

ful. Many patent medicines and potions are distinctly deleterious, while most "systems" indulged in without proper medical advice do far more harm than good, quite apart from their attaining the undesirable end of slimness. Thus we read of factory girls in a northern town eating six lemons a day, rind and all, in order to appear emaciated and look "interesting." Worse than lemons, vinegar is sometimes drunk by persons who wish to reduce their figures, while gin was long supposed to have the power, and was used, to make people thin. We have even heard of pounded egg-shells being eaten with the food for the same pernicious reason. But, bad as these things are in themselves, they often lead to more dangerous habits. For the body weakened and vitiated by such agents demands and receives stimulation—too generally satisfied with alcoholic beverages or narcotics. In this connection it is of interest to note what a taste for "liquor sweets" is being developed. These contain, in a sugar or cocoa casing, a drop or two of rum, gin, or liqueur, and that they are eaten largely is shown by the case quoted of a poor factory girl who confessed to spending eighteen pence a week on them. Higher in the social scale lozenges containing drugs, either of a stimulating or sedative nature, are eaten. Sir James Crichton-Browne believes that such sweets are largely consumed for their intoxicating properties by women, shop girls and errand boys, and even school-children. The drug habit once acquired is most difficult to give up, and no words are needed to emphasize the fact that it is a most subtle one, and most pernicious in its effects. One of the least of these is that when seriously ill, the drugs prescribed by the physician fail of their intended effect because the system is so used to them they do not cause the desired reaction, and the doctor has to increase the dose or substitute a more powerful re-agent.

Sooner or later—and sometimes even "unto the third and fourth generation"—man has to pay the penalty of transgression, whether in food and drink or clothing. But fortunately for those who properly desire to look their best—even as do the birds and flowers—it is not necessary to suffer to be beautiful. On the contrary, true beauty is the concomitant and result of health, of perfect harmony of function and surroundings, of perfect balance of body and mind. And it is undeniably woman's function and duty to be beautiful, for, conversely, true beauty is a sign of health, and health is the greatest gift of the gods, and the grandest heirloom to hand on to one's children. Even from the mental and moral point of view, health is greatly