

His eyes were fearfully bright, but there were black circles beneath them; his face was haggard, and he trembled as he stood.

I did pity him deeply, and I was thinking what comfort I could offer him, when suddenly the door opposite opened again, and Mrs. Dudley appeared.

She looked pale, but infinitely sweet and kind, and she came directly toward us and laid her hand on Quevedo's arm.

He drew back for an instant and looked at her with flashing eyes, but the sound of her voice gentled him at once.

"I heard your voice and came out to speak to you," she said, in her sweet, pure tones. "Ignace, do you know that God has saved my husband from a horrible death to-night? Ignace, you have been my lover in the past—will you not be my friend in the future? Will you not forgive me for being happy, and let me one day rejoice in a like joy for you? You know I know what you suffer, and that I too suffer for you; and if you ever really loved me you will not leave me in bitterness now. Will you give me your hand, Ignace?"

He hesitated a moment, and his dark, handsome features quivered with pain. Then, with a sudden impulse, he snatched her in his arms, strained her to his breast, and pressed his lips to hers in a long, almost fierce caress. In another moment he had vanished into his room. I never saw him again.

Mrs. Dudley turned to me a face dyed red with shame.

"If I ever owed him any thing," she said, "I think my debt is canceled now, and my fault expiated. Good-night, Miss Peyton. I am going to tell my husband a long story."

### WOMAN'S FORM.

IN ancient times it was the human figure which gave shape to the dress, nowadays it is the dress which gives shape to the figure. The Greek woman of antiquity, conscious of the beauty and grace of proportion to which she attained by a consummate physical culture, scorned the artifices of the dress-maker in which our modern dames delight. She, rejoicing in the full possession of her natural charms, had no motive for concealment, and thus was content with a mere cover of her nakedness for decency's sake, and a protection against the weather. She carelessly threw upon her shoulders or wound about her waist a loose cloth, which, falling as it might, could only assume folds of grace and beauty, as it flowed over a living model of both.

The modern woman is essentially the work of her dress-maker, as man is of his tailor. She is so distrustful of her own natural physical qualities that she resorts to all kinds of artificial substitutes. As far as the surface and those other parts that are visible are concerned, there is hardly a bit of the natural woman left. As we ordinarily see her, she is nothing but

chignon, paint, padding, and boots; or false hair, white-lead, vermilion, cotton, and leather. With high heels, like stilts, she lifts her head of false hair to a height not her own; she borrows her blushes from the paint-pot, and her sentiment or the look of it from the powder-box; her bosom heaves with sighs of cotton, and her whole figure swells and stirs with an emotion of starch and crinoline. Abandoning nature, and trusting herself completely to the hands of the hair-dresser, the mantua-maker, and the other artificers of modern woman, it is not surprising that she has been made a marvel of ugliness and ill-proportion. The present art of female decoration seems to turn resolutely from every indication of natural grace, and perversely to follow the monstrous suggestions of a distorted fancy. What a prodigy of ugliness, for example, is the present fashion of dressing the hair! It is caprice, not taste, which admires any such perversion of natural proportion as that morbid growth of fashion—the chignon.

There can be no beauty in any thing, and especially in woman, which is not regulated by the laws of nature. Accordingly in studying and appreciating the grace and proportions of the female figure, we shall never lose sight of this truth. Our purpose is to show how woman can secure for herself that beauty of form which nature intends her to possess. We shall accordingly do our utmost to establish her in the possession of this her inalienable right, but not say a word in favor of any claims she may make to the artificial attractions of fashion.

The figure of woman has probably as much influence as the face upon her admirers. Most men, whose estimate of the female sex is entirely of a sensual kind, prefer a well-developed form to the finest countenance. That physical grace which La Fontaine declared to be more beautiful than beauty depends chiefly upon the configuration and movements of the body. A harmony in the proportions of all the parts which compose it, a certain fullness and succulency of substance, a smooth and undulating surface, a suppleness in movement, and what the French call *abandon* in repose, are essential to the beauty of the female form.

A woman's neck is rounder and fuller than a man's. St. Pierre, in his "Studies of Nature," describes it as a cylindrical column placed harmoniously in contrast with the roundness of the head and squareness of the chest. The female neck should be somewhat round and long, full but firm, and well detached from the shoulders. Its curve should be slight and so gradual as to appear to pass insensibly from the head to the trunk. The shoulders of a woman are nearer the body than those of a man, and should be full, well set in their place, and of a gradual fall. The chest should be ample, and arched with a graceful curve. Buffon says that "a woman's breasts to be well placed should be separated by a space equal to that between the nipple and the centre of the hollow of the collar-

bones. They should be, moreover, small, solid, gently rounded, and not too firmly attached." The collar-bones of women are generally longer and less curved than those of men. The upper parts of their chests are consequently fuller, and the portions of the back between the shoulders broader. Their bellies are placed higher; their waists are smaller; and their thighs brought further forward. In a well-formed woman the half of the length of the body is just a little above the point where it is divided by the legs.

From the neglect of various precautions in childhood, which seem trifling but are very important, there are but few, if any, perfect female forms. The shoulders are either too round, or one is higher than the other; the neck is sunk too deep into the trunk or twisted; the figure is too thick, too thin, or all of a piece, as it were; and the limbs are more or less distorted. When the shoulders of a young girl show a tendency to become too round she must be made to throw her elbows well in the rear and her chest forward, and to sleep on her back. An hour's exercise every day, under the eye of a judicious teacher of female gymnastics or calisthenics, is an excellent preventive of this, as of all other female deformities.

The neck should be carried straight, but without stiffness; in such a way, in fact, that the fleshy part below the jaw may form as it were a double chin. Various contrivances, in the shape of bridles, martingales, and collars, have been resorted to in order to keep children's necks straight; but they are of no use. People who are in the habit of carrying weights upon their heads, like the negro women of the South, are observed to be remarkably upright. It has, therefore, been advised to make children do the same, with the view of giving straightness to their figures. This, if done with moderation, will probably prove advantageous.

Care must be taken not to place an infant always in the same position in reference to the light, for by constantly turning its eyes in that direction the neck and body may become permanently twisted. The practice not seldom indulged in of lifting a child by the head, to make him "see London," as it is called, not only distorts in time the carriage of the head and neck, but may again, as it has already done, prove fatal to life. The lifting or suspension of a child by means of leading-strings is sure to cause that ugliest of female deformities, the sinking of the neck between the shoulders. Children, when seated at a table for any purpose whatsoever, should be placed neither too high nor too low, for in the former case they are forced to arch their chests and round their shoulders, and in the latter to lift their arms to a height which deforms the upper part of the figure. The child should be so placed that the top of the table may reach to two fingers below his elbows. With the least inclination of the neck to sink, chairs with arms must be scrupulously avoided, and a foot-board provided. In

dressing all bandages and tight garments should be eschewed, and the freest movement allowed to the natural flexibility of the limbs. In carrying an infant care must be taken to shift it from arm to arm, for if always borne in the same position it will be sure to become deformed. When one of the shoulders sinks too low, the child should be made to support itself frequently on the foot of the opposite side. A weight should never be placed upon the high, but occasionally on the low shoulder, because the muscular effort to sustain it raises instead of depressing. It is a good practice to walk with a long cane on the low and a short one on the high side. When fatigued rest in a chair with arms of equal height will be of advantage.

Girls who draw in and tighten their waists excessively not only sin against the laws of taste but of health. The beauty of the form does not consist in the reduction to a minimum of the size of this or that part of the body, but in the harmonious relation of the different parts which compose it. The stomach and lungs, moreover, require a certain freedom of movement, and the one can not digest or the other breathe if strangled in a vice. Serious and even mortal diseases are not seldom produced by this prevalent practice of female constriction. Dr. Cazenave, who, as a Frenchman, speaks knowingly of corsets, says, "that they still require the greatest care and watchfulness, in regard to their construction, notwithstanding that, thanks be to God, those whalebone cuirasses which were so hard and so injurious to young girls have been abandoned. They should be always easy, and though intended to support the chest, should never press in front, especially above. The most important matter, however, in regard to young people is to take care that their corsets are in conformity with the progress of development. They should be frequently changed, and adapted each time to the form. *A corset which has become too tight, if worn only eight days, may destroy the beauty of the form forever.* There should always be room enough between the corset and the upper part of the chest to pass the width of two fingers."

It is a matter of great importance, though seldom attended to by parents, to select proper chairs for their children when they first commence to sit down. The seat should be firm and regular, for if soft and low in the middle, the child's neck will be sure to sink within its shoulders, and its figure to turn and become distorted from the want of a uniform and solid support. It has been recommended to use a chair with a wooden seat provided with a screw by which it may be raised or lowered. Young girls should always hold themselves straight, especially when at work, avoiding, however, excessive stiffness. In sewing or reading, instead of bending to their work or book, they should rather lift them to their eyes. They should strive, moreover, to keep their posture as erect as possible when at the piano, the drawing-board, or the easel.

Narrow shoes with high heels, which are now all the fashion, are serious obstacles to a good figure. Without a solid basis it is impossible to sustain the form in an erect posture, and poised, as our young girls are, upon the stilts in fashion, it is not easy to preserve their equilibrium. They thus habitually bend forward or backward, to the right or the left, until in the course of time they become permanently misshapen in one direction or the other.

The figure of the young is occasionally excessively stiff. It may be thoroughly well-formed, and yet so constrained in its movements as to appear to be, as the French say, *tout d'une pièce*—all in one piece. The body seems to be impaled with a stake. The best means of remedying this is by encouraging the child to play at all such games as will oblige her to run, to jump, and otherwise develop the extensibility and flexibility of her limbs. The carriage of the arms, the hands, the legs, and the feet has much to do with the ease or stiffness of the whole person. The very young, when thus prematurely stiffened, should be allowed to tumble and toss about at will until they have rubbed out all superfluity of starch.

A woman's arm is beautiful when, gradually enlarging from a delicate wrist, it becomes round and plump, with rather more fullness of the outer than inner side. It is seldom sufficiently developed in the modern woman of fashion to reach the standard of classical beauty. She does not use her limbs, and especially her arms, sufficiently to give them the muscular growth of which they are capable; and there is no more expressive illustration of the effects of exercise and indolence than the contrast between the blanched and tender pipe-stems of Miss Sophonisba in the parlor, and the bulky and glowing sledge-hammers of Bridget in the kitchen.

A delicate and beautiful hand is considered as the especial privilege of people of leisure. It is seldom found among those women who are obliged to work hard, though they may be endowed with fine eyes, a beautiful mouth, or all other female charms. We are told that small and delicate hands are more common in the United States than elsewhere; but perhaps we should hesitate in accepting this compliment to the good looks of our women at the expense of their industry.

A well-made hand should be delicate and somewhat long. The back should be just plump enough to prevent the veins from being too prominent. The fingers must be long, pulpy, and tapering, forming little graduated columns of perfect proportion. When the hand is open there should be little dimples at the knuckles, which should be slightly prominent when the hand is closed. Each finger ought to be gently curved on the back and somewhat flat on the palmar side. The thumb should not pass beyond the middle joint of the forefinger, which should terminate when extended precisely at the base of the nail of the middle one. The

ring-finger ought not to extend more than half-way up the nail of the same, and the little finger should be exactly of the length of the two joints of its neighbor. The palm of the hand, when open, should be somewhat deep, and bordered with a slightly curved and pulpy cushion of flesh. The skin of the whole should be delicate, smooth, mostly white, but here and there slightly tinted with rose color. The fingers must have an air of ease and flexibility. The common habit of stretching their joints with the view of making them snap is fatal to their regularity of proportion and beauty.

Much of the beauty of the fingers and hand depends upon the proper care of the nails. These if cut too close deform the finger-ends, rendering them stubby. The upper and free border of the nail should always be left projecting a line or so beyond the extremity of the finger, and should be pared only to a slight curve without encroaching too much on the angles. To preserve the half moon, or what the anatomists call the *lunella*, which rises just above the root of the nail, and is esteemed so great a beauty, care must be taken to keep down the skin which constantly tends to encroach upon it. This should be done with a blunt ivory instrument, with which the growth should be pushed away but never cut. Soap and the finger-brush are all that are necessary for cleaning and polishing the nails. People often find it almost impossible to remove the dirt which gathers so easily. This is generally owing to the fact that the smoothness of the inner surface of the nail has been roughened by some harsh instrument, leaving irregularities which firmly retain filth of all kinds. Care must be also taken to avoid separating the nail from the flesh, which is often done by inserting knives between them for the sake of cleanliness. Some persons are in the habit of cleaning their nails with a bit of lemon. This effectually answers the purpose as far as the extremities are concerned; but it is impossible to keep the juice from touching the surface, the transparency of which it, like all acids, destroys, and will, moreover, if it reaches the skin below the *lunella*, shrink and shrivel it.

The habit of biting the nails is as ugly as it is fatal to them. They become excessively brittle in consequence, not being allowed time to acquire their natural toughness; and, moreover, the ends of the fingers being unsupported turn over, forming an ugly rim of hard flesh which finally prevents the regular growth of the nail. When this deformity is once established it is almost impossible to remedy it. The best plan is, with the abandonment of the frightful habit of biting the nails, to press down the fleshy excrescence with sticking plaster and bandages. The surest preventive of what we term hang-nails and the French *envies* is habitually to keep down the growth of skin at the base of the nails. They should never be torn away or bitten off, but cut with a pair of sharp scissors. When much inflamed, as they sometimes are,

it becomes necessary to apply a poultice or some diachylum plaster. All hard, irritating, and corrosive substances must be kept from the hands, and excessive cold avoided. The rose tint essential to beauty of the nail comes from the transparency of its substance through which is transmitted the color of the flesh. This depends much, however, upon the health of the person.

The skin of the hands, which should be soft, smooth, and flexible, is sometimes hard and rough. This condition is not only common among persons who are daily engaged in work, which exposes them to the contact of irritating substances, but is not unusual with women of leisure. Some seem to have a particular tendency to a dryness of the skin, which on the least exposure to changes of temperature, or any cause of irritation, however slight, becomes roughened. Such should keep their hands almost constantly gloved, and wash them always, but not too often, with lukewarm water and fine soap, to which may be added a little bran, or what the French call  *pâte d'amandes*. A little cold cream before going to bed is a common and useful application. The wearing of a pair of cosmetic gloves is found by the Parisian dames very favorable to blanching and refining the hands. They may be thus prepared :

Yolks of fresh eggs .....	2.
Oil of sweet almonds .....	2 tea-spoonfuls.
Rose-water .....	1 ounce.
Tincture of benzoin .....	36 drops.

Beat the eggs first with the oil, then add the rose-water and tincture. Besmear the inside of a pair of kid gloves with the mixture, and wear them all night.

The hands are frequently chapped, and such gashes and fissures formed as to become not only frightful in appearance, but excessively painful. Care must be taken to avoid the cold. The hands should be not too often washed, and always thoroughly dried. The best remedy is a little cold cream. Professional performers on the piano, and young girls learning to play it, are sometimes affected by an excessive tenderness of the ends of the fingers, the skin of which becomes finally rough and painfully chapped. The best application is this :

Tincture of aloes.....	40 drops.
Glycerine.....	1 ounce.

It should be applied to the tips of the fingers with a camel's-hair brush on going to bed, and gloves worn.

The veins on the back of the hand are sometimes too large and noticeable for good looks. However well made the hands may be, they can not appear beautiful if prominently veined. This generally arises from some peculiarity in the organization of the vessels, and can not be entirely removed. Much can be done, however, toward lessening this natural defect by a few simple precautions. The hands must not be washed in very hot water, or allowed to hang down, as the blood will thus fill and

stretch the veins. Care also must be taken to avoid all compression of the arm and wrist by tight arm-holes and sleeves. A close-fitting glove, however, may be worn with advantage.

Chilblains not unfrequently attack the hands as well as the feet of children, and leave after them ugly scars of the skin and a disfigurement of the nails. Nothing is so fatal, in fact, to the beauty of the fingers. Here is a balm which is strongly commended :

Essence of turpentine .....	1 scruple.
Olive oil.....	2½ scruples.
Diluted sulphuric acid .....	15 drops.

There have been a thousand or more remedies proposed for those ugly excrescences known as warts. Those which are so common among children generally disappear with their growth. They can be removed by tying tightly about their base a silken thread, and thus strangling them ; by cutting with a knife, taking care to touch the bleeding surface with a little nitrate of silver ; or by caustics. The best of these is the pure acetic acid, with which the wart should be lightly touched morning and night, taking care that the application does not extend to the surrounding skin. A little wax spread about the base, or a bit of sticking plaster with a hole cut in it, and passed over the top of the wart, is a convenient means of protection to the neighboring parts.

Many young girls, and even women, are much inconvenienced and annoyed by an excessive sweating of the hands. It is not uncommon to see such continually occupied with soaking up, by means of their cambric handkerchiefs, the moisture of their dripping palms. This unceasing exudation is more or less constitutional, and is to be cured only by remedies applied to the body generally, such as tonic medicines, generous living, regular exercise, particularly riding on horseback, and sea-bathing. The best of all local applications is powdered starch. Mental causes have great influence, and particularly depressing emotions of all kinds. These, therefore, should be avoided, if possible, and the nerves fortified by a proper moral regimen.

The distinguishing beauty of a woman's thighs is their fullness, lustre, and the gentle curves of their lines. They should be firm, massive, and, when in a standing posture, should touch each other lightly above. "*Les reliefs qui les surmontent en arrière, ont,*" says a French writer, with a nicety of expression not easily translated into English, "*un genre de beauté qu'il serait difficile de décrire, et qui paraît consister dans le passage agréable que ces renflements établissent entre les torses et les membres. La sécheresse ou l'exagération sont les défauts ordinaires de ces parties.*" These are to be remedied by such diet and regimen as affect the fitness or thinness of the person. An undue prominence of these parts is often caused by an excessive tightening of the waist.

The legs, to be beautiful, must be long, round, plump, and white. They should gradually taper toward the foot, but not so much as to term-



inate too meagerly. The calf should be full, enlarging by gentle degrees from the knee above and ankle below. The Parisian dames, who are famous for the full development of the calves of their legs, which they are so proud and ready to display, are indebted for them, it is said, to something which has no beauty in itself, though it appears to be the cause of it. This is the dirt of the streets of Paris, to avoid which the French woman lifts her robe to a height, and poises herself upon her toes with an agility unknown to the modest and graceful of other lands. This mode of stepping brings into powerful action the muscles of the leg, and thus expands the contour of the calf. The same effect is produced by the same cause in the figurantes of the Opera. The ankles, however, are frequently enlarged in the course of the process; and thus most dancing girls have them coarse and swollen. The joint of the knee is never prominent in a well-formed thigh and leg.

A perfect foot is a great rarity. It should be of a size graduated to the height of the person, and white, well arched, and firmly planted. Such a foot, neither too large nor too small, but justly proportioned to the stature it supports, with a smooth surface, regularly curved outline, and distinct divisions, is now only to be seen in art. The woman of ancient Greece possessed it, for the sandal she wore left the foot unfettered and gave a free development to its natural grace and proportions. The boot and shoe of our day, with the prevalent notion that every thing must be sacrificed to smallness, have squeezed the foot into an ill-shapen and indistinct mass, where it is impossible almost to recognize its parts, and especially the toes, in the individuality and completeness of their original forms. In all antique statues the second toe is observed to be longer and more salient than the others. This was undoubtedly the original form of nature, but it is seldom if ever seen in the modern foot, the shape of which has been so greatly perverted by the shoe. As our coarse climate and fastidious delicacy forbid the sandal, and render the boot and shoe necessary, care should be taken to adapt them as perfectly as possible to the natural conformation of the feet. They should be long and wide enough to admit of a free play of the toes. The space between the heel and beginning of the sole of the shoe should be firm and of the same curve as the natural arch of the foot. A boot or high shoe should be preferred to a low one or a slipper, for it protects the foot better, prevents the tendency to swelling, supports the lower part of the leg, and is favorable to the walk and attitude. "The female shoe or boot now in vogue is, in some respects," says a sharp critic in *Harper's Bazar* of the shortcomings of fashion, "very faulty. It has but one good quality, the square or broadly-rounded tip, which is conformable to the natural shape of the end of the foot; and if not made, as it generally is, too tight, would be favorable to the free action so essential to the ease and beauty of the toes. The

arch of the shoe is too high, and, by pressing strongly upward, weakens and distorts that of the foot. This defect is increased by an inordinately high and narrow heel, which is, moreover, brought too far forward, with the view of giving an artificial appearance of shortness to the extremity. This position of the heel toward the centre of the foot has the same effect as if the buttresses of an architectural arch were removed from the end to its middle. It takes away the strength of its natural prop and makes it a weakness.

"The natural arch of the foot is a distinctive mark of what we are pleased to call ourselves—a superior race. The African has scarcely any arch at all, and 'wid de hollow of his foot he makes a hole in de ground' of the Ethiopian song is hardly an exaggerated description of the negro's peculiar structure. Fashion, with its usual tendency to exaggerate natural beauty, adopts the high and forward heel with the view of heightening the instep, or increasing the arch of the foot which is so much coveted. This attempt to force a grace beyond the intention of nature is followed by the usual result of distortion and disease. The high and misplaced heel, and the other vices of construction of the fashionable shoe or boot in vogue, force the toes forward, constrict them violently, and not only deform the foot but torture it with various painful affections.

"The growing of the nail to the flesh of the toe is one of the common results of wearing a fashionable or ill-made shoe. This is one of the most painful of affections. In its earliest stage it can be easily remedied by paring the nail always in the centre of its free end, without touching the angles, until it becomes of a semi-lunar shape, with its concave looking outward. The tight and high-heeled shoe, however, must be at the same time abandoned. If the disease is too severe for this simple remedy recourse must be had to the surgeon, who will remove it by an operation which is considered, though not dangerous, the most painful of his art. He will pass with all his force the sharpest blade of his scissors between the nail and the flesh of the toe down to the very quick, and having severed it in two, will, with strong pincers, wrench out each half from the ulcerated flesh in which it is embedded. Before the discovery of chloroform it was customary for the surgeon to tighten with all his might a bandage about the root of the toe, in order to deaden somewhat the excessive torture of this operation.

"The corn and bunion come from an enlargement of the natural papillæ which exist every where in the skin, and the thickening and hardening of the integument which surrounds and covers them. They are produced solely by ill-fitting shoes. They can be easily relieved by cutting, but can only be effectually got rid of by the removal of the cause. A corn or bunion should be dug out in the centre, and never pared on the edges. The professional pedicure always operates in this way; but with a shrewd,

though dishonest, compliance with vulgar error, he pretends to take out a root which does not exist, notwithstanding that he often exhibits one in the form of a hog's bristle, which he has ever ready at hand to confirm the public credulity.

"Next to the knife—which is dangerous in a clumsy hand—the best remedy is the application, by means of adhesive plaster, of a piece of wash-leather, or *amadou*—or spunk, as it is commonly called—cut so as to cover the whole corn, and pierced in the centre with a hole corresponding to the size of its summit. This diffuses the pressure, and removes the particular friction which has created the excrescence."

The blisters which usually form on the feet after a long and fatiguing walk should be opened with a needle, and all the fluid allowed to escape, but the skin which contains it ought never to be removed. The application of a little cold cream and rest will be all the additional treatment required. The best remedies for chilblains are cold water, snow, wine, brandy, hartshorn and oil, Cologne, lavender, rubbed daily on the affected parts, provided they are not yet broken into sores or ulcers. An ointment thus made is considered excellent :

White precipitate .....	6 grains.
Chloroform .....	20 drops.
Cold cream .....	1 ounce.

When the chilblain is very painful, and there is a good deal of swelling, a poultice of elder or camomile flowers will be useful, followed by a little simple ointment and laudanum.

The foot is liable to a troublesome exudation between the toes, accompanied often by redness, itching, and inflammation. The best preventive of this annoyance is, in addition to cleanliness, the application of a lotion of diluted Cologne or lavender water, and a bit of fine linen between the toes. It may be necessary sometimes to use this ointment :

Carbonate of lead .....	18 grains.
Cold cream .....	1 ounce.
Essence of bergamot .....	10 drops.
Mix.	

The feet, like the hands, are not seldom affected with an excessive sweating, which moreover has the additional inconvenience of being almost always of an insufferable odor. If this were only the result of a neglect of cleanliness it could easily be remedied by that attention to the toilet obligatory upon every decent person. It, however, unfortunately is often a constitutional infirmity which, although it can be diminished by a minute attention to cleanliness, can not be entirely removed. It must therefore be masked. The best applications for this purpose are lotions made of infusions of sage, thyme, or rosemary; but care must be taken not to repeat them too often lest the skin should become finally macerated by constant wetting, and rendered more favorable to the secretion of this nauseous perspiration. One application morning and night will be sufficient. After each the feet must be well dried, and rubbed with powdered starch or orris root.

It is a good plan to dust the inside of the stocking with this :

Starch powder .....	16 ounces.
Orris-root powder .....	4 ounces.
Camphor .....	2½ drachms.
Mix.	

A certain plumpness is essential to the beauty of the female form; but its excess is not considered with us, at least, as an addition to the charms of woman. Africa alone, of all nations—though Turkey has a leaning that way—sets up fatness as a standard of beauty. Cuffey expands female loveliness beyond the limits of the embrace of any ordinary mortal, lards it with layers of fat, like a plump partridge prepared for the spit, and feasts his dainty imagination upon the oleaginous charms of female blubber. The Hottentot Venus suckled her young over her shoulder, and carried the rest of her family upon her natural bustle. It is not often that our women, who are generally too nimble in mind and body for its accumulation, complain of fat. Some people, however, have a great tendency to it. This is often hereditary, and shows itself in childhood. There are certain circumstances, moreover, which greatly favor the development of fatness, whether original or acquired. Such are a sedentary life, habits of indulgence, want of light, frequent and prolonged slumber, and physical and moral indolence. A life of wantonness and idleness is said to be the cause of the plumpness of the women of the East, and there is no reason why it should not have the same effect upon those of the West.

The food, however, has more influence than any thing else upon the plumpness of the body, and the effect of quality is greater than that of quantity. Bread, butter, milk, sugar, potatoes, beer, and all spirituous liquors are particularly fattening. The women of Senegal expand to an extraordinary degree of plenitude, in the course of a few months only, by gorging themselves with fresh dates. Any woman who is troubled with a superfluity of fat and wishes to get rid of it, can succeed by persevering in a certain diet and regimen. She must live in a warm and dry climate, avoid those articles of diet which are especially fat-producing and eat those which are not, with a plentiful supply of acids, lead an active life with brisk exercise both of body and mind, lie on a hard bed and never remain on it long. To these may be added with advantage frequent rubbing of the body with a rough towel or brush, an occasional laxative, alkaline, sea, and vapor baths, with shampooing or kneading of the flesh. Iodine has been occasionally given and found useful. Banting, an Englishman, at the age of sixty-six years reduced himself from two hundred and two pounds (202 lbs.) to one hundred and fifty-six (156 lbs.) in twenty days, by the following diet and regimen: For breakfast, 4 or 5 ounces of beef, mutton, kidneys, bacon, or cold meat of any kind, with the exception of fresh pork; a large cup of tea, without sugar or milk, a

small biscuit, or an ounce weight of toast. For dinner, 5 or 6 ounces of fish (no salmon) or meat (no fresh pork); all kinds of vegetables except potatoes; an ounce of toast, the fruit but not the paste of a tart, poultry, game, two or three glasses of good claret, sherry, or Madeira, but no Champagne, port-wine, or beer. For tea, 2 or 3 ounces of fruit, about an ounce of toast, and a cup of tea without sugar or milk. For supper, 3 or 4 ounces of such meat or fish as at dinner, with one or two glasses of claret. Before going to bed, if required, a glass of claret or sherry. This plan of Banting has been tried again and again with advantage and without the least unfavorable accident.

If there are some persons who are anxious to get rid of fat, there are many more, particularly in our country, who are desirous of acquiring it. Thinness is by no means the sign of a bad constitution. On the contrary, it often belongs to the most vigorous of our race. There are, moreover, some charming women, who, though endowed with every other personal attraction, are destitute of that fullness essential to the perfection of the female form. Such, instead of grieving over an organic defect, and resorting to useless and often injurious means to remedy it, should console themselves with their natural fineness of structure, lightness of movement, and the use of such resources as are furnished by a skillful toilet. A regular life, great moderation in pleasure, the avoiding of all social and other dissipation, moderate exercise, light occupation, freedom from nervous excitement, plenty of sleep, and a tranquil and contented spirit, will tend to give flesh to the most meagre. To these must be added a generous diet of meat, vegetables, farinaceous food of all kinds, and a moderate quantity of beer or wine. Fresh milk taken early in the morning is said to have a very fattening effect, and frequent warm baths, either simple or emollient, are indispensable.

Dr. Cazenave says that there is nothing more likely to produce excessive thinness than im-

moderate love, and especially jealousy. Saint Augustine, as quoted by Fénelon, in his treatise on the education of girls, says: "I have seen a baby in arms jealous; it could not pronounce a single word, and already regarded with a pale face and angry eyes another infant who was being suckled at the same time with it." This infantile jealousy is said to be a not uncommon cause of the wasting away of the youngest children. Care, therefore, should be taken to avoid exciting this pernicious passion by a just distribution of care and caress among brothers and sisters.

The beauty of woman depends greatly, after all, upon her bearing and address. The most perfect face and form, if deficient in expression and grace, will fail to attract, while irregular features and a disproportioned body are not seldom endowed with the most winning power. Our American women, with all their acknowledged attractions, do not reach the very highest standard of beauty as often as they might for want of due attention to their expression, attitude, and walk. They are ordinarily too brisk; and this is no less true of the muscular action of their faces than of their forms. Hence results a jerkiness, if we may use the word, which is fatal to that calm and almost languid flow of movement essential to female grace. The Greek women of antiquity, who were very studious of their attitudes and actions, thought a hurried and sudden step a certain sign of rusticity. La Bruyère says a fool never comes in or goes out of a room, sits down or rises up, or stands upon his legs like a person of sense. A habit of walking stiffly frequently comes from wearing excessively tight dresses, particularly in youth; and a very ugly way of stepping heavily is generally produced in children by their nurses and other grown people not adapting their walk to theirs. A certain relaxation, as it were, or *abandon*, as the French say, in each attitude, and a graceful suppleness in every movement, greatly increase the intensity of female seductiveness.

### UNANSWERED.

How sad and awful it must be for God to listen,  
Sitting in white calms upon His shining throne,  
To all the ceaseless and unanswerable prayings,  
Beseeching blindly for the good unknown—  
The importunate pleadings of strong souls in pain,  
Yearning for what they never can attain:

To answer with a blank and wordless silence  
The passionate longings of the heart's desire  
Over some dear one, on whose brow His finger  
The awful sign hath written—"Come up higher!"  
To listen, answering not, yet know one breath,  
One look, would stay the chariot wheels of Death.

God is not deaf: the cry of every human creature  
That out of doubt and darkness calls to Him—  
The infinite, sad chorus of appeal He heareth,  
Between the hymning of the cherubim;  
Amid the music of the swinging spheres  
The lowliest breathing of His name He hears.