

BEAUTY AND HEALTH—HANDSOME DOES THAT HANDSOME IS.

BEFORE one of the New York working girls' clubs, Dr. Louise Fiske Bryson recently gave an address upon the subject of beauty as a means of health, reversing in more ways than one the usual order of copybook aphorism, and upon which the Medical Record comments at considerable length. While acknowledging the impossibility of any protracted happiness without virtue, and the maintenance of beauty's fine edge without goodness, the doctor affirmed that systematic efforts to be beautiful will ensure a fair degree of health, and that happiness is the best safeguard against vice.

Proper breathing is the first art to cultivate in the pursuit of beauty. The lungs have their own muscular power, and this should be exercised. The chest must be enlarged by full, deep breathing, and not by muscular action from without. Inflate the lungs upwards and outward, as if the inflation were about to lift the body off the ground. Hold the shoulders on a line with the hips, and stand so that the lips, chin, chest, and toes come upon one line, the feet being turned out at an angle of sixty degrees. In walking, keep face and chest well over the advanced foot, and cultivate a free, firm, easy gait, without hard or jarring movements. It is impossible to stand or breathe aright if the feet are pinched. When correct posture and breathing are interfered with, the circulation is impeded, and deleterious substances in the blood tend to make the complexion bad. This is one of the many evils of tight shoes. To be well shod has a marked influence on style. The feet symbolize the body in their way as much as the hands. A clever shoemaker says that in a well-fitting shoe the human foot feels like a duck's foot in the mud. It is held firmly in place, but nowhere compressed. Nothing can exceed the vulgarity and hygienic wickedness of a shoe that is manifestly too tight. For misery-producing power, hygienically as well as spiritually speaking, perhaps tight boots are

without a rival. Next to the search for style pure and simple as a means of health, the care of the complexion and the cultivation of the right kind of expression are of great importance. The first is largely a matter of bathing and the general hygiene of the skin, while the second—a good expression—is best secured by the constant preference of higher thoughts over lower ones. This is the essence of intellectual living, and is fortunately within reach of us all.

Beauty that is lasting and really worth while is more or less dependent upon a good circulation : while a good circulation is made possible by correct pose, proper breathing, and the judicial care of the skin, something else is also necessary to insure the normal quality and activity of the blood. And this something consists in a combination of sunshine and exercise in the open air. To keep the complexion and spirits good, to preserve grace, strength, and ability of motion, there is no gymnasium so valuable as the daily round of housework. One year of such muscular effort within doors, together with abundance of quiet, regular exercise in the open air, will do more for a woman's complexion than all the lotions and pomades that ever were invented. Perhaps the reason why housework does so much more for women than games is the fact that exercise which is immediately productive cheers the spirit. It gives women courage to go on with living, and makes things seem really worth while. In a general way the great secrets of beauty, and therefore of health, may be summed up as follows: Moderation in eating and drinking ; short hours of labor and study : regularity in exercise, sunshine, relaxation, and rest ; cleanliness ; equanimity of temper, and equality of temperature. To be good looking as possible, and to be physically well, one must in general be happy. And to be happy, it is necessary to carry out ideas of personal taste and preference, as many of them as can be put into definite form without in-