

to the vulgar necessities of hunger. Unfortunately, the impression conveyed is quite the reverse. The lover can not look at his mistress's eyes for thinking of her waist, and wondering how she can smile under her tightly-clasping bars of cane. In spite of himself, he becomes an anatomist. He mentally dissects her. He can not help thinking of those plates in books of physiology, showing the position of the ribs anterior and posterior to the practice of tight-lacing. While he ought to be looking at her face, he is, in imagination, contemplating her lungs. When she sighs, it is not of her affection he thinks; he is considering the action of her diaphragm. It is impossible for the tenderest and most idealistic of lovers to discern the poetry of a mechanical waist.

As for the injurious effects of the practice, no correspondence in the *Times* or elsewhere will alter definite scientific facts.

The *Lancet*, which has engaged in the work of writing down these fallacies, only repeats what ought to be known to every school-girl who studies physiological questions and answers in her classes. For the free motion of the lungs, free motion of the ribs is required. Compress the ribs by tight-lacing, and you would prevent the lungs from obtaining air but for the action of the diaphragm which involves a method of breathing directly destructive of the harmonious working of the eternal system. "Breathing, as it is thus carried on, produces downward pressure instead of lateral expansion, increasing the difficulties under which the digestive organs, compressed out of shape by the constriction of the waist, do their work, and causing displacements and derangements which create perhaps more domestic unhappiness than any other circumstance in life. . . . And we do not hesitate to say that to the practice of tight-lacing is due a very large amount of distressing female ailments, over and beyond those derangements of digestion and circulation to which we have already referred."

It may be urged that if women will kill themselves in order to attract admiration and gratify their vanity, they ought to be allowed a martyrdom which is clearly a pleasure to them. But that is not the point. The results of tight lacing are not confined to the subject of the experiment. The prevalence of the custom in this age would materially effect the health of the next generation.

The more immediate results are a mass of needless complaints which make her an infliction upon her friends, as well as a misery to