

of course, as the getting of good air. Excellence of the highest degree may not be attainable; if not, let us get the best we can. With good air should come good living and plenty of nutritious food, especially that which has fat-producing qualities.

Massage of the face is well recommended, using a light, gentle, circular motion of the fingers, while much may be done by cultivating flexibility and voluntary motions of the muscles of the face, especially those affecting the wrinkled portions. And it may not be amiss, though it be a delicate matter, to suggest that an overworked, thankless, hopeless life will inevitably wrinkle the fairest face with furrows that no agency this side of the grave can remove, till the cause shall have been lifted.

The Feminine Waist.

We have already had occasion to discuss the question of small waists and the abuse of proportions that tight-lacing frequently entails. We have only to consider now the caprices of fashion with regard to length. Sometimes this fickle goddess sends our waists up under our arms, and then a reaction sets in, and they lengthen gradually till the points and basques of our bodices reach very nearly to our knees. Of the two extremes, the more sanitary, as well as the more artistic, is the former, but these considerations have little effect on the arrangements of fashion.

The weight of clothing should hang as little as possible from the waist. Many women believe that it is better that it should come from the hips than from the shoulders, but the testimony of all medical men is clear and indisputable on this subject. Nor is it upon hygienic grounds alone that this is objectionable. This weight from the hips destroys all freedom of movement, just as the tight corset deprives the body of all the suppleness and flexibility given it by nature.

The belt is, on a perfect figure, an interruption to harmonious lines that could well be dispensed with. On an imperfect figure it is excusable, when associated with a form of bodice that seems to require to be confined, such as the loosely plaited or gathered bodice