

throw it away. Long and heavy skirts bind and weigh down the legs ; mean a constant resistance to movement and a consequent unnecessary expenditure of energy. This even in ordinary walking and in the most moderate forms of exercise ; how much more in walking in wind and rain and in the more laborious occupations. It is the same in our recreations. How much more often we would take long walks and join in games and do all sorts of pleasant and invigorating things if it were not for our clothes? Again, how unsanitary are clothes which sweep through dust and dirt and carry disease germs in their folds.

Our dress is then unphysiological, wasteful of energy and even unsanitary. What do we gain? The indulgence of a false ideal of woman's figure and equally a false ideal of modesty and delicacy.

## Indications of Progress in Dress Reform.

In England there is a Rational Dress Society which for the last ten years has been advancing the cause of rational dress. This society numbers among its members ladies of high social position.

In Chicago, U. S., a society for the Promotion of Physical Culture and Correct Dress was formed five years ago. It endeavors to base dress upon correct scientific and artistic principles.