ADVICE TO BATHERS.

The following suggestions on the subject of bathing are taken from a recent article in the New York *Herald*.

Many ladies and gentlemen, too, are exercised yearly over their bathing suits. What kind should they wear? Well, tastes differ, and all of them can be indulged in without any great harm. For practical purposes, however, it can be borne in mind that neat, well-fitting garments are the best. The closer they fit about the neck and limbs the greater comfort they are likely to give. While any color may be chosen it can be remembered by ladies who are desperately anxious to be modest in their apparel that loud and glaring colors are more apt to attract the eye to a bather than any particular snugness in a costume's fit.

A lady's hair seems to cause her most concern in bathing, and some take precautions to keep it dry, not only to save the bother of recombing, but to keep it in bounds while in the water. If the head be bathed before leaving the bath-house and the hair arranged while there no discomfort will be suffered in the water from its straggling.

These suggestions will naturally appear to anyone who visits a watering-place, but many more prohibitions will occur to him once he observes current practices there. To the ladies one would say: Do not go in bathing till you are ready. When the toilet is made chiefly on the beach, instead of in the bath-house, the bather is apt to get a good deal of occupation, and so are the lookers-on.

Do not assume recumbent positions on the sand which are studiously graceful, and remember you are interested in the queer bugs and shells you observe around. Anyone will see through it at a glance. Do not wager that you are particularly delighted with your new suit and that you need no strengthening. Extravagant adjectives in conjunction with such wagers will not have a leaven.

When a pebble bruises the superior arch of the unexpected crab presses his advantage, your attention do not cry "Ouch!" and look weak and agonized. The bathing female will all say you are displeasing to the fidelity of a mish.

When a wave has covered you up and you gave some total strangers by the exposure of your back fat rolls to either side of your spine upon his shoulders and wriggle like a — — —