sometimes worn. Over a tight bodice the belt has no reason for being, and is absurdly out of place. For this and also sanitary reasons we feel inclined to condemn it.

Beautiful Arms.

Beautiful arms are a powerful weapon in the armory of beauty; but though most women appreciate to the full the charm of this possession, the fact remains that in America undeveloped arms are the rule, and rounded, dimpled symmetry the exception. Lately, however, the gymnasium is producing charming arms.

Exercise is essential to the development of the arms : exercise, that is, of the arms themselves. Gymnastic exercises that bring the muscles of these into play should be, as far as possible, encouraged in girls, as tending not only to their improvement in this particular, but as being beneficial to the general health.

Arms disproportionately large as compared to the rest of the frame are, on the other hand, at least equally disagreeable with those we have been discussing. Very large arms carry with them a suggestion of coarseness that is unpleasant as associated with a woman. It is, as we have said before, impossible to give the exact proportions which one portion of the human frame should bear to the rest. The ideal arm, however, should gradually decrease in size from the shoulder to the wrist, the outlines being marked by those inward curves which are also noticeable in well-formed shoulders. The wrist should be slender without being thin, the bone at the outer side being well covered and indicated rather by dimples than otherwise.

There is an old rule for measurement that approaches accuracy in some degree. We give it for what it may be worth, advising our readers not to pin their faith to it too implicitly. Twice round the thumb, once round the wrist; twice round the wrist, once round the neck; twice round the neck, once round the waist.

The roundest arms in the world fail to be beautiful if they are red. There are beautiful white arms, brown arms, copper-colored arms, and even black arms, but beautiful red arms are not. This fault is