

Concerning Clothes.

— BY MRS. ORMISTON CHANT. —

SO "John Strange Winter," the feminine author of *Bootle's Baby*, is inaugurating a No-Crinoline League. She is quite wise in so doing. There are so many silly people will do a silly thing if left to themselves, and not do it if there are others to keep them company. It will be an excellent thing if the league succeeds in showing the world that women are not quite so easily led astray in dress to-day as they were five-and-twenty years ago. But it is to be hoped there will be more sincerity in the No-Crinoline League than was attributed at one time to the anti-Plumage League, some of whose members are reported to have been seen with wings, tips and aigrets in their bonnets, at the time they were protesting, by joining the League, against the slaughter of birds for the purposes of fashion!

Here is a dainty specimen of the dressmaker's "art."

A frock was being tried on its wearer, a very fine girl of fourteen, whose waist quite properly measures twenty-five inches. The bodice, alas! only measured twenty-two and a half. "That will never do," said the mother, "you must put in adequate side-pieces." "Oh! don't say that," said the dressmaker, "it will make her look such a *very* clumsy, ugly figure. If she will just let out her breath, I think I can coax it to!"

It may be as well to state that the mother indignantly requested her to fit the frock to the girl, and not the girl to the frock, and that the bodice was re-made. Also that in spite of fashion-book fears, Nature turns out far more grace and proportion, even in a big girl of fourteen, than a dressmaker can. But the deplorable consequences that ensue to the growing girl whose waist is pulled in, are second only to those that follow the woman in after years.

The frequency of headaches amounts to quite a calamity in our social life, and though some people are only to be heartily pitied and commiserated, a great many are the victims of their own folly and vanity. The wearing of thin stockings, and boots, is one frequent source of headache. Of tight garters, close-fitting stays, tight dress-collars, low dresses, short sleeves (or none); and, in short, anything that constricts, or is not warm enough, interferes with the circulation, and headache is the most common way in which it shows itself.

The fashion in which the hair is worn, some-

times has to do with headaches; and a quantity on the crown and top of the head may produce a very great deal of heat and weight going on to the causation of pain; while the drawing up or down of the hair produces almost exquisite suffering in some people. But if fashion decrees that hair be worn closely tied together at the back, or on the head, or curled, or plaited, or coiled, never mind how often you have to refuse to do what is asked of you, or how unpleasant a companion you are, owing to the discomfort and pain in your head, you *must* be in the fashion; though few people, beside yourself, will notice that you are.

The wearing of thin stockings, in winter, is common to a sad degree. Were it only because of the poverty of the wearer, nothing could be said about it in an article such as this. But well-to-do women buy Balbriggan and Lisle-thread stockings, and wear them in the coldest weather, and assure you that the said stockings have nothing to do with frequent dyspepsia and headache. The pity of it is that so many other things are probably conducting with the stockings in bringing about a low standard of health. The wearer often cannot be persuaded to run the risk of having to buy her boots a size larger to admit the thicker worsted or woollen.

Cold feet ought not to be tolerated for one moment that can be helped. Some people's sensations are dull, owing to a very slow circulation, and they imagine their cold feet do not matter because they do not feel them to be so. They may rest assured that sooner or later the neglected feet will be revenged, and disease will teach them what sensation teaches sensible folk; and that is, that human bodies in a climate like that of England need warm covering all over except the face; that is, of course, if we wish to attain a high order of intelligence.

Wearing the stockings too long without washing, greatly tends to induce cold feet and consequent headache. Deficient or uneven sight is another source of headache, and veils, especially the dotted ones, should not be worn over the eyes and eyebrows, as they are anything but helpful to healthy vision. When a veil is needed to guard the face from cold, silver gauze is the least injurious.

It may seem trivial to lay so much stress upon details of dress in a serious paper like the NURSING RECORD; but it should be remembered that health is not a trivial matter—it is verily a matter of life or death, and it is our solemn duty to keep well. Buoyant spirits, cheerful, tender good temper, interest in everything and everybody, large charity, and limitless patience and tolerance, are more within reach when the digestion is sound,

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