurance and bravery of numbers are requisite to weaken the hold the fashion scourge has on its victims. That hold is strong in proportion to its control of the mind; and that control is strong in the ratio of physical failure. If any need proof that the lightness and tethering length of women's clothes are at variance with strength and beauty, let them contrast natural forms with fashion's figures, and reasoning without prejudice, see the deathly loss by perversion.

Under this strain and disadvantage in all things reversed action is transmitted, and poor, partial, painful lives supervene. Deceit begets intrigue, and fraud fills the office called post of honor. Yielding to the avarice that subjects us to what is termed "the life of trade," inaugurates the death of integrity in all else.

A healthy state of institutions and commerce, as well as of human vigor, forms, and modes, forbids reckless imitation and demands obedience to natural law. Rising and coming generations appeal pathetically for the boon of power our performed duties would bequeath. Peace in nations, societies, families, await pure lives of individuals. Such lives are beacons and banners to multitudes, and must precede the heaven in hearts that radiate blessings. Who should hesitate before the poor opposition to pure food or style of custom that is release from physical bondage? Ignorance and impudence will stare till good suggestions bring reasoning thought. Example is the best suggester. When a favoring advance is made in these basic reforms other branches will more readily assume permanence and prosperity chase threatening conflicts. If woman's mission as counselor must a little longer be rejected, it cannot be as mother, as importer of qualities and influential companion, as moral savior or depraving siren to her masters, corrupter to the world enslavers. Can men grown to the liberal status, the resistance of tyranny, see not this line of underlying work, the endowing of bodily ability and freedom for both sexes through women; and seeing, can they be silent on the paralyzing and distorting power of the monster tyranny, fashion!

Major Wingfield on Lawn Tennis Costumes for Ladies.

FROM THE "THEATRE"

I HAVE been playing lawn tennis with a young lady (writes Major Walter Wingfield, the inventor of that splendid game) and I have vanquished her. She is younger and quicker than I am, and lawn tennis requires these qualifications, not great strength or vast endurance; so a woman can play as well as a man—this one did. How then did I win? Listen and I will tell you a secret. I won the game simply because I was dressed for lawn tennis, and she was not. Now why should this be? When she goes out riding she puts on a riding habit. When she goes to bathe she puts on a bathing dress. Why, therefore, when she plays lawn tennis does she not put on a lawn tennis costume?

Thus I mused; and then, as I leaned back in my easy chair, I think what sort of dress she might wear, and a vision of a fair form, clad in a tunic of white flannel, with a roll collar, a kerchief of cherry silk tied round her throat, the loose ends showing from under the white collar, a skirt of eighteen inches long, a cherry-colored band round her waist, and a pair of continuations of white flannel (such as men wear, only looser) floats through my brain. It seems a sensible dress, and a modest dress, that would shock no one. Yet I know women are critical about each other's dress. What will they say to such a startling innovation as this? I am nervous even about making the suggestion, and hopeless about it ever being carried out.

Be that as it may, still if any club will start such a uniform, the lady members will reap the greatest comfort and benefit, and compete with all others on the most advantageous terms.

After such a dress I have hardly patience to name others, but a Norfolk jacket, with a kilt reaching half way down