

make them willing to embrace new avenues of employment, heretofore occupied by men, in which they may regulate their own pay. There is no doubt but this is the way in which the perplexing question of "supply and demand" can be settled. Let women fit themselves to fill any position in life to which they may aspire. Besides the professions already named, there are many kinds of business well suited to women, for instance, that of merchant, mechanic, printer, editor, and, best of all, farmer. While the unnumbered and almost inexhaustible resources of this immense republican empire await development, if the strong men of the nation must monopolize sedentary business like that in the Government Departments, let women who desire employment buy land and cultivate it scientifically; let them be miners, engineers, and inventors (being careful always to take out patents in their own names). If they are poor and friendless they will, of course, find it a hard struggle with fate. The respectability and morality (!) of Christendom will be against them. If they undertake anything unfashionable they need expect little sympathy from their own sex. Senator Conness is right. "Women are enslaved by the laws of fashion as well as by the laws of the land." Obedience to these tyrannies and to the prejudices of ages has all but destroyed the self-respect of women, as well as deadened the consciences of men. Women work all day for half pay, and then accept from the well paid man as their just due, a seat in the crowded car which "gallantry" compels him to offer. She is satisfied apparently to receive "courtesy" instead of justice, the shadow for the substance. There is a class of women—slaves who buy their chains—narrow-minded and conventional, destitute alike of originality of thought and moral courage—from whom no earnest working woman need expect either material aid, moral support, or even bare recognition. But there are others who have learned to enlarge in some directions their spheres of thought and action, who profess to be "strong-minded" and are not so, who are as far from extending a helping hand or word of encouragement to a sister woman as the most cringing slave who drags her train of satin after her through the mud, and says, "I have all the rights I want." When Mrs. Swishelm published, two years ago, her bitter and unwomanly criticisms of Winnie Ream, the young artist, she lowered herself immeasurably in the estimation of her best friends. These criticisms were full of, and based on, the most frivolous slanders, possessing not a shadow of truth.

Winnie Ream was formerly a clerk in the Post Office Department, working for half pay, like the other women clerks, until the inspiration of genius pointed out to her a new path, rugged and thorny enough at first, but leading, it is to be hoped, to a bright future. By dint of hard study and the most untiring industry she has succeeded in obtaining and deserving a name, and an acknowledged position as an artist, despite the slanders of Mrs. Swishelm, and writers of that class, with whom her youth, beauty, and attractiveness are her chief faults. It would seem that they must consider any appreciation which another woman receives as just so much of honor and fame detracted from themselves.

Every demonstration of genius by a woman should be hailed by her sisters with joy. Women should rejoice at every evidence that the slaveries of fashion and false education have not entirely extinguished in her sex the fire of genius. No true woman will cast the shadow of an obstacle in the way of a toiling sister, and no woman with any degree of self-respect will pander to that vicious appetite for slander, which, like a hideous ulcer, consumes the vitals of society. JULIA ARCHBALD.

WASHINGTON, May 11th, 1868.

SOME weeks since I wrote you that the friends of Equal Suffrage were about to make use of the pending resolution of the government of the District to move Congress and the people in favor of the enfranchisement of the twenty-five thousand women of the District. The good work has begun. Two meetings have been held of the Universal Franchise Association. The first was addressed by Mrs. Griffing, Prof. Willcox, J. H. Crane, Miss Lydia S. Hall, Prof. Wm. J. Wilson (colored) and Dr. Wm. Boyd. The second was mainly an able and eloquent lecture on the evils under which women suffer, by Mrs. Wilhelm, M.D., a Spiritualist, of Philadelphia. At the first meeting resolutions were offered by Prof. Willcox and unanimously adopted, protesting against the continuance of the concentration of political power in the hands of an aristocracy composed of one sex to the exclusion of the other, as tending to social misery; against a property qualification, as depriving of political power those who need it most; and against the proposition pending in Congress to abolish elective government in the District, as tending to re-enact the disfranchisement of women.

A memorial drafted by him has also been adopted, and a committee of twenty-two leading residents of the District has been chosen to present it to Congress. A series of free discussions like those in Worcester has also been inaugurated, with very good results, of which I will give particulars hereafter.

To-day, Hon. Henry D. Washburn presented in the House the petition of eighty women of the District, praying Congress to protect them from being debarred the exercise of the right of suffrage, accompanied by a bill which provides "that from and after the passage of this act no person shall be debarred from voting or holding office in the District of Columbia by reason of sex". Both were referred, under the rules, to the Committee on the District. Many more petitions from within will follow this first, and the committee of memorialists will urge on the committee of Congress, action in accordance with the prayer of the petitioners. OBSERVER.

A MOTHER TO A DAUGHTER.

NO. V.

In criticising the present style of dress I have not yet spoken of the tight waist so generally worn, and which terribly confines the organs of the chest.

A glance at a plate of the internal economy of our frames will show that the stomach, liver, heart, lungs, etc., are packed together as closely as they can be, and external pressure only interferes with the discharge of their duties. They are not only rendered inactive, thus deranging the wondrous play of the living forces that magnetize the brain, and give elasticity and enjoyment to the animal life, but they are crowded out of place, causing diseases without number, and untold misery in future life.

I am happy to say that you have never yet worn a tight waist or a corset, but it is the ambition of almost every young miss to convert herself into a milliner's lay figure as soon as possible. "Oh! I never lace—just examine for yourself," she says; and sure enough, by expelling every bit of breath from her poor, half-filled lungs, you can insert two fingers next her contracted ribs. Her waist of eighteen or nineteen inches span, is sweetly sun-dial in shape, and as she minces along like an elongated wasp, she little realizes that her lungs, squeezed dry of air, cannot half vitalize her blood, that her heart is forced to overaction, and her extremities chilled and shrunken in consequence of feeble circulation, and the organs of digestion displaced and weakened. How little reserved strength she has to fall back upon in the exigencies that arise in life! Poor blood and a poor circulation produce a poorer brain, and a starved, withered soul.

But, happily for our future, the number of girls is constantly increasing who have been taught that every muscle of the body needs daily exercise to produce that change by which the worn-out, useless materials are thrown out and fresh ones supplied with life-giving elements sitting through every tiny capillary; that every organ demands proper working-room and its own proportion of freshly oxygenated life-fluid. Then, with that enriched by well-digested food, the involuntary action of the system shall be regular, and health follow as a natural sequence.

In making a loose waist, it should never be long on the shoulder. That prevents the free motion of the arms. Let it fit sufficiently to define but not conceal the figure, always following the outlines of the form.

Our clothing should invariably suit the place, age and the occasion. Nothing seems more unseemly than to see a variety of gaudy colors on the streets. They are liable to injury from the sun or weather, and it is anything but modest to trick one's self out to attract attention. Above all, a young girl should discard finery and elaborate display. Her costume, youthful and fresh as befits her years, needs few and unobtrusive ornaments. A young, sweet face, a frank and winning manner, should throw dress into the background, unless on special occasions.

It is sad to see young girls aping world-worn women, overloading the innocence of girlhood by trappings that are first donned to conceal the ravages which empty years and repinings always leave upon the face.

Jewelry should be sparingly used, and never in a place where it is not necessary, as in a pin or brooch. Earrings are but relics of barbarism. It may have suited a Zenobia, clad in gorgeous eastern raiment and tied to her conqueror's chariot by chains of gold, to load her ears with precious jewels, but it hardly suits a maiden of the nineteenth century.

Nor would I have you discard bright colors and tasteful attire. On the contrary, it is your right to wear

whatever adorns but does not cumber your youthfulness! In the golden glory of your opening life, take what you need of the beautiful to yourself, only let it be chaste and secondary to your form and figure. But the sparkle of your eye and the bloom of your cheek are far above other ornaments. Be first careful that more ennobling pursuits occupy their true place in your thoughts; then the shade of a ribbon or style of a dress will appear, as it is, secondary to your amiability, your love of Truth and diligence in seeking it.

The truths that most intimately concern us now, are in relation to our physical development, and of the spiritual through the physical. For we are living machines, finely wrought and sensitive to all influences that tamper with our working. Every part shows such exquisite design and workmanship, and is so perfect in its adaptation to every other part, that we are lost in admiration of its design and execution. What a divine intelligence has adjusted all this intricate mechanism, and how conscientious ought we to be in giving every part opportunity to discharge its natural function! Are we not constantly taught to look through "nature up to nature's God." Study any one organ, as the eye: observe its coatings, its humors and its lens; see the photograph that light stamps upon the retina, every color producing wave-vibrations of either of a different length from every other color, and carrying a different sensation to the brain, and you have one little instance that we are "fearfully and wonderfully made."

Imagination can conceive nothing finer or more beautiful than every process that takes place in the human economy. The body is the most perfect object of which we have any knowledge, and its loveliest manifestation is in woman. Her form is musical in its proportions and in the flow of its outlines. But when we think of it as penetrated and vivified by an immortal spirit, which glows like a star in the brain, and sends its subtle messengers to every pore, by its telegraphic wires, the nerves; that this spirit is a spark of the Eternal Divine, an embodying in form of the One Soul that broods over all nature; then we feel inspired to make our lives more and more in accord with the Divine Life. Then, no more dwarfing and cramming and torturing! Let us reverence ourselves even in our bodies. They should be temples of the Holy Ghost, to be kept pure and sweet, as is meet for such a guest!

The immortal doctrine that sickness is a dispensation of Providence, to which we must blindly submit, is vanishing with a thousand other superstitions. Our Heavenly Father works through laws, unchangeable and harmonious. Obey, and you receive the natural reward. Disobey and punishment unflinchingly follows. He works in and through these laws and as far as we get in harmony with those principles that rule the natural, mental and moral domains, so far we are doing His will. And we must be faithful and intelligent in making use of the light that science casts upon the operations of elements and forces.

Then, oh, maiden! fresh from the fount of all life and being! in your form let grace and freedom be incarnated. Let love, sweetness and purity sanctify the home of flesh and blood and bone in which you dwell. In your organic nature you embody a higher possibility than is found in any other form. To you it is given to be a perpetuator of immortals! You need all the brain and heart you can get, to work out the unsolved problem of a perfect womanhood. You must express self-regulated freedom, in a purity that shall shame to tingling silence all base desires, and in a lovely, sisterly nature that reaches alike to the physically and the spiritually diseased, baptizing them with the love that seeketh to bless and save. The quenchless aspiration, the lofty endeavor, cannot contain itself in a pinched conventional form. The world, to-day, is suffering for women broad, large-hearted and wise. H. M. H. F.

New Brunswick, N. J., May, 1868.

SOCIAL SURGERY.

SECOND ARTICLE.

In a former article under this head was stated one of the first conditions from which prostitution could follow as an easy and nearly natural result.

It would be an impossible task to attempt a statement of the circumstances which makes the transition from one bad condition to a worse imperceptible till the culmination is before us in the shape of some dreadful calamity; and were it done in one instance, they could not apply save by the merest chance to two lives.

Suffice to say that every incident is the result of all that has preceded it, and that incident, however trifling, becomes in its turn a cause whose ramifications, if evil, spread out in all directions like the deadly Opium! And