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- ATHENA magazine welcomes readers' comments, suggestions or contributions.
- LETTERS to ATHENA magazine will be published if they are of general interest or refer to articles of previous issues.
- An INDEX of all references in the magazine has been added on the last page and will be permanently revised in every issue, so as to make ATHENA magazine more useful to its readers.

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The history of clothing begins with the fig leaf in the Garden of Eden, but it has come a long way since. Archaeologists and other specialists do not fully agree on the primary reasons that caused man to cover his body.

Some believe that clothing was introduced mainly to protect man against weather conditions. Others insist the main reason was the human beings' need to become more attractive in order to appeal to the opposite sex, or to look repulsive in order to scare off enemies and inspire fear. Another belief is that man, motivated by his innate feeling of shame, wanted to hide parts of his body.

Whatever the origin or reason that led man to conceal his body, all these factors played their part in the development and styles of clothing throughout the ages.

Ancient attire, for instance, was something to cover the body with. The various accessories were added to improve the appearance.

Even in Ancient Greece women and men used many accessories in an attempt to look more attractive and to appeal to the opposite sex.

The ancient garment, for example, was not made in the shape of the body but consisted of a rectangular piece of cloth, embracing the body loosely to allow free movement and comfort. Sometimes, however, belts and buckles were used or a few stitches were made.

This tunic or drapery was also used as a "himation" (an overcoat). Men did not wear underclothes. But women knew very well the use of the "strofion" (the modern bra or brassiere).

The standard type of tunic left the shoulders bare and the right side of the body completely free.

The "himation", an ordinary garment made of wool, was wrapped around the body quite simply with no other decoration or finery, resembling those worn by the philosophers in their statues.

Children wore short tunics without a belt. This allowed them to move and play more freely. Spartan children after the age of 12, wore the himation instead of the tunic. It was large enough to cover the entire body.

The Greek women’s garment was basically the same as the one worn by the men, unisex-style, but various decorations and a different arrangement gave it a more coquettish air.

The simplest female garment, called the peplos, was the one worn by the Spartan girls. It was considered a shocking and outrageous attire. The peplos was a veil made of wool, tightly fitted and held together by only one buckle on each shoul-
The graceful movement shows the rich and refined draperies of her chiton and himation. This exquisite figure from the parapet of the Temple of Nike expresses the new trends of Attic sculpture at the close of the 5th century B.C.

The materials used in Ancient Greece were linen, wool and satin. The finest and the oldest linen material in the world, dating back to prehistoric times, was discovered at Lefkandi, Euboea and is on exhibit today in the museum of Eretria. The finest linen today cannot compete with the perfection in this work of art.

The finest satin in the ancient world was that made on the island of Kos – a colony of the Cretans (the Minoans).

Women and men who followed the styles used many ornaments - necklaces, diadems, earrings, arm bracelets, rings around their legs, anklets and so on. They also applied a variety of perfumes as well as cosmetics - cold-creams, day-creams, eye-shadow, blushes and lipstick. Necessary accessories were the fan, the umbrella and the hat – very useful objects in a country with such a warm and sunny climate as Greece.

The umbrella (skiathion) shown in many reliefs and vases of the 5th century B.C. is the very image of the modern umbrella. Very large hats with a rainbow of colours and feathers were worn in Ancient Crete. Small round hats similar to today's berets were in style as well.

There was considerable variety in women's footwear. Their sandals were more elegant than those worn by the men. Even in ancient Greece women wanted to look taller. Bottoms were placed on their sandals resembling the platform shoes worn in the 1970's.

They were made at the cobbler's and consisted of only one sole, made of leather, wood or cork, held together by straps, tied around the ankle and the toes.

The word sandal (sandalen) comes from ancient Crete. It is a pre-Hellenic word used in most languages all over the world.

Boots were also very popular in Ancient Crete. The Cretan women preferred the high-heeled boots.

The stylish coquettes, including the men of antiquity, used all these techniques to improve their appearance, to become more beautiful and to express the superiority of their social position and their exquisite taste.

IRENE KAMP