

ing and every muscle easy and relaxed for fifteen minutes after the middle meal, if it is a full one.

To retain the symmetry of the figure, which conduces so much to youthful appearance, care is very essential. It is the beginnings which must be checked, for once the size has really increased, the difficulties of reducing it are great. Extreme self-indulgence is one of the most certain means of increasing in size; the wearing of the house wrapper or teagown without corsets, another; also overeating or drinking, and a too lengthy sojourn in bed in the morning.

OVER - EXERTION.

too, has also been known in some cases to increase size; so that it would seem extremes either way are to be avoided. Every morning, after the ablutions, a few physical exercises should be practised for five or ten minutes, and for the same time before retiring for the night. The following ones are recommended by Miss Kate Careless, an acknowledged authority in England on the subject of

PHYSICAL CULTURE FOR WOMEN:

1. Standing erect with shoulders back, chest out, waist in and feet firmly planted, with heels together and toes out. Stretch the arms out in front, palms touching; now swing them back until the backs of the hands touch behind you. The arms should be kept quite straight, and the point at which they touch behind you as high as possible. (A little practice will soon make this easier than it sounds.) 2. Raise the arms straight above the head; swing them down and as far back as they will go; then, without stopping, back to the same position above the head. 3. Swing the arms round in a circle, one at a time, then both together. 4. Place the tips of the fingers on the chest, then flip the arms out and back till at right angles with the body. 5. Endeavour, with a sharp jerk, to make the elbows meet at back. The foregoing exercises develop the muscles of the neck and

arms, helping greatly also to expand the chest.

Lean forward and then backward as far as possible; also to the right and left. Lock the thumbs, and with knees stiff bend till the tips of the fingers touch the floor. Rise to an upright position, with the arms above the head. This is an exercise familiar to us from our childhood's days, and one which our brothers have often challenged us to perform.

Jump on the toes, or, still better, skip with a rope. This is an excellent exercise, especially for those who wish to make their insteps higher. Stand on tiptoe and then stoop suddenly until almost sitting on the heels, keeping the back straight. These simple exercises enable you to balance the body with ease, and to move the limbs gracefully. There are various others recommended, but these will suffice for our purpose. One last thing to remember, which should be done habitually without exercising, is to breathe deeply; not raising the shoulders, but inflating the lower part of the chest, always breathe through the nose; and if you are cold or unaccountably depressed take twenty breaths after this manner, standing erect. Slowly, evenly and uninterruptedly take in fresh air until the lungs are fully inflated, then expel the breath in the same even manner. No one is too old to be benefited by these simple rules if she has the necessary strength to use them; and they are suited to the stout or thin alike—reducing the adipose tissue and bracing the flabby muscles in one case, filling hollows and rounding the limbs in the other; and the practice of them will not only improve the figure and carriage, but at the same time the health and spirits, wonderfully; so that colds, headaches and "the blues" will most truly become conspicuous by their absence alone.

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CARE OF THE PIANO.

A prim little lady, who is not quite an old maid, has the best kept in-

strument I know of says a lady writer, and this is the secret:—Whenever she sweeps the parlour she never fails to spread a heavy bleached sheet over the top and pin it down around the edge and corner. This is allowed to stay on until things are righted and every particle of dust removed. When daily fires are kindled they use the parlour as a sitting-room. The sheet is not removed. Her east parlour windows open out over the side walk, and when a dusty spell comes on the sheet is again retained. We all know that the ordinary wool or felt cover is a veritable dust strainer, and that new domestic article is almost air-tight as well as dust-proof; hence the protection is plainly understood. The idea of a domestic cover may not sound artistic, yet this one was so gracefully pinned that it was more ornamental than unsightly. It occurs to me that more fastidious girls might take these protective covers of white duck or imitation linen, work corner figures or borders in coarse stitch, using white thread, or simply finish the edge with white cotton or brown linen fringe.

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CAUSES OF HYSTERIA.

Most people do not sufficiently understand that hysteria is a symptom and not a disease. Among the many predisposing causes which might be named are chronic dyspepsia, neuralgia, anaemia, depressing surroundings, and great mental anxiety and worry. Sometimes hysteria is due to ennui, and it is a well-accepted fact that it is an affection which chiefly attacks the upper middle classes. Poor people have no time to indulge in the luxury of a display of the emotions. When the cause can be ascertained the general treatment must be directed towards its removal. Daily exercise in the open air, the morning sponge bath and a good quinine and iron tonic are valuable aids towards cure. A change of air and scene will also sometimes work marvels, and in all cases the patient's mind should be kept interested and amused.

TO PRESERVE BOOTS.

The following way of treating boots and shoes tends very much to preserve them and keep them in good shape and condition:—First of all, it is better for each boot to have its own tree. This seems extravagant, but in the long run it will be found economical. Of the many kinds of trees in use the "self-adjusting" is both inexpensive and effective. The trees should be placed in the boots as soon as they are taken off, and laced or buttoned over them. If wet they should not be dried by artificial heat, and not cleaned until quite dry. If they have been very wet and are hard when dry, a little sweet oil or vaseline rubbed well in will soften the leather and prevent it cracking. Kid or patent leather should never be used in wet weather, because if they once get thoroughly wet, however carefully treated, they really never recover. Brown leather is the most serviceable for wet weather or the country, and is always surer than the ordinary blacking boot.

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