

Ah ! you have it now, it is the tanned or sunburnt face which rivets your attention at once. You certainly have not noticed so many healthy, merry faces during the hot weather, although now that the idea is suggested you recall the pale, bleached faces you have met daily for so long. A more extensive observation shows you that the healthy tan is not alone seen in the schoolboy or girl, but the young lady of fashion has coveted and obtained this wealth of color. Truly, fashion is not without its redeeming points !

But how has all this come about, this increased number of tanned faces we see each year ? A glance at the railway and steamboat time tables, with their cheap return fares and commutation tickets; or a visit to the mountain, river, and lake resorts, with their scores of new boarding houses and hotels, will readily explain the reason why. Increased accommodation changes the habits and customs of people. Custom is showing us a new phase in her evolution each year, and following this change in custom comes the natural effect on the people influenced by it.

One can hardly take up a daily paper without noticing in the sports column some announcement of a record being broken, or some feat of strength or endurance detailed for general admiration. And yet the pessimist will tell you that our race 'handicapped by fashion and society' is rapidly degenerating. He will say: "Look at your hospitals, full to overflowing; look at your asylums, forever enlarging their accommodation; and above all look at the standard of health of the women of to-day. Show me the army of healthy mothers as of old, who never knew what sickness was, and yet reared large families. Then note the large number of specialists, who are making a fat living from the ills of the mothers of to-day, and tell me that our race is not degenerating !"

But you are just a little too superficial, my pessimistic friend ; you must remember that "the sins of the parent shall descend unto the child to the third and fourth generation," and that the sufferings of the present generation are to some extent traceable to germs of disease planted long years ago, to pernicious habits, exposure, or bad hygienic surroundings with resulting epidemics and their sequelae. If those rugged mothers of years ago had taken more care of their offspring, ensured better hygienic surroundings, and fostered proper habits of living, who can say but that the present generation would not have been the better for it ?