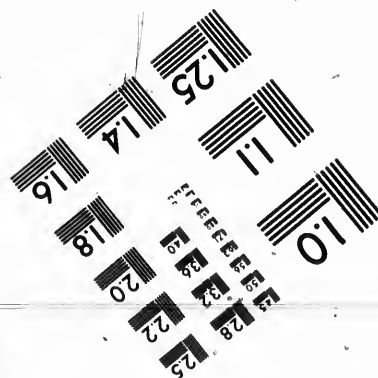
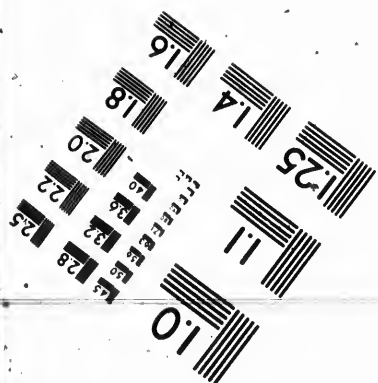
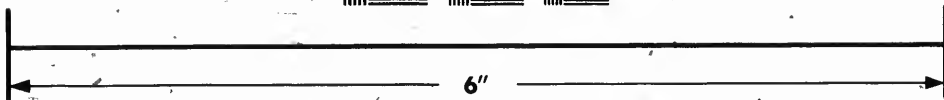
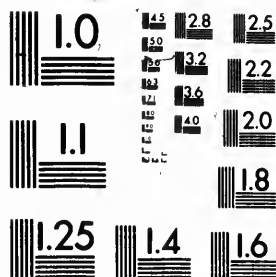


**IMAGE EVALUATION
TEST TARGET (MT-3)**



**Photographic
Sciences
Corporation**

23 WEST MAIN STREET
WEBSTER, N.Y. 14580
(716) 872-4503

**CIHM
Microfiche
Series
(Monographs)**

**ICMH
Collection de
microfiches
(monographies)**



Canadian Institute for Historical Microreproductions / Institut canadien de microreproductions historiques

© 1992

Technical and Bibliographic Notes / Notes techniques et bibliographiques

The Institute has attempted to obtain the best original copy available for filming. Features of this copy which may be bibliographically unique, which may alter any of the images in the reproduction, or which may significantly change the usual method of filming, are checked below.

L'Institut a microfilmé le meilleur exemplaire qu'il lui a été possible de se procurer. Les détails de cet exemplaire qui sont peut-être uniques du point de vue bibliographique, qui peuvent modifier une image reproduite, ou qui peuvent exiger une modification dans la méthode normale de filmage sont indiqués ci-dessous.

Coloured covers/
Couverture de couleur

Coloured pages/
Pages de couleur

Covers damaged/
Couverture endommagée

Pages damaged/
Pages endommagées

Covers restored and/or laminated/
Couverture restaurée et/ou pelliculée

Pages restored and/or laminated/
Pages restaurées et/ou pelliculées

Cover title missing/
Le titre de couverture manque

Pages discoloured, stained or foxed/
Pages décolorées, tachetées ou piquées

Coloured maps/
Cartes géographiques en couleur

Pages detached/
Pages détachées

Coloured ink (i.e. other than blue or black)/
Encre de couleur (i.e. autre que bleue ou noire)

Showthrough/
Transparence

Coloured plates and/or illustrations/
Planches et/ou illustrations en couleur

Quality of print varies/
Qualité inégale de l'impression

Bound with other material/
Relié avec d'autres documents

Continuous pagination/
Pagination continue

Tight binding may cause shadows or distortion along interior margin/
La reliure serrée peut causer de l'ombre ou de la distorsion le long de la marge intérieure

Includes index(es)/
Comprend un (des) index

Title on header taken from:/
Le titre de l'en-tête provient:

Blank leaves added during restoration may appear within the text. Whenever possible, these have been omitted from filming/
Il se peut que certaines pages blanches ajoutées lors d'une restauration apparaissent dans le texte, mais, lorsque cela était possible, ces pages n'ont pas été filmées.

Title page of issue/
Page de titre de la livraison

Caption of issue/
Titre de départ de la livraison

Masthead/
Générique (périodiques) de la livraison

Additional comments:/
Commentaires supplémentaires:

This item is filmed at the reduction ratio checked below/
Ce document est filmé au taux de réduction indiqué ci-dessous.

10X	14X	18X	22X	26X	30X
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12X	16X	20X	24X	28X	32X

The copy filmed here has been reproduced thanks to the generosity of:

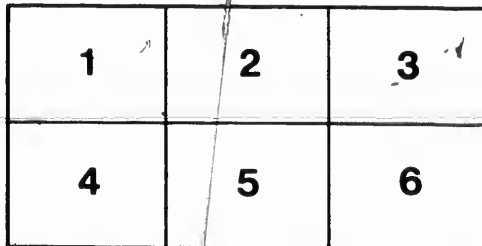
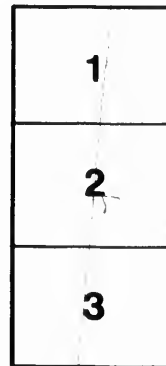
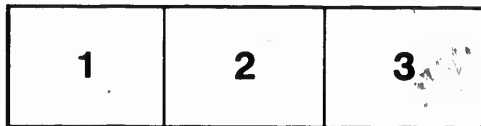
National Library of Canada

The images appearing here are the best quality possible considering the condition and legibility of the original copy and in keeping with the filming contract specifications.

Original copies in printed paper covers are filmed beginning with the front cover and ending on the last page with a printed or illustrated impression, or the back cover when appropriate. All other original copies are filmed beginning on the first page with a printed or illustrated impression, and ending on the last page with a printed or illustrated impression.

The last recorded frame on each microfiche shall contain the symbol → (meaning "CONTINUED"), or the symbol ▼ (meaning "END"), whichever applies.

Maps, plates, charts, etc., may be filmed at different reduction ratios. Those too large to be entirely included in one exposure are filmed beginning in the upper left hand corner, left to right and top to bottom, as many frames as required. The following diagrams illustrate the method:



L'exemplaire filmé fut reproduit grâce à la générosité de:

Bibliothèque nationale du Canada

Les images suivantes ont été reproduites avec le plus grand soin, compte tenu de la condition et de la netteté de l'exemplaire filmé, et en conformité avec les conditions du contrat de filmage.

Les exemplaires originaux dont la couverture en papier est imprimée sont filmés en commençant par le premier plat et en terminant soit par la dernière page qui comporte une empreinte d'impression ou d'illustration, soit par le second plat, selon le cas. Tous les autres exemplaires originaux sont filmés en commençant par la première page qui comporte une empreinte d'impression ou d'illustration et en terminant par la dernière page qui comporte une telle empreinte.

Un des symboles suivants apparaîtra sur la dernière image de chaque microfiche, selon le cas: le symbole → signifie "A SUIVRE", le symbole ▼ signifie "FIN".

Les cartes, planches, tableaux, etc., peuvent être filmés à des taux de réduction différents. Lorsque le document est trop grand pour être reproduit en un seul cliché, il est filmé à partir de l'angle supérieur gauche, de gauche à droite, et de haut en bas, en prenant le nombre d'images nécessaire. Les diagrammes suivants illustrent la méthode.



To be Read at First Meeting of Union.



Woman's Christian Temperance Union
OF ONTARIO.



✦ HYGIENE and
HEREDITY

DR. LELIA A. DAVIS,
Superintendent.



H Q 1455

D3

Hygiene and Heredity.

WASHINGTON AVE., TORONTO, January, 1894.

DEAR FELLOW-WORKERS:

I hereby send you two pamphlets, one by Dr. Kellogg, on the Influence of Dress, and one by myself, giving as well as I can in short space the present position of the Dress Reform Question.

It is thought advisable for this year to turn the energies of this Department in the direction of forwarding this reform. For this purpose we recommend,

1st. Earnest study of the question in Local Unions by reading and discussion (the list of literature given with my pamphlet is quite comprehensive and will lead to wider reading), by addresses from physicians and others qualified to speak on the subject and by any other methods which may suggest themselves.

2nd. The distribution of the pamphlets inclosed and other suitable literature for the purpose of arousing attention among women in general. Cannot your Union undertake to distribute at least one hundred of my leaflets and to sell a certain number of Dr. Kellogg's pamphlets? Anyone interested in the subject will be ready to pay the small price of the latter.

3rd. Endeavors to bring the question to the attention of all women's organizations, and especially those composed of young women.

4th. The circulation of the enclosed paper for signatures after study of the question has aroused an interest. This paper was formulated by the Woman's National Council of the United States and has received a great many signatures there. It would certainly tend much to give us confidence in the success of the movement if, at our next Provincial Convention, we could point to a large number of women who had thus signified their willingness to give their influence to a more rational mode of dress

Please return this paper with signatures obtained and also a report of the work done in this Department of your Union to your County Superintendent, or if you have no County Superintendent directly to me, by June 1st, 1894.

If you have no Superintendent in your Union, please appoint one at once to take charge of this work.

I trust this appeal will receive a hearty response from the W. C. T. U. of Ontario. It is doubtful if any single reform would do more for the benefit of the human race than this. If it seems unimportant to you, I am sure some study of the question will be sufficient to enlist your sympathy and support.

I shall be glad to answer any questions and give any assistance possible.

Yours sincerely,

LELIA A. DAVIS,

