

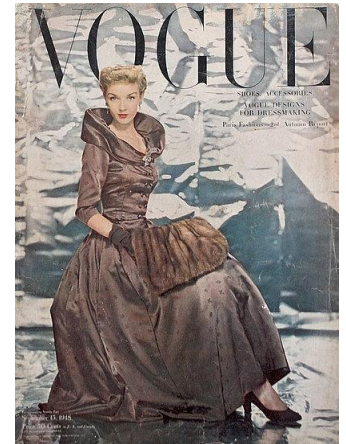
## ***From Petticoats to Pants: a brief history on women's fight for fashion***

*A Whistle stop tour of how history has kept women in skirts, for a very, very long time.*



*I must preface that when I write pants, I am opting for the slang of our neighbours across the pond, and by no means am suggesting that up until the 21st century, women were not permitted to wear underwear. Couldn't resist the alliteration opportunity.*

*First and foremost, I have never thought of myself as a fashionista, but do pride myself in recognising that fashion in the 21st century, like art, is subjective, and the clothes that we chose to wear can be a projection of our personality. However, when looking at the fashion trends of the 20th century - the sequins of the 20s, the cripes cut silhouettes of the 40s and 50s, and of course the flares and floral prints of the 70s - it is fair to argue that fashion in this case, was a reflection of the pop culture of the time and what was occurring in history. In particular, from having worn a skirt as part of my school uniform for the past 5 years, the past academic year has been a great time to not only wear my own clothes, but also wear trousers. A small liberation. Which I have realised in preparation for this article, was something I would have considered alien if I was born about 70 years ago.*



*It has been suggested that the reason as to why there was such a taboo for women to wear trousers, and also men to wear dresses, was linked to Deuteronomy 22:5 which states that to do so is an “abomination” in the eyes of the Christian God. This rule was respected to the point that in England and France in the 18th and 19th century, women could be imprisoned to wear men’s trousers. The image of pants, therefore, had always been that of a man, and for women in the West, an image of power, unlike the heavy and restrictive skirts and dresses women were essentially prescribed to. In this case, fashion was something more tailored not only physically, but metaphorically. Though I look back and admire the aesthetic and the poise of the women in fashion magazines of the early 20th century, you’d have to bribe me with a lot of money to get into those dresses. It begs the question: were these women dressing for their own fashion choices, or was there an image*

that they deemed necessary to uphold for an audience of men and women alike? Was beauty really pain?



The likes of Coco Chanel didn't think so.

Infact, Chanel's heavy influence of women in the early 20s with her sporty style, was a key reason rich women sported what she called 'yacht pants' which were loose fitted trousers you can see her photographed in. However, this is an example of how women of the upper society - "The most fashionable women" - could afford to wear such garments as a sign of leisure, not as a means for practicality. Nevertheless, it was a step in the right direction for giving women the freedom to wear pants. But there would still take 40 odd years until it was deemed permissible.



Against the backdrop of World War I and II, women in the US and the Uk tended to wear trousers more often to make sure they could fill the vacant jobs of husbands and sons alike in the war. When the men came back, and 'wore the pants' for the family, the wives and daughters donned their skirts once more. I found it shocking to read that in New York, "a judge ejected a woman named Lois Rabinowitz from a court for wearing pants, telling her to come back "properly dressed" on a later date." This took place in the 1960s. You'd think that with the golden age of cinema depicting the likes of Marilyn Monroe, Debbie Reynolds, Audrey Hepburn flitting about a silver screen in pants, people would recognise the image of a full-skirt-wearing housewife was going out of style. In the eyes of men, apparently not.

And I would love to say that these long outdated beliefs aren't still in practice today, but that would be like informing you there's currently a pig flying past my window.

It is safe to say that a woman's choice to cover her legs, arms, body, and even head the way that she choses is still a road that we as a society have not gotten to the end of. I think that through my research into this topic, I have come to the conclusion that in this modern era of fashion, we are at least facilitated to our preferences that can oscillate between the more feminine and masculine styles. Again, I have the liberty to come into school wearing a dress on Monday, a suit on Wednesday, and baggy jeans and an oversized jumper on Friday, when young women my age still today do not.

Regardless of whether or not you think that trousers are fashionable, or even if you prefer to wear skirts or dresses, we have to recognise the privilege of preference we have. But just hope and prey death traps like the Victorian corsets never come back into fashion again.

Megan Webber, Alumna.

### The 50/50 rule

The biggest goal when learning a new concept is to be able to apply this information in foreign situations. This can be seen in many different scenarios, such as Doctors applying textbook knowledge to a diagnosis, or a GCSE student tackling an exam question they've never seen before. The 50/50 rule is clinically proven to help people retain and remember key information effectively. The key principle of this rule lies in its name: Learn 50% of the time and 'teach' this knowledge to someone else for 50% of the time. When learning, this process must be active - such as making flashcards, taking key concepts from a textbook, and making a mind map and using the Pomodoro technique. 'Teaching' concepts to even an audience of one is proven to be effective (it's also helping others who may struggle to grasp concepts). The Learning Pyramid cites that students remember around 90% of new material when teaching to other students, compared to just retaining 10% from reading out of a textbook. I will leave you with a quote from the Roman Philosopher Seneca: "While we teach, we learn".

Sources cited:

<https://medium.com/personal-growth/the-50-50-rule-how-to-retain-and-remember-90-of-everything-you-learn-fa5c99d2543d#:~:text=According%20to%20research%2C%20learners%20retain,others%20for%20your%20own%20sake>

### Why you should make a to-do list right now!

A to-do list is vital for increasing time efficiency and helping you achieve your goals faster. There are many reasons why making a to-do list is beneficial: to-do lists give us a clear-cut plan, they can give structure to a chaotic day - and they are proof of what we have accomplished that day, giving us a sense of pride. To stand the best chance of accomplishing those tasks - as according to the Busy Person's Guide to the Done List, only 59% of tasks on a to-do list are completed - you must add detail to your tasks - as your goals will not be achieved if you are unclear of what those goals entail. Another way of making sure your list of tasks is completed is to break down large intimidating assignments into friendlier and simpler tasks. Since keeping track of your tasks differs from person to person, a digital list may be suitable for you, such as Todoist for simple designs - or Habitica, which incorporates fun into accomplishing tasks!

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## The Case for Compulsory Vaccinations

According to the NHS, Vaccinations protect millions of people every year from serious and potentially deadly diseases. Worldwide, vaccinations have been seen as 'miracles' which can be the option between life and death - so why is there a growing number of people, seemingly turning their backs onto modern medicine?

Before the development of vaccines - death rates were disproportionately higher, hopefully showing skeptics that vaccinations work effectively. Before vaccination was invented, people could become immune from viruses and diseases - through contracting the said diseases and hoping to survive - not very effective! In practice, when the foreign pathogen enters the body, the body creates antibodies - however, antibody production might be slow, leading to death before antibodies are produced. Vaccination has caused many childhood diseases to be controllable. An example of this was the introduction of the polio vaccine in 1953. Before the polio vaccine was introduced, the mortality rate of polio was 5-10%. According to NPR, In 1952 alone, nearly 60,000 children were infected with the virus; thousands were paralyzed, and more than 3,000 died. Polio has now seen an almost complete eradication of the disease worldwide, due to the introduction of the polio vaccine, saving thousands of lives

Following this trend - across Europe, 2016 saw the lowest number of measles cases on record. Two years later, the number of cases, and deaths, were at their highest level for at least 15 years! The increase in measles rates is an obvious issue for the children as according to the CDC, measles kills 49% of children aged 5 and younger - a horrifying statistic. Known as 'Anti-Vaxxers', this small but-vocal minority is most likely to blame for this, having spent the last decade warning unsuspecting civilians about the 'dangers' of vaccination - stating that vaccination is an evil, which causes a plethora of 'diseases' ranging from Autism to Aspergers! Aside from Facebook, the main source of their information is a debunked and disgraced research report published by Dr. Wakefield making false connections between Autism - a developmental disease, and the measles mumps and rubella vaccination.

However, shortly after Dr. Wakefield made this statement, he was disregarded as a doctor, being barred from practicing medicine in the UK for spreading non-factual information. Furthermore, even if Dr. Wakefield was correct about the (false) link between autism and the measles, mumps, and rubella vaccination - then contracting a developmental disease with a spectrum is perhaps a better option than opting-out of the vaccine. The MMR vaccine protects against rubella, mumps, and measles - with the illness rubella being contracted by twelve million people and killing two-thousand newborns in the rubella epidemic of 1964-65.

After the fake accusation was made in 1998, the number of cases of MMR increased by around two-thousand, perhaps due to citizens believing Dr. Wakefields' irresponsible and misleading medical advice, and risking their lives due to their perceived dangers of the MMR vaccine. Fortunately, the MMR vaccine is safe, as in 2003, following an extensive review, the World Health Organization stated there was [no evidence to suggest MMR caused autism](#), debunking Dr. Wakefield's claims. Dr. Wakefield was completely wrong in the sense that the MMR



vaccination could lead to children and adults-alike contracting autism, which we can realize from the increased number of cases from people who have not been vaccinated.

This is not only a danger to the 'anti-vaxxers' themselves but a danger to everyone around them - especially people with compromised immune systems. A report from the Metro stated that 'we need a 95% vaccination rate for herd immunity to protect against contagious diseases'. At the moment, most of the population is vaccinated due to compulsory vaccination rates. However, due to the spread of 'fake news' and growing distrust in our medical professionals, less of the population is predicted to be vaccinated, therefore children unvaccinated will not get 'indirect' protection from diseases and the vulnerable population will be susceptible to the disease - easily eradicated by a simple vaccination, and this disease could prove to fatal for our vulnerable population.

The impact of Dr. Wakefield's claims is astronomical, with the effects being shown: according to the Washington Post; twenty percent of American parents do not believe that the MMR vaccine is safe - and that is a substantial issue! With growing government distrust, suspicion of vaccinations has increased - a whopping one in six Britons choosing to refuse a possible vaccination for COVID-19. Efforts need to be made, nationwide - and believers in science need to learn to counter the anti-vaxxer narrative and learn to combat both misinformation and the current pandemic!

#### SOURCES:

- <https://www.cdc.gov/rubella/about/in-the-us.html>
- Cited source in article

#### PICTURES:



