## CHAPTER XIX.

### A PRETTY COMPLEXION.

Blackheads-Wrinkles-Diet-Waste and repair-Food to rebuild - Nutritious and non-irritating food - Pickles and spices-Feverish condition of the stomach-Moral courage-Intemperance-Headache and nervousness-

### CHAPTER XX.

#### BEAUTY.

Beauty of body-Beauty of character-Beauty of action-Light and love the same—Sun attracts by light—Nature of love-Beautiful at home-Choose books carefully-Wholesome reading—Healthy mind—Courtesy—Love in trifles-Introductions-Street etiquette-Slangy words-All nature lovely—Human form created beautiful—Dress harmonize with nature-Letter-writing-Invitations-Applications-Recommendations-Etiquette of calls-Practical rules on table manners .....

### CHAPTER XXI.

# HOW TO KEEP YOUNG.

Don't wrinkle-Face bathing-Fretting-Peevish complaints -Fresh air-Sleeping rooms-Gymnastic exercises-Stand properly-Sitting position-Walking-Freedom of motion—Breathing—Breath of the infinite—Chest expansion-Physical amusements-Long breaths-Rules for breathing—Breathing exercises—Sleep—Early to bed— Popular prejudice—Drafts—How to induce sleep ......

# CHAPTER XXII.

#### SUNLIGHT.

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