

body, and the abdominal and pelvic organs still more liable to displacement on account of the weakness of their walls.

In regard to the displacement of organs by constriction of the waist, Dr. Kellogg, among other figures, gives these. In seventy-one women examined, prolapsus of the stomach and bowels was found in fifty-six cases, displacement of one kidney in nineteen cases, and displacement of both kidneys in one. In fifty men examined there were only six in whom stomach and bowels could be said to be prolapsed, in one the right kidney was displaced. In four out of these six cases a belt, or some thing equivalent, had been worn. It appears, then, that it is their mode of dress which makes displacement of these organs so much more common among women than among men.

*2nd. Clothing suspended from the waist.*—It is from the constriction of the waist demanded by our mode of dress that it has come to be used as a pivot about which the whole system of clothing revolves. Let the waist be given its normal size and clothing will naturally be arranged to fall from the shoulders.

*3rd. Long and heavy skirts.*—Custom has so veiled the evils of this feature of our dress that they are evident only upon consideration. Think of the waste of energy involved. In these days but few of us are so superabundantly endowed with vitality that we can afford to