

but you will injure your sight. I have the best authority that the world has ever known for saying this. Dr. Von Grafe, the lamented oculist of Berlin, whose memory is revered in every land, told me he believed one of the prolific causes of amaurosis,—that disease in which specks float before the eyes,—among women, was the wearing of spotted lace veils; and of near-sightedness among children, the wearing of any veils. So, as you prize the precious gift of sight, avoid the things that may weaken it, or deprive you of it altogether."

THE FOUR PRINCIPLES OF HEALTHFUL DRESSING.

"*First*: Allow the vital organs unimpeded action. This requires the removal of all tight fitting waists, and of all unsupported waist-bands, whether tight or loose—the latter, for this reason, if tight, they compress the ribs; if loose, they slide downwards and depress the abdomen.

"*Second*: Suspend the clothing from the shoulders. This requires the attachment of all the lower garments to the upper or to suspenders passing over the shoulder.

"*Third*: Reduce the weight as much as possible. This involves careful calculation to render the skirts as few and short and light as possible.

"*Fourth*: Preserve a uniform temperature of the body. This involves, theoretically, that every thickness of cloth which covers the trunk should furnish sleeves and drawers for the limbs; practically, however, especially so far as the arms are concerned, less than this will be found sufficient."

A SIMPLE LOOSE DRESS FOR SCHOOL GIRLS.

"No growing child should be permitted to wear a dress in school which does not admit of the freest gymnastic exercises. A subordinate advantage

gained by making these exercises a part of the usual school routine would be that the dress would be of necessity suited for them. In an academy in Brooklyn, attended by five hundred children belonging to the first families, first at least so far as intelligence is concerned, gymnastics form part of the regular exercises, and the pupils dress accordingly. The girls wear in winter, with equal pleasure, comfort, and economy, prettily-made dresses of substantial dark blue flannel, trimmed with bands of lighter blue and white pipings. The wide sash is of the same material and the loose blouse waist is attached to the light skirt, which is long enough not to be at all conspicuous in the street. All vying with each other as to expensiveness and elegance of dress is thus prevented, besides the great gain as to healthfulness.

"If such a uniform were introduced into our large schools where a love of dress and of elegant dressmaking is showing itself—a reform which we are almost inclined to hope for—it would be of the first importance to choose a style and material which would be at once beautiful, durable and economical, so that it would meet with the favor of both parents and scholars. Would it not be well for those in charge of large female seminaries and high schools to consider whether or not the adoption of a simple healthful dress by their pupils would not do away with a number of existing evils, not least of which would be the irregularity of attendance caused by occasional indispositions largely the result of errors in dress?"

DURABILITY TO BE PREFERRED TO CHEAPNESS.

Try to get things of real value for your money. Only rich people can afford to buy bargains. Never buy a cheap or poor material. It costs as much, perhaps more, to have a poor material made up as a good one, and it will on-