

WHAT MATTERS TO MEN.

# BEST LIFE

SUCCESS  
WITHOUT  
STRESS

**Spitzer Syndrome:**  
How to Win Without  
Losing Yourself

**101 Best Places  
to Raise a Family**

**Your Ultimate Checkup:**  
An Essential Checklist

**The Smart Man's  
Stay-Lean Food Plan**

BE THE  
PERFECT  
FATHER

**1,789 Ways to Raise Your Children  
Smarter, Fitter & Stronger**

**Jason Bateman  
Outwits Us Again**

(Mr. Bateman wears Yves Saint Laurent. Story on p. 112)

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# THE BEST ADVICE

HEALTH FINANCE NUTRITION FATHERHOOD SEX RELATIONSHIPS CAREER TECH

URGENT QUESTIONS | TOP EXPERTS | DEFINITIVE ANSWERS

*Can you recommend a serious business look that will keep me cool during the dog days?*

Take a page out of the Italian playbook—it's almost always a good idea—and wear what's popular on the Amalfi coast. Many Italian men sport all-cotton dress shirts made from a fabric called *nipo d'ape celeste*. It means "celestial honeycomb fabric" and translates to an airy shirt that keeps the body cool. The honeycomb weave wicks moisture. Think of it as a centuries-old formal-wear version of Nike Dri-FIT. Shirts made from this fabric are hard to find in the States, but Isaia and Domenico Vacca offer custom creations. A more widely available alternative is an open-weave Egyptian or Sea Island cotton shirt; you can find them at both Salvatore Ferragamo and Brooks Brothers. When it comes to choosing a summer suit, look for light colors, which won't retain as much of the sun's heat, and lighter fabrics such as cotton or linen. Even better: Find a suit with an unlined jacket. One hundred percent linen suits are impossible to keep wrinkle free, so opt for a linen-rayon or linen-cotton blend, which will keep you from looking disheveled. My go-to summer suit is a khaki cotton two-button number by John Varvatos. I'm comfortable wearing it to formal meetings, but it also has a "doing business in colonial Africa" edge. If you want to be more adventurous, try a dove-gray suit with a blue shirt and silver tie. **ERIC VILLENY** *Villency is the president of Maurice Villency, a Manhattan design studio, and a regular contributor to NBC's Today.*

**HEAT WEAVE**  
Keep your cool with a light summer suit.

Clothing by Salvatore Ferragamo.  
On her: Tracy Reese.

WHERE TO BUY? SEE PAGE 158