

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

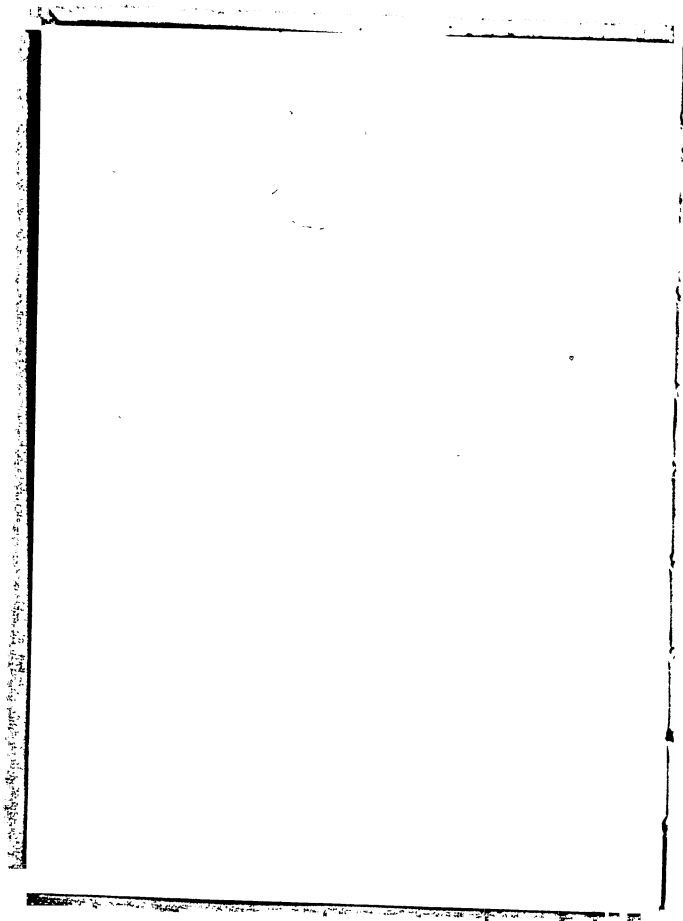
L'Institut a microfilmé le meilleur exemplaire qu'il lui a été possible de se procurer. Les détails de cet exemplaire qui sont peut-être uniques du point de vue bibliographique, qui peuvent modifier une image reproduite, ou qui peuvent exiger une modification dans la méthode normale de filmage sont indiqués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

- Coloured covers/
Couverture de couleur
- Covers damaged/
Couverture endommagée
- Covers restored and/or laminated/
Couverture restaurée et/ou pelliculée
- Cover title missing/
Le titre de couverture manque
- Coloured maps/
Cartes géographiques en couleur
- Coloured ink (i.e. other than blue or black)/
Encre de couleur (i.e. autre que bleue ou noire)
- Coloured plates and/or illustrations/
Planches et/ou illustrations en couleur
- Bound with other material/
Relié avec d'autres documents
- 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
- 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
- Additional comments:/
Commentaires supplémentaires:

- Coloured pages/
Pages de couleur
- Pages damaged/
Pages endommagées
- Pages restored and/or laminated/
Pages restaurées et/ou pelliculées
- Pages discoloured, stained or foxed/
Pages décolorées, tachetées ou piquées
- Pages detached/
Pages détachées
- Showthrough/
Transparence
- Quality of print varies/
Qualité inégale de l'impression
- Continuous pagination/
Pagination continue
- Includes index(es)/
Comprend un (des) index
- Title on header taken from:/
Le titre de l'en-tête provient
- 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

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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12X	16X	20X	24X	28X	32X



WOMAN'S DRESS

A Question of the Day.



DEPARTMENT OF

Hygiene and Heredity.

◁ PROVINCIAL W. G. T. U. ▷

LELIA A. DAVIS, M.B., Toronto,

Superintendent.



PRICE—1 Cent each
10 Cents a doz.
80 Cents a 100.

THESE LEAFLETS

Can be purchased at the Literature Department.
Address: MISS MARY SCOTT, 26 Albert St., Ottawa.

Advertiser Printing Co., London.



The dress of men is not in all respects what it should be, but that of women is certainly the disgrace of civilization.—*Lester F. Ward, in Dynamic Sociology.*



If all women would at once adopt a healthful mode of dress, probably half of our profession would be obliged to seek some other calling. Certainly, at the present time more than half our business consists in efforts to repair damages which ignorant women have inflicted upon themselves.—*J. H. Kellogg, M.D.*



Surely medical men have long worked against the senseless and infamous clothing which ignorant fashion-makers have forced upon women. This injury, which has resulted from clothing unsuitable for the proper exercise of the body, has had a very serious effect upon the health of women throughout the civilized world. It has done much to diminish the strength and vitality of the human race. It has been largely answerable for the increasing prevalence of diseases peculiar to women, and has very decidedly contributed to the depreciation of womanly strength.—*N. Y. Medical Times, July, 1893.*



WOMAN'S DRESS.

* **T**HREE social changes have made woman's dress a question of the day:

1st. The entrance of women upon work hitherto considered outside their sphere.—The majority of industrial and professional pursuits have been thus invaded. •It was inevitable that to compete in labor with men should draw attention to disadvantages peculiar to sex which otherwise might have passed unnoticed. The evils of a mode of dress which lowers the general health by interference with normal physiological action and a useless expenditure of energy were thus forced upon the view.

2nd. The higher education of women and the more common dissemination of scientific knowledge.—Ignorance often hides an abyss of irrational action. The general features of woman's dress have long been accepted as a matter of course. Now wider knowledge challenges them from physiological, practical, æsthetic and even moral points of view.

3rd. Organization among women.—Beginning with

scattered local organizations we have progressed to national and even international ones. Women are no longer isolated. They convey to each other their ideas. They draw from each other stimulus and support. They are already feeling that power for social reform which union alone can give.

Radical Errors in Woman's Dress.

1st. Constriction of the waist.—Dr. J. H. Kellogg, who has given much attention to the effects of woman's dress, quotes the following figures: The average waist-measure of girls from 9 to 12 years, 23.5 in. The average waist-measure of twenty-five women wearing corsets or tight bands, 23.3 in. He asks why all the organs occupying the region of the waist line continue to grow after the age of 10 to 12, while the waist refuses to increase in size? The same twenty-five young women a few months after reforming their dress gave an average of 27.15 in. Dr. Kellogg also finds the average percentage of waist to height in American women to be 39.6 in., while in American men it is 43.3. The Venus de Milo, typical woman of the ancient Greeks, has a percentage of 47.7, and the average Grecian man, as judged from six famous models, 46.4. He again asks why it is that the civilized woman of to-day requires a smaller waist than the civilized man?

Systematic constriction of the waist, as practiced to-day, could only arise in a society ignorant of the anatomy and physiology of the human body. The female body has hitherto been largely treated as if composed of some homogeneous material. There has been no regard to organs within and to the effects upon them of pressure and alteration of position, nor thought of the muscles which are not allowed free play. Investigation reveals very serious results. Women dressed according to prevailing modes, with closely fitting corsets or waists and tight skirt-bands, find it impossible to draw a full, deep breath without interference from their clothes. Ordinary breathing is cramped. Full expansion at the waist-line not being permitted they are forced to breathe more with the upper part of the lungs than nature intended, while downward pressure is greater than normal, causing displacement of the organs below the diaphragm and thus leading to diseased conditions of them. In addition, the cramped action of the lungs prevents their full development and thus restricts the supply of oxygen. For sixteen hours out of twenty-four the average woman is breathing in this unnatural manner, the ill effects of which are only augmented by the increased breathing movements of active exercise. Can anyone hope for continued health and vigor under such circumstances? Moreover, the muscles of back and abdomen are so closely bound that they become weak and flaccid from want of exercise and we have a bad carriage of the

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

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.

The National Council of women of the U. S. appointed a committee in 1891 to take into consideration an every-day dress for women—"a dress suitable for business hours, for shopping, for marketing, housework, walking and other forms of exercise." In the report returned three costumes were given as suggestions. One was the modified Syrian, with skirt a little shorter than ordinarily worn, and divided; another, Mrs. Miller's short-skirted costume; and the third, the gymnasium suit, divided and fastened a little below the knee, all three giving perfect freedom not only to waist and chest but also to the limbs.

The World's Congress of Women revealed in a striking manner the progress which this question has made. Three meetings were almost entirely devoted to its discussion and were among the most enthusiastic of the Congress. At one the speakers appeared in their dress-reform suits, giving a practical illustration of their ideas.

Another indication of the progress of this question is the attention which it is receiving from the press. The *Arena*, Boston, has been especially active. Within the last two years it has published more than a dozen articles upon the subject. These have appeared side by side with those treating upon important political and social reform questions.

Mrs. Flower, wife of the editor of the *Arena*, has worn the modified Syrian costume as a bicycle suit for some time in Boston and latterly as a street costume.

The Boston artist, Miss Laura Lee, has worn it in her studio for several years, and last summer to the World's Fair and during her stay there. A number of ladies have adopted it for morning wear in their homes. The reform has begun and will go on until something permanent is accomplished, because it is no temporary fad but a movement based upon rational thought.

What can we do to Aid the Movement?




Our present mode of dress is based upon a false ideal of woman's form and ignorance of the construction of her body. * Let us endeavor to change this ideal and put in its place one true to nature. In this age of cheap literature this false ideal is carried everywhere, not only in fashion-plates and fashion magazines but even in our daily and weekly newspapers. In the fashion pictures which are strewn broadcast there is rarely one which shows a normally formed woman. Taper waists, often but little larger than the necks of the figures to which they belong, are an essential feature. How do the outlines compare with those of a Grecian statue? We cannot rise above our ideals. How shall we change this ideal?

1st.—Let us endeavor to accustom our eyes to the true proportions of woman's figure by the study of the best models in art. Our studies will make us so familiar with

correct outlines and true proportions that we shall no longer be content with the violations of them which pass under our eyes every day.

2nd.—Let us encourage the study of the anatomy and physiology of the human body. Let all women inform themselves as to the normal mode of breathing and the position, functions and relations of the different organs of the body. Once knowledge upon these points is commonly disseminated it is inevitable that there shall arise a perception of the necessity of suiting our costumes to our bodies instead of suiting our bodies to our costumes.

3rd.—The individual must conform, more or less, to the standard of society about her. Half her energy is spent in making compromises. Society must clear her way instead of blocking it. All society cannot be changed in a day. True, but in this age of organization among women it is very possible for a sufficient number to unite in the assumption of a more rational mode of dress to give prestige to the movement and thus form a nucleus around which those rationally inclined may gather.

-   

My own opinion is that female dress will never be wholly satisfactory until women have realized that they have no waists. Nature has not endowed them with waists, which are artificial forms produced by compressing the body.—*John Collier, Artist.*

≡




I am of the opinion that the culminating folly of fashion, the one which has most wide-spread and durable consequences is the mode in which for ages past women have contrived, that their skirts shall act as drags and swaddling clothes, weighing down their hips and obstructing the natural motion of the legs.—*Frances Power Cobbe.*

≡

Women need no other one thing so much as freedom of movement in dress.—*Alice Freeman Palmer.*

≡

I have no doubt as to the ultimate victory of this great movement for rational dress. The agencies working for its success will prove irresistible. The only question is, how soon can the reformation be accomplished.—*B. O. Flower, Editor of Arena.*

- - - LITERATURE - - -

The Influence of Dress in producing the Physical Decadence of American Women. By J. H. Kellogg, M.D. 5 cents per copy. Address Miss Scott, 26 Albert Street, Ottawa, Can.

Propaganda Envelope of the Society for the Promotion of Physical Culture and Correct Dress. Containing a number of pamphlets Price 50 cents. Address Mrs. H. F. Kett, 3552 Prairie Avenue, Chicago, U.S.

The Well Dressed Woman. By Helen Gilbert Ecob. Price \$1.00. Woman's Temp. Pub. Assn., The Temple, Chicago, Ill., U.S.

Beauty of Form and Grace of Vesture. By Frances M. Steele.

What to Wear. By Eliz. Stuart Phi ps.

THE ARENA.

Sept. 1891—Fashion's Slaves. By B. O. Flower.

Aug. 1892—Dress Reform in America. By Frances Russell.

Sept. 1892—Dress Reform. A Symposium.

Oct. 1892—Symposium on Woman's Dress.

June 1893—Parisian Fashionable Folly (Illustrated).

Feb. 1894—Symposium on Dress.

Address ; Arena Pub. Co., Boston, Mass.

These Magazines can be procured from most public libraries.

Union Signal—Nos. Oct. 5th, 12th and 19th, 1893. Articles by Helen Gilbert Ecob. Woman's Temp. Pub. Assn., Chicago, U. S.

The World's Congress of Representative Women (Full reports of the Dress Reform Meetings of this Congress). Address Clarence E. Young, Sec. World's Congress Auxiliary, P. O. Drawer 682, Chicago, Ill., U.S.

The Jenness Miller Magazine. Address Mrs. Jenness Miller, 1635 Q Street, Washington, D.C.

The Woman's Journal for 1894 will contain a series of articles on Woman's Dress. Price 50 cents a year. Address Miss Scott, 26 Albert Street, Ottawa, Can.

Patterns for Syrian and other foreign costumes may be obtained from Mrs. J. E. Watson, 76 Oakdale St., Jamaica Plain, Mass., U.S.

434
4505 5c

UNIVERSITY OF CHICAGO LIBRARY

UNIVERSITY OF CHICAGO LIBRARY

UNIVERSITY OF CHICAGO LIBRARY