

Dr. Marechal is an ardent supporter of the woman's rights movement in France, and yet it is to men and the law that he appeals to bring about the reform which he has so much at heart. He tacitly admits that the vanity of the average woman will not allow her to give up these coquetties, and that she must be brought to do so through the intervention of her old time "lord and master," the man and husband.

But it has been argued by people whose perspicuity has been brought to bear on the subject that the strongest objections to the uncorseted figure come from man—the ordinary average man. When he shall become convinced that a trig waist and confined hips are not necessary to a woman's good appearance there is a possibility that the corset will be done away with.

A Gentle Hint.

Polish yourself up, madam; you had a pretty wit once, a pleasant laugh, a conversation that was not confined exclusively to the shortcomings of servants, the wranglings of tradesmen. My dear madam, we do not live on spotless linen and crumpled carpets. Hunt out that bundle of old letters you keep tied up in faded ribbon at the back of your bureau drawer—a pity you don't read them oftener! He did not euthase about your cuffs and collars, gush over the neatness of your darning. It was your tangled hair he raved about, your sunny smile—we have not seen it for some years, madam the fault of the cook and the butcher, I presume; your little hands, your rose-bud mouth—it has lost its shape, madam, of late. Try a little less of scolding of Mary Ann, and practice a laugh once a day; you might get back the dainty curves. It would be worth trying. It was a pretty mouth once.—Jerome K. Jerome.

Novel Methods of Getting Thin.

To compel himself to take the distasteful exercise necessary to keep down his weight, a Sussex farmer adopted some years since a novel expedient. This was nothing less than to take such a start of a ferocious bull which he owned as would enable him, by running at his topmost speed to reach safety ere the animal came within tossing distance. This curious race, which took place daily, kept him in most excellent condition.

A certain North Country publican, who bid fair to qualify for a "fat man," and whose natural sloth and love of good cheer rendered out of the question that regimen usually prescribed for persons of his habit of body, thought that abstinence from sleep would bring about the desired result. He installed, therefore, two potmen as watchers, with stringent orders to allow him on no account more than three hours' sleep in the twenty-four. So faithful were these to their trust that their master endured agonies of discomfort, which although for the time they lowered his weight, bred in him a determination to forswear banting for the future.

A native of Genoa named Lecondi, who was much overburdened with adipose tissue, conceived the idea that his state was due to the amount of oxygen present in fresh air. To obviate this he kept to his room, the door of which was only opened once on Sundays to permit of provision for the following week being introduced. The result was only what might have been expected; Lecondi became dangerously ill, and but for the prompt interference of his family would have paid for his mistaken eccentricity with his life.

A year back the inhabitants of Neodesha, Kansas, were noted for their extreme tenuity, not one scaling over seven stone. This came to the ears of certain scientists, who, after investigation, declared that the phenomenon was due to the vast amount of oil and natural gas that was stored beneath the town. Forthwith came a rush of fat folk desirous to undergo the cure, and the town now presents a strange appearance, half of the population being perfect skeletons, and the remainder Daniel Lamberts daily and visibly wasting.

In the early forties a half-witted Mancunian, of Falstaffian proportions, having heard that a fellow townsman had been worried almost to a skeleton by a nagging wife, conceived that a like treatment might serve his turn. He therefore proposed to a bitter-tongued splinter of uncertain years and, on the strength of a small competency that he possessed, was promptly accepted. Whether his wife's tongue relieved him of much solid flesh is not recorded, though it certainly did of

what little sense he had been originally gifted, for he ended his days in an asylum.

Equally strange was the idea of a Mr Fuller, of Chicago, who lately summoned hypnotism to his aid. Alarmed at his increasing bulk, he placed himself under a local mesmerist of repute, who, having put him into a state of trance, communicated the very alarming fact that he was a ruined man. This "suggestion," which was repeated daily, had, it is averred, the desired effect.

A singular fancy took possession of the brain of a banker, named Hallmayr, who died at Berlin in 1813. Belonging to a family whereof all the members became with years excessively corpulent, he conceived the extraordinary notion that he could fend off his dreaded fate by wearing a stout leather casing, which, by fitting tightly to his body, would infallibly prevent its increasing in bulk. Such a suit of torture then did he cause to be made, with the result that he worried and tormented himself into a decline, and died at a comparatively early age.

Thoughts on Reading.

There is more potent influence in the average life than the books one reads. In youth the character must almost be said to be moulded by them and in later life their influence is inestimable.

There never was a time when more books were read than at present. New books are appearing every day, and the effort to keep up with the newest in current literature is a perceptible strain, and the results do not always justify the expenditure of time and energy. If one could only

sift the accumulation, rejecting the inconsequential and retaining the looks of genuine worth, it might be worth while, but such a procedure is hardly practicable.

Would it not be as well for the busy ones whose time for reading is limited to await the verdict of time as to the merit of a book, rather than to read as indiscriminately as is now the rule. In the scramble to read the very latest publications, the standard literature, which has withstood the test of generations of readers and critics is neglected and the great poets especially have been crowded from the high positions they formerly held with those who read and think.

Professor Norton's recommendation to busy people, that they should read one worthy poem each day, is worthy of consideration, and one could not put the time to better use. One should certainly, too, read the best books of the day, when time enough has elapsed to prove that they are such. But by all means read the masterpieces of literature. A writer in a current magazine laments that the literary quality is wanting in modern stage representation. We also need more of it in our daily reading.

Whatever else one neglects, one should keep in touch with the progress of the day, and to that end newspapers and magazines are a necessity, but even with these discretion may be exercised. One's mental diet should be varied, and there should be a due portion of substantials. The physical organism would degenerate under an exclusive regimen of pastry and ice cream. A piece of resistance is necessary for the mental health as well.—Elizabeth Berry in "Household Companion."

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