

On the Art of Happiness

plain, the stupid, the elderly, or the unattractive.

No one can be lovely or young by an act of volition, else would neither age nor ugliness exist ; but charm may be cultivated, the mind can be trained and disciplined, and even age and ugliness may be palliated. That "to be good is to be happy" is a fallacy. Happiness is not only consequent on virtue, and thousands of good people are very far from being happy ; but real, simple, sterling goodness stands the wear and tear of life better than any other quality, and gives more substantial happiness to those about us than either beauty or intellect.

To the *débutante* everything in the life that lies before her is seen through the medium of rose-coloured spectacles. This point of view is the natural and right one. A joyless, miserable youth is of all things most deplorable ; and happiness, nay ! even