

A Smart Appearance.

"I always make a point of wearing my best clothes whenever I go out anywhere," remarked a pretty and very popular woman. "People are so apt to say it is not worth while to put on a smart gown for such and such a function, etc.! Now, I find it is always worth while. If you look dowdy there is invariably somebody to say now dreadfully you have gone off; and if you are well turned out it is much more apt to be commented upon than at a place where everyone is equally well dressed; besides, the unexpected is always the most likely to happen, and the feeling of reward on being ready for an emergency is most gratifying."

"The clever girl," says a modern writer on such topics, "is never taken at a disadvantage." An obvious fact, but, oddly enough, one that is seldom realised or practised. "But this involves so much labour and expense," says an impecunious maiden, who makes perforce many of her own frocks, and who is obliged to be economical about laundry work. Not necessarily. A brown Holland apron will always protect a nice-looking gown from harm, and it has the becomingness of fitness in itself. A certain young woman who has a taste for carpentry, and handles her tools with the ability of an expert, never looks prettier than in her workman's apron of blue ticking, with its deep pockets for her nails and tools, while her sleeves and cuffs are protected by muslin gathered into an elastic top and bottom. No danger of this young person being taken at a disadvantage!

"Talking of wearing one's best clothes," continued the first speaker, "I know a mother and daughter who get several gowns apiece from the best ateliers in Paris every year, but never wear them regularly until the season comes round again, the consequence being, although they spend

more than most of us upon their clothes, they always look old-fashioned. 'No, my dear, I often hear the mother say to the daughter, 'do not put on the new P., it is too good for such an occasion; I should think your old blue velvet that X. made you last winter would be quite dressy enough.' So it would, but if the girl had a better, why not wear it and get the credit of it!'"

The Health at Sixty.

Rules of hygiene and dietetics applicable in health may be excepted by structural and functional disorders. This brief article is for the man and woman of sixty in whom no grave departure from health is made evident. I select this age because it is, under the unwholesome environment of modern civilisation, the very border line of decaying vitality. They who tend to adipose have become shapeless. They who lose flesh have reached a condition of emaciation. It is the time of bald heads, and dehumanised figures; the time when the revelation of the mirror is accepted, and progressive impairment is regarded as inevitable.

How to retain the vigour of youth, and how to regain it when lost, are problems that have in every century of historic time enthralled the world's best minds. Working with the few poor facts of an undeveloped chemistry, and with the plenteous fictions of that rank growth, "occultism," men have given up the reality in seeking the shadow, the elixir of youth.

Yet have these labours not been in vain, for by them facts have evolved from facts, giving birth in the ultimate to that wide circle of sciences dealing with all the laws of man's physical being, and conveniently, but erroneously, generalised as "medical."

Now we have attained to the cer-

tainly that such an elixir of youth is impossible. We have learnt that man's decay is governed by such complex laws that no one force or chemical compound could arrest it.

Although the problem once before the mediaeval dreamer has shown itself many times more difficult than he deemed it to be, this revelation of complexity has brought the desired end within a reach measurable if distant. We no longer seek one thing, but many things. We seek the best ways of acting on each bodily function, that by ensuring its perfection we may secure the perfection of that totality of functions termed physical life.

Were this subject to be considered exhaustively I should have to pen a substantial volume. But those who feel interested in the study may be assisted in collating facts by the following summary of the conditions to be sought:

Functional activity of the heart, liver, kidneys, spleen, intestines, and other parts essential to vitality; elasticity of the arteries; undilated character of the veins; perviousness of the capillaries; suppleness of the joints; reduction of undue stoutness;

increase of flesh, when there is attenuation; development and maintenance of muscular strength; compactness of figure; firmness of facial contour; removal of wrinkles; promotion of hair growth and colour; retention of mental vigour, and the vigour of the physical senses.

Actress and Tobacconist.

Mlle. Jane May, the popular French actress, is one of the very few women who combine art and business. She evidently does not regard the theatrical profession alone as a certain enough source of income, for some time ago she opened a tobacconist's shop in one of the fashionable streets of Paris. Needless to say, Mlle. May's shop is patronised by her very numerous admirers and at once became popular.

This is by no means the only instance of an actress starting a shop. One or two prominent American actresses are owners of millinery establishments, and some time ago one set up as a theatrical costumier and scored a decided success.

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