

# PHYSICAL BEAUTY— HOW TO KEEP IT



ANNETTE KELLERMANN

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**PHYSICAL BEAUTY**

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**ANNETTE KELLERMANN**

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MISS KELLERMANN IS AN EXAMPLE OF FULL BODILY  
DEVELOPMENT APPROXIMATING THE "IDEAL RATIO OF  
FEMININITY."



**P H Y S I C A L  
B E A U T Y**  
**HOW TO KEEP IT**

**BY ANNETTE KELLERMANN**

*Illustrated*



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**THE RIGHT TO BE BEAUTIFUL**





# PHYSICAL BEAUTY

## HOW TO KEEP IT

### CHAPTER I

#### THE RIGHT TO BE BEAUTIFUL

**F**OR centuries we have recognised the measure of a man to be a sound mind in a sound body. But of woman the world requires more than soundness; it demands beauty.

The value of beauty of mind we fully recognise—education, accomplishments, character, all that distinguishes the cultured woman from the stupid uninteresting drudge—these things we believe to be worth endless pains to acquire and keep. But beauty of body, which we instinctively know to be fundamental to happiness and success, we are taught to hold a thing of doubtful value, and only grudgingly recognise it as being worthy of cultivation.

This strange state of affairs has its explanation in our perverted moral code. Beauty of body is intimately and powerfully concerned with sex-

ual attraction, and sexual attraction has, strangely, come to be looked upon as a thing half righteous and half wicked. If bodily beauty is ours by heritage we are considered fortunate, and no sin is charged against us, for we are not responsible for such beauty. But if we deliberately cultivate beauty, then wagging tongues insinuate that we are consciously trying to exert our charms to no good ends.

Love, we are told, is an incident to a man but the great fundamental fact of a woman's existence. Yet she must not seek it, but must wait for it to seek her. The natural beauty of youth plays a vastly important rôle in the outcome of that seeking. But, should a woman once married try to keep her body beautiful, she is accused of seeking further loves.

It never occurs to these short-sighted moralists that the failure of marriage lies in the fact that they try to substitute the legal or moral tie of marriage for the natural attraction that originally led to the union.

Out of such false reasoning has grown this lie of civilisation, this hiding and covering up of the worth-whileness of woman's bodily beauty, this notion that pride in beauty of body is, at best, a silly vanity; at worst, downright immorality. Yet

this is an obvious lie; for our system of marriage is not sufficient to kill the deep instincts of life and love, and not only does the girl who fails to possess beauty of body fail in finding love, but the woman who loses her beauty of body fails to keep that love which she has found.

All our religion and all our morality has failed to keep men good—if by goodness we mean for a man to remain faithful in spirit as well as in the flesh to the love of a woman who loses her physical attractiveness. So we find the world filled with unhappy homes from which love has flown with the passing of the fresh complexion and the lithe figure of girlhood, and all because of the popular fallacy that marriage blinds a man forever to feminine charms and obviates the necessity for the wife's remaining attractive.

But this ancient stupid notion that forbids a woman consciously to cultivate beauty is rapidly losing ground. The more intellectual women of to-day recognise that they can no longer make pretty clothes and nicely powdered noses take the place of genuine bodily beauty.

This then is the new gospel of woman's right and duty to be beautiful. She must possess that invisible inward beauty of health that is the basis of all visible outward beauty of face

and form. To this fundamental source of inner beauty she must add the conscious external beauty of grace of action and expression as seen in the supple body, well groomed and well dressed,—in features and complexion well cared for and in a mind cultivated in wit, ease and expression.

By no other plan can woman win love worth having nor keep the love she has won. On no other basis can she win and keep the admiration of the world at large, which is so essential to keeping the man she has won proud of his possession of her and attentive, lest he lose her.

If this plan of life be immoral, then so much the worse for morality, for mere morals cannot stand against it. But it is not immoral, for it leads not to the dissolution of marriage, but to its greater permanency and success. When women fade at thirty, grow fat at forty, and shrivel up at fifty, no system of morals will save them, for man's love must have feminine beauty as a flower must have water; and if women will insist on becoming ugly, men will instinctively turn again and yet again to the fleeting beauty of youth—beauty that fades and passes if it be neglected and uncared for.

If we could only stop lying to ourselves and



HEALTH AND THE BEAUTY OF HEALTH.



get at the truth of the causes of marital unhappiness and divorce—the fundamental truth, which we disguise by such names as “incompatibility of temperament,” “unfaithfulness,” or “desertion,” by which terms the law designates the particular fashion in which two people have grown tired of each other—we should find that in seven cases out of ten the wife had lost her physical charm for her husband.

The average woman takes it as a matter of course that she shall “settle down” after marriage. And she usually settles with a thump. The process is in some mysterious way connected with losing her figure, and letting drift all matters relating to the care and preservation of her body beyond the bath and the tooth-brush, conceded to be essential to mere decency.

As a result we have hundreds of young and middle-aged women fat, shapeless, loose, engaged in a continuous struggle with their buttons; or scrawny umbrellas of women, with every curve a hollow, and every bone trying to make itself felt and seen.

A man may admire a wife for her intelligence or amiability; but if such mental beauty be not united to a healthy beautiful body, a body that partakes of the grace and strength and endur-

ance of the perfect animal, there cannot abide between them that full measure of admiration and love, without which the heart of marriage is broken.

Even though the wife has lost or has never truly won her righteous inheritance of bodily beauty, if there are sufficient mutual interests and social ties, a married couple may live out their years in stupid comfort and passing toleration. But they will never know that love which might have been theirs had the wife possessed and retained the exhilarating beauty and vitality that comes from the full and applied knowledge of making the most of her physical self.

Health and the beauty of health light the fires of love and keep them burning. It is a more potent sermon on "How To Keep Your Husband" than all the issues of *The Homely Ladies' Journal* which tries to answer that question with a lot of drivel about "tact" and "sympathy" and "warmed slippers" and "attractive dishes from left-overs."

The old lie that the cultivation of feminine beauty is wicked wrecks more homes than poverty, and kills more loves than does downright immorality. The new and true gospel of a woman's right to remain beautiful will save more



marriages than all the anti-divorce sermons ever preached.

The beautiful woman should, indeed, have a pretty face, but the perfect figure is even more essential; and behind this beauty of face and beauty of form is an even more fundamental fact that a woman must be beautiful of body to the very core of her being; she must have health-beauty, vital radiant health that keeps the bloom upon her cheek, the flash and sparkle in her eye, the snap and vigour in her carriage, grace in her every movement, and last but by no means least, the vivacity of mind that can no more flower in a sick and weakly body than roses can thrive on barren impoverished soil.

If I could only make you understand all this, if you could realise what it is to waken in the morning, feeling that the day could not possibly be long enough to let you live as much as you wanted to, if you could know what it is to walk and work and play and feel every inch of you rejoicing in glorious buoyant life, there is not one of you who would not say, "Teach me, teach me!"



# **THE ELEMENTS OF WOMAN'S BEAUTY**



## CHAPTER II

### THE ELEMENTS OF WOMAN'S BEAUTY

**B**EAUTY in woman is a thing of many phases. With the putting on of clothing, woman, at least in our western scheme of civilisation, left her face exposed. The face is quite obviously the most expressive part of our being; and so, with the body hidden, and with that stupid custom of enslaving woman to physical inactivity that arose out of man's sense of property, in woman, we came to consider woman's beauty as dwelling wholly in the face. Yet it does not dwell there alone.

The fundamental basis for feminine beauty is the body as a whole—the "figure," as we call it, and the carriage and grace which are the attributes of the figure in action. To consider the problem of beauty more thoroughly, we divide it into those elements that are commonly recognised as producing the effect in its entirety. We have, first, bodily form; second, carriage; third, grace of action; fourth, features; fifth, complexion; and sixth, dress.

All of these elements of beauty are closely linked to the fundamental problem of health. Not even dress, the most artificial of all, can stand the test of ill health and weakness, for one must not only possess clothes, but must wear them well. And to wear clothes well, one must have good form and carriage and that dash and vivacity at rest or in action that is possible only to the vitally healthy and soundly developed body.

Bodily form—the perfect figure—how many atrocities are committed in thy name! Woman since her enslavement and degradation, which began from the day that man took her for a toy instead of a partner, has sought in lazy, shiftless ways to acquire and retain a “figure.” She has laced and squeezed her body; puffed and padded it; covered it up and hidden it with flowing robes and starched ruffles and wire cages; and, worst of all, she has tried and oft times succeeded in making herself and her men folks believe that mere fat was “form.” These stupid tricks have had their day, but have been abandoned with the progress of human intelligence.

The artifices that disguise the imperfectly developed and the over-developed body, in so far as they are effective, are decidedly immoral. I

am not asking any woman to advertise her lack of bodily charms on the ground that the mere effort to appear at her best is immoral because of the deception involved. In fact, I believe and urge every woman always to appear at her best; but I maintain that the surest way to appear at her best is to be at her best.

What I mean by these disguises being immoral is that they fool the wrong man. The husband knows better. In a world of ill-formed women made passing fair by trickery of clothes, every woman appears better to some other man than to her own, for he knows her disguises. Of course, you say that if he will think he will know that the other woman is likewise disguised—and so he will—if he thinks—but man does not love by thinking.

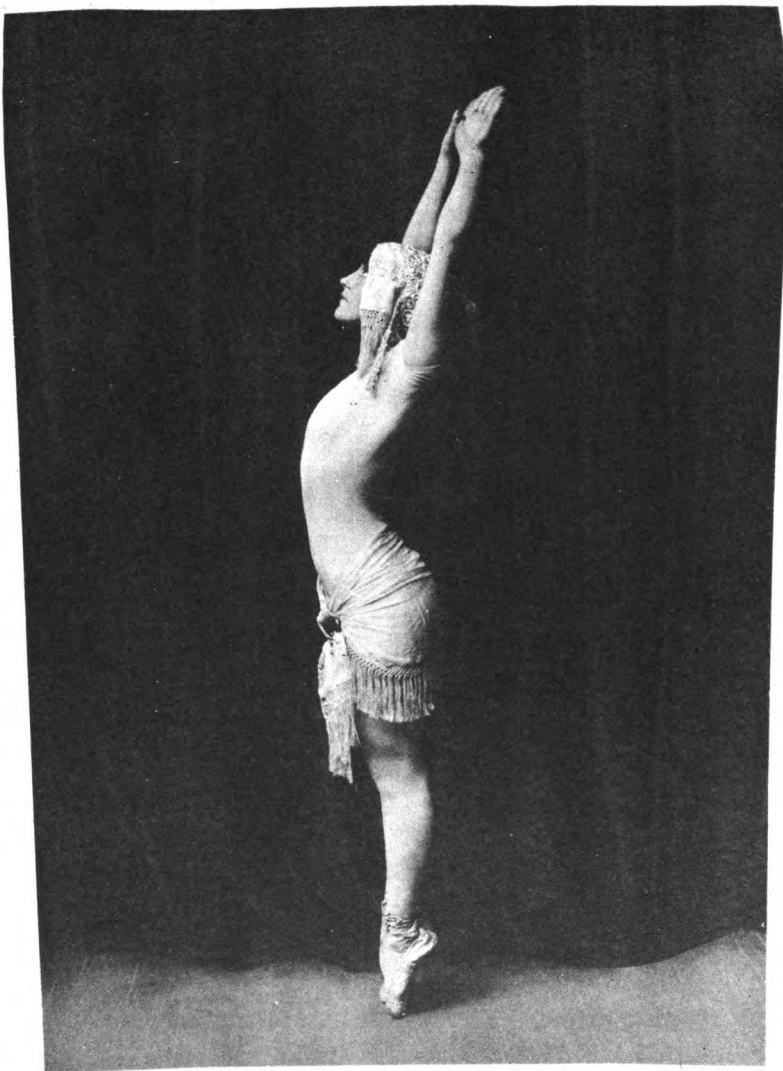
The way to a man's heart is neither through his brain nor through his stomach—the advice of colleges and cooking magazines notwithstanding—but through his sense of feminine beauty. And the more we women recognise this truth and learn not only to appear, but to be at our best, the less will trickery of dress be needed to make us appear presentable—and the more beautiful will every man's woman be to him, in competition with the passing show of general femininity.

Fooling people is a waste of time and inefficient. By putting the energy we spend on make-shifts and artifices into acquiring the beauty we simulate, we can achieve real beauty, and be freed from the ignominy and ineffectiveness of deceit.

Clothing we must have and its fuller relation to genuine physical beauty I shall discuss in a later chapter. But the last of the mentioned substitutes for beauty is a thing we do not need at all. "Fat" is a short and ugly word. But "stoutness," "plumpness" "fleshiness," "obesity," "*embonpoint*" are only soft-pedal euphemisms. It is fat just the same, and just as clumsy, as unhealthy, as ugly and awkward when spelled with ten letters as with three.

We are told by artists and scientists that a woman naturally possesses more fat than a man, —that it is essential to round out the curves of her body and make her "plump." I am tired, also, of this ancient stupid lie. It is a lie made by man, too cowardly to retain his woman by genuine worth. For devotion and love he substituted the harem; he penned his women up and fed them dainties and indulged their inactivity and laziness until they grew fat and "plump."





THE FUNDAMENTAL BASIS FOR FEMININE BEAUTY IS THE  
BODY AS A WHOLE.



But the harem system was only a passing phase between savagery and civilisation, and growing human intelligence and morality made it intolerable. Woman is again engaged in the activities of life, but the old lie remains like bits of shell clinging to a newly hatched chick. Woman is suffered to be fatter than man because she is a woman—and well-fed and lazy. Does this explanation appeal to your pride of common-sense? Consider the female race horse. She is a beautiful creature. Is she fat because she is a female? Is any female animal fatter than her mate because she is a female, or more beautiful if she happens to be fat?

Woman is naturally smaller than man, and so are most of the females among the higher animals. That is because males have fought with each other to win their mates, and the bigger, and hence stronger, males have found mates and sired offspring. But smaller size and relatively less muscular strength does not need to mean fatness. Fat is weakening and in a society where woman's weakness was a virtue, fatness in woman may have been desirable. But weakness is no longer a virtue, but a handicap to woman; and the development of such natural health and strength as she possesses is a privilege and a

duty. The crude strength needed to dig ditches is of no value to woman, but that strength and health which is essential to handling her own body beautifully and efficiently and to keeping her mind alert are very essential to woman, and fatness is the enemy.

But, say you, if I am not fat, shall I be skinny? Certainly you will, if you have nothing but skin to cover your skeleton; but God gave you muscles far better for the purpose than the oily baggage that comes from too many chocolate creams and too little bodily activity. Fat is most difficult to control. It has an awkward habit of accumulating where we least want it and refusing to appear where it is needed.

Muscles never act in this way. The more you develop them, the more beautiful they become. You want slender ankles, tapering wrists and a supple waist, and you cannot grow excess of muscles there. And you want a full chest, well-rounded arms and plump calves—or ought to—and muscular development will give these to you in just the right degree.

Bodily form, or the perfect figure, is to be won by proper muscular development and proper control of weight by rational diet. There is no other way.

Carriage and grace are to be won both by the development of the muscles and by the correct habits of using them, and there is no other way.

Features are more a matter of inheritance than any other phase of bodily beauty, but even here the element of beauty is far more a matter of intelligent control than most of you realise. Good features are quickly ruined by fat or wrinkles, by a muddy complexion and loss of muscular tone. What seem to be very ordinary features pass for beauty when the body is perfect and the blood is pure and the expression is vivacious and sparkling with health and the joy of living.

Complexion is one-half health, one-third care, and the rest of it may be nature. How insignificant is nature's part, we see revealed in the fact that blondes and brunettes are equally in vogue. The man who madly adores blondes will leave the faded blonde for the bright brunette, and when the olive tint turns to plain mud-color, he will leave it as quickly for some new blonde whose skin shows that freshness that can only bloom from the soil of perfect health.

As for expression, it is the combined beauty of body and soul. The vacant mind cannot shine long to a man's eye unless his mind be equally vacant; but the most emotional soul makes a sorry

showing when the light within burns dim from fatigue and lack of stamina, and when the lacklustre windows of expression are smudged with the impurities of ill health.

Even to dress well is beyond the power of the woman who is tired and droopy. One can hang bright clothes on a faded woman, and get only mockery—mockery and the patent revelation that some poor man is faithfully paying the bills and unfaithfully cursing the bad bargain of his luck.

Keep then the faith of your power to possess and to retain your beauty, for emulation has daughters as well as sons, and if you give up the fight you stand to lose and be left behind, or what is worse, to retain your all by the paltry aid of soothing words, warm slippers, and the faded laurels of past achievements and attainments.

The most important means to feminine beauty are muscular development and weight control through diet, and these aspects of the problem I shall treat most fully in this volume. But one must also consider breathing and bathing, and the care of the skin,—the care of the nerves by a proper balancing of work and play, rest and sleep,—the care of the hair, eyes and teeth,—clothing in its relation to health, and the problems of personal hygiene peculiar to women.

The common aim of all these aspects of healthful living is general perfection of bodily form and activity, and all of them are closely related to the problem of bodily beauty. If one phase of living is neglected it may spoil efforts made in all things else. If proper attention is paid to all of them, the result cannot fail to be successful. Muscular activity and diet are of especial importance because of their immediate effect upon bodily form, but they are also of basic importance to the problem of perfect health. To this foundation must be added the special features of beauty concerned with particular parts of the body.

Particular bodily defects may worry you more than the general principles of health, yet to remedy them you need the basis of perfect health, lest you mend one part of your physical machinery, only to find it breaking elsewhere. Remember that a chain is no stronger than its weakest link, and you must, therefore, cultivate bodily health and beauty in its entirety.





## **BREATHING AND BATHING**



## CHAPTER III

### BREATHING AND BATHING

**B**REATHING is the most elementary of the life processes. We need less teaching for it than for any other of the habits of health. Yet few of us breathe wholly as we should. We do not breathe correctly, we do not breathe enough, and we do not breathe the right kind of air.

Pure air, fresh air, cool invigorating air, together with those mystical elements that dwell in sunlight and the great out-of-doors are panaceas for our ailments more valuable than oceans of medicine. Yet I need not dwell at length upon the subject, for we no longer live in the Dark Ages, and the open window campaign has become a household word. If it hasn't at your house, just ask forgiveness for your past sins and throw open the windows.

But fresh air in the house is not enough. Get out-of-doors and stay out at least two hours a day. Take up some form of outdoor athletics. If swimming, skating, golfing, canoeing and all

the other jolly sports are not for you, then walk. Walk in the sunshine and in the wind. I almost said in the rain. Even if I had, your chance of health would be better than if you stayed indoors at all times.

The air is good on mountain heights and on the ocean's shore, but it is very much the same in your own parks or fields. When the winds blow three hundred miles a day, it doesn't take this world's outdoor air long to get mixed up and of similar quality the planet over. Indoors you may poison it, but outdoors it purifies itself. So let it into the house twenty-four hours a day, and go out after it two hours, or four.

Faults in the method of breathing are chiefly caused by faults in clothing and the fault of clothing is chiefly that of substituting a corset of cloth and steel for the muscular corset which nature gave us to keep our abdominal organs where they belong. Happily, the fault is on the wane. Corsets are now chiefly concerned with a lacing in of our hips, a use comparatively harmless.

The old high, tight corset that not only strove to give us an hour-glass waist, but to push our chests up under our chins, was a curse that is so generally recognised as to need no further condemnation. This defenceless custom led to one

of the most absurd lies ever printed in supposedly scientific books. You can find it yet in some old school physiologies—that queer lie that said that there were two ways of breathing, chest or costal, and diaphragmatic or abdominal, and that man's breathing was abdominal, and woman's costal. Some missionaries to the Indians, I believe it was, discovered the error in this assumption by observing that Indian women breathed like Indian men, and like white men, and like all other animals. From that discovery it was no very difficult step of reasoning to learn that civilised woman couldn't breathe by the expansion and contraction of the abdomen because that region was laced as tightly as a fat girl's ankle.

The natural way to breathe is the up and down motion of the diaphragm, and the consequent expansion and contraction of the abdomen together with a slight motion of the lower ribs. When we take exercise both motions are increased in amount; with still greater exertion the whole chest is expanded.

Deep breathing is a term variously applied by health writers but there is no occasion to practise it except in connection with muscular exercise when the body has immediate need for the extra oxygen. One cannot store up oxygen in the

blood, and hence conscious effort at breathing is of benefit chiefly as an exercise for the chest muscles, and would be more properly called a chest expanding exercise. Such exercises are usually much needed by the average woman for the simple reason that because of her lack of exercise, and laced-in body, she has never developed normal lung power.

The breathing capacity or lung power is commonly measured by the chest expansion. The chest expansion means the difference in the girth of the chest as measured when contracted and again when expanded. This measurement is commonly taken with a tape-measure placed just beneath the arms. The greatest expansion can be shown there, owing to the presence of the muscles, front and back, that move the arms. A truer measure of the actual expansion of the chest capacity will be obtained if the tape be applied over the lower ribs just beneath the breasts.

Learn how to take this measurement. Stand before your mirror with your chest bare, and practise breathing with the diaphragm only and with the chest only until you fully understand both phases of natural breathing. Now take your tape and draw it snugly—not tightly enough to bind—about the body just beneath the busts. Force



MISS KELLERMANN IN "A DAUGHTER OF THE GODS."





- ✓ all the air out of your lungs and note the measurement. Now expand your chest to its fullest capacity, and hold it so while you again note the reading of the tape.

If your expansion is less than two inches you are sadly in need of chest expanding exercises. Four inch chest expansions are frequently found in women singers and swimmers and others who have had occasion for full lung development, but a three inch expansion is sufficient for normal health.

The chest expansion can be materially increased by combining chest expanding exercises with a general course in muscular development and health building. It will encourage you to apply the tape measure occasionally and note your progress. The following exercises will be found valuable.

Stand with the arms a few inches away from the sides to permit the chest walls to open fully. Now bring arms sideways and upward until extended full length above the head. While bringing the arms up, slowly inhale till you feel that your fullest capacity for air has been reached, which should be when your arms are at their highest point overhead. Now bring your arms down, held well back, exhaling rapidly. You

should practise this exercise ten or fifteen times daily. Do it slowly. Haste in breathing exercises spoils the effect.

Take a full breath and raise the arms over the head. Bend forward and reach downward with the hands, keeping elbows and knees stiff, until the finger tips touch the floor. Exhale as arms descend; then inhale as you straighten up and swing the hands back until they are once more overhead. This exercise combines conscious deep breathing with sufficient muscular exertion to consume the oxygen taken in.

These exercises will be found excellent, both for expanding the chest and for acquiring and maintaining correct carriage. By developing the lung capacity in this way you will increase the power of the breathing muscles which will result in increased breathing capacity at all times.

In all types of exercises for whatever purpose, breathe fully and deeply, inhaling always through the nose, never through the mouth, except in swimming. With a little care you will soon find that your breathing is easier and more natural than the restricted sort which tight-waisted garments and lack of exercise may have forced upon you.

Correct breathing is an excellent aid in over-

coming stomach and intestinal troubles, for it stimulates the peristaltic muscles of the intestines and the action of the secretory glands, and will, if persisted in, overcome many cases of constipation without further aid. The effect of deep breathing upon the heart and stomach is little short of wonderful; the heart action will be greatly strengthened in a short time by a few minutes spent daily in these exercises.

Once the habit of correct breathing is formed, it will be an asset to you throughout life; with the other health habits you are to acquire, it will be a long stride toward the goal of retaining youth and beauty in those years when the indifferent and careless woman fades and grows prematurely old.

### BATHING

Bathing is perhaps the best understood and most consistently practised of all the health giving acts. And why? Not, indeed, because we recognise its ultimate effects upon our own health and beauty, but because without it we soon find ourselves unattractive to others. If women would as fully recognise their right and duty to be permanently attractive to mankind as they do the immediate necessity of personal cleanliness, there would be little occasion to write this book.

Bathing has also its permanent effects. Cleanliness of the skin promotes health and beauty in a two-fold fashion. The skin itself is made more healthful and more beautiful by cleanliness, and because the skin acts as an organ of excretion for bodily impurities, its cleanliness promotes internal cleanliness and the health of the whole organism.

But baths have other uses than cleanliness. These chiefly depend upon the power of water at different temperatures to stimulate the circulation and effect the nervous system, for the nerve ends are chiefly in the skin. The hot bath is most restful and recuperative. It seems to soak the soreness out of one, whether due to fatigue of muscles or of nerves.

As the hot bath is relaxing, so the cold bath is invigorating. That is the reason for the well established custom of the cold bath in the morning and hot bath at night.

The finest form of the cold bath is the shower. Those who have tubs but no regular shower can secure inexpensive hand showers to attach to the tub faucet. If neither tub nor shower be available, the cold bath may be taken with a basin and sponge. It need not be a tedious operation. One

can take a shower bath in two minutes, or a sponge bath in five.

The effect of the cold bath is first to drive the blood from the skin into the internal organs. The breath is quickened and the nervous and mental powers wonderfully stimulated. Upon emerging from the bath the arteries dilate and the blood rushes back into the skin with a rosy flush and the bather experiences a general feeling of warmth and well-being. This reaction is the test of whether the bath is well borne. To aid it, the body should be rubbed vigorously with a coarse towel till the skin fairly glows.

Some people claim that they cannot stand cold baths, yet there are few, if any of you, who would not be benefited by their adoption. Especially will those of nervous temperament derive benefit from acquiring the cold bath habit. It may take a little will power and persistence, and one not used to it may indeed go about it too suddenly and fail to get the reaction. The cold bath without the reaction is a failure, and as detrimental to the health as a soaking in a cold rain.

The way to be sure of the reaction is to work into the habit gradually. Begin with a bath that is neither hot nor cold, but just neutral. Each day lower the temperature of the water two or

three degrees. Be sure to get your reaction by the aid of vigorous rubbing. Keep this up and in a few weeks you will be able to enjoy a quick shower or refreshing sponge bath at a temperature of from seventy down to fifty degrees, and be the healthier and happier for it.

The warm bath has an opposite effect. It immediately draws the blood to the skin. It should be followed by a dash of cooler water, but cold water should not be used unless the warm bath is to be followed by activity. If one takes a warm bath before dressing to go out, one should finish it with a cool shower to close the pores, and to prevent the feeling of relaxation that follows a hot bath.

The Turkish bath is a luxury available only in cities, but its essential features can be reproduced with the aid of a vapour bath cabinet or well heated bath room. The object of the Turkish bath is to induce perspiration. The bather enters first a warm room with a temperature a little above that of the body. When perspiration is freely started she enters the hot room. Drinking hot water aids the good work. The next step is a thorough lathering and massage which is followed by a tepid douche, and lastly by a cold plunge, after which one is wrapped up.

in blankets, and sleeps the sleep of the blessed. The Turkish bath, if properly taken, is the most restful and recuperative of all baths, and is the surest way in the world to break up a cold or to check threatened illness from over-exposure or exertion. They must, however, be avoided by people with weak hearts, or a tendency toward fainting when overheated.

Water is the chief element of the bath, but water alone cannot dissolve the oily secretions of the skin, hence soap is essential to cleanliness. There is no medicinal value in soap, and no particular virtues in the specially advertised brands. Purity, which means freedom from excess of alkali, is the chief essential of good soap. The best test of purity is a reasonable cost. Good soap cannot be cheaply made, but on the other hand, ridiculously expensive soaps are unnecessary, as the extra expense is due to perfumes and fancy wrappers.





**MUSCULAR DEVELOPMENT AND THE  
IDEAL FORM**



## CHAPTER IV.

### MUSCULAR DEVELOPMENT AND THE IDEAL FORM

**W**HAT is the ideal form? Has any one a truly perfect figure? These are questions far more easy to ask than to answer. In fact, they cannot be in an absolute sense; for there is no standard to go by. The Grecian sculptors had their conception of the ideal and have left us their marble records. Yet these works are but the ideals of their makers and like all things human are imperfect.

The Venus de Milo has been popularly held up as an ideal. It has been an ideal in so far as it has served a good purpose in counteracting the criminal insanity of holding a wasp-like waist to be the ideal of feminine beauty. But the Venus de Milo, if realised in the flesh, would be a rather fat and loosely built type of woman. Her larger waist line is of the sort that might be attained by any young woman who was well fed and uncorseted. But it is not the sort that rep-

resents the greatest muscular development and efficiency or the greatest vital capacity. A more firmly knit and muscular body would be more fitting as an ideal for the modern American athletic girl.

The Venus de Medici is nearer our present conception of the ideal feminine form. I am going to give you in a table her measurements and, for comparison, my own and also the measurements of the average American college girl. My own measurements were taken by Dr. Sargent of Harvard, who is acknowledged to be the leading American authority on physical culture. Dr. Sargent stated that my measurements were nearer the correct proportions for woman than any he had ever seen. However, I do not ask you to consider them as perfect, but only as representative of a fully developed modern woman, given for the purpose of comparison with the ideals of classic times, on the one hand, and with the average present-day woman on the other. The three sets of measurements follow on page 49.

Now before you become too critical of the minor differences between these three sets of measurements, I want to call attention to the fact that all of them are standards towards which nine



MISS KELLERMANN AS SHE DANCED BEFORE THE SULTAN IN  
"A DAUGHTER OF THE GODS."



	Venus de Medici	Miss Kellermann	Average measurements of Wellesley College Girls
Height ...	5 ft. 3 in.	5 ft. 3 $\frac{3}{4}$ in.	5 ft. 3.2 in.
Weight ...		137 pounds	119.4 lbs.
Neck .....	12.3 in.	12.6 in.	12.2 in.
Chest, normal	33.6 in.	33.1 in.	28.8 in.
Chest, expanded .	.....	35.2 in.	31.4 in.
Waist .....	27.3 in.	26.2 in.	24.6 in.
Hips .....	36.6 in.	37.8 in.	35.2 in.
Thigh .....	21.1 in.	22.2 in.	21.6 in.
Calf .....	13.8 in.	13.0 in.	13.3 in.
Ankle .....	8.2 in.	7.7 in.	8.1 in.
Upper Arm.	11.4 in.	12.0 in.	10.6 in.
Forearm ...	10.6 in.	9.4 in.	8.6 in.
Wrist .....	6.5 in.	5.9 in.	6.0 in.

women out of ten can well afford to consider an ideal guiding their improvement. Even the average measurements of the college girls are better than the individual measurements of most women for the reason that in an average the defects counterbalance each other. Moreover, these college girls represent the best type of American womanhood taken at the period of life when woman's form is most beautiful. It errs seriously on the side of under-development of the chest and waist; but in the other measurements the average measurements of athletic college girls

furnish a pretty fair standard of proportions. But it can be improved upon, as you will realise from the following discussion.

As for my own measurements, while I do not claim them to be perfect, I do claim that they show what may be accomplished by full bodily development. In the first place I want you to know that I am not a large framed woman. As shown by measurements of wrists and ankles I am a woman of less than average size of bone, and had I taken no pains with myself, I doubtless would be considered rather slender and under-developed. Again I would have you note that I am a swimmer, which accounts for the full development of neck, chest, and upper arm, and for the only moderate development of the fore-arms and calves, since the muscles of these parts are the least used in swimming. Yet even here, if you will compare the muscular development to the wrists and ankles you will see that I am in no sense under-developed, even in the muscles that I use least in my professional work.

Now let us consider the Venus—and please do not idealise her with any silly notion of absolute and final perfection. She is only a graven image of one man's ideas of feminine beauty and the fact that that man died two thousand years ago



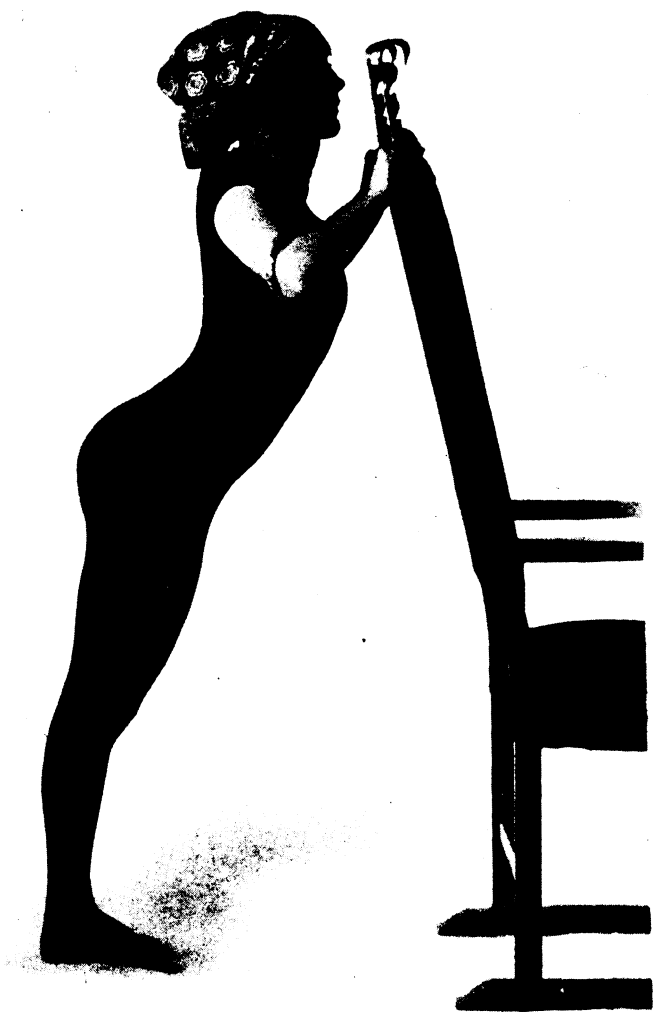
does not make her perfect. In a general way I admit that her measurements are fine, but as an ideal of feminine beauty she does not represent our present-day ideal of perfect femininity. Mr. Hastings of the *Physical Culture Magazine* worked out a table comparing the physiques of men and women to show their differences, or as we might say, the degree of femininity. His method was to add the measurements of the chest (or bust), the hips, and the thigh, and divide this sum by the sum of the measurements of the neck, waist, wrist, ankle and one-half of the height. In my own case, the resulting figure is 113. Mr. Hastings made similar calculations from the measurements of a number of modern women athletes who were generally recognised as having very nearly ideal forms, and the results in all cases were very close to this figure of 113, which he therefore adopted as representing the "ideal ratio of femininity." To show that this ratio means something you only need to apply it to the measurements of the average man when you will find the ratio to be 97.5. Apply the formula to the measurements of the average woman as given in our table and the answer is 106.1. In short, the average woman is only about half developed as a woman; for she comes but half-

way between the man and the fully developed woman.

Now come back to the Venus de Medici and apply the formula and we find that this sex ratio is but 105.3. This would lead us to believe that since the days of Greece woman has become more feminine, that is, that her form has become more widely different from that of man. Her hips and thighs are larger and her waist is smaller. I have gone into this rather technical discussion for one purpose: I want to show you that muscular development will not make you masculine; on the contrary it will make you decidedly more feminine and less mannish than the average or undeveloped woman.

True, there are over sexed women for whom the above ratio will be higher than the ideal of 113, will be in fact as high as 120, which merely means that they have fat busts, hips and thighs, which are anything but beautiful. Woman to-day is born with the possibilities of greater beauty and more distinctively feminine beauty than were the women of ancient Greece. All one needs to do is to develop the inherited possibilities and the result will be a form more charmingly feminine than the classic Venuses.

I shall not attempt to work out for you any set



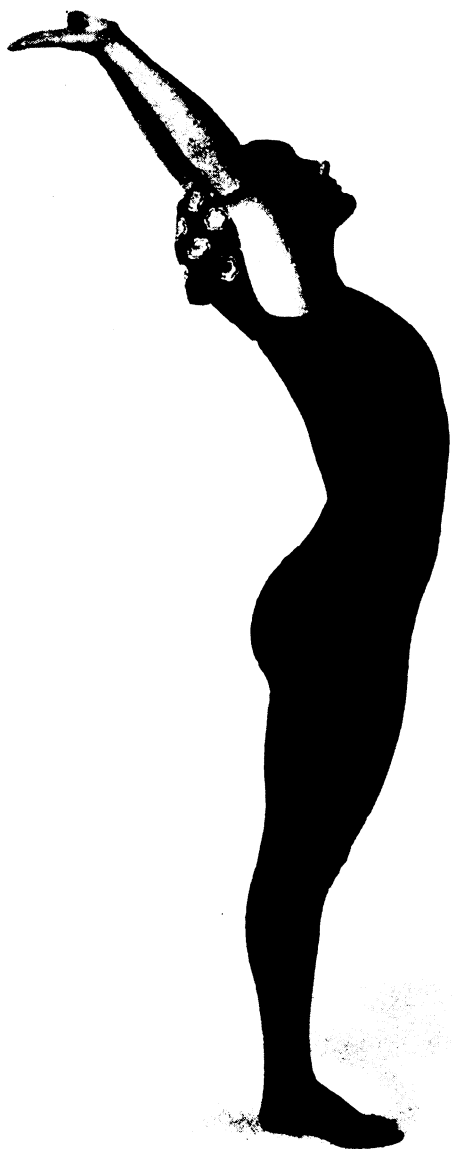
**MODIFIED FORM OF THE DIP AND PUSH-UP EXERCISE.**



AN INTERMEDIATE FORM OF THE DIP AND PUSH-UP  
EXERCISE.







THE BACK BENDING MOVEMENT. FIRST POSITION.







THE BACK BENDING MOVEMENT. FORWARD SWEEP.



standard of perfect measurements. Such standards are too rigid and the most perfectly developed woman that ever lived varied from them at some point. The table of measurements that I have given you will be a sufficient guide from which to judge your own and see where you lack in development and what you should do to gain the most rapid improvement of your own figure.

General exercise and a perfected regimen of daily living will work wonders in improvement; for nature is always striving towards perfection. But you must help her by effort. Nature's laws have punishments as well as rewards; if you are lazy and fat or nervous and run down the result will show in your bodily form and in your action and carriage.

I shall now give you a number of exercises fitted to gain for you general improvement in your figure. In chapters that are to follow I shall discuss particular defects and give particular exercises and remedies best fitted to overcome them.

You will need no special clothing for your exercises, but your clothing must be loose when taking these exercises—your night dress or tight-fitting underwear will answer. If you have perfect privacy in your room there is no reason why you need any clothing at all in your indoor ex-

ercises. The direct contact of the air with the skin is refreshing and stimulating, and your exercising should have enough vigour about it to keep you comfortably warm without clothing in a room with a temperature of sixty to seventy degrees.

Another good plan is to exercise before a full length mirror. This is especially desirable for those exercises that are intended to develop a graceful carriage. Some authorities on bodily development have claimed that the conscious concentration of the mind upon the part of the body to be developed aids in its improvement. I do not claim that this theory can be proved; but such a mental effort tends to the more careful performance of the exercises and in that way is of aid. Exercising before a mirror will have a similar effect.

The room in which you take your exercise should always be well ventilated and should never be overheated. A temperature of 60 to 65 degrees would be ideal, and at such a temperature little or no clothing need be worn. At temperatures of 50 to 60 degrees light clothing is desirable. Exercise at still lower temperature, if not prolonged, will be stimulating in much the same way as a cold bath. Indeed a short period of

vigorous activity in cold air may be well termed a cold air bath.

You may take your exercise at any time of the day you find most convenient. The plan of taking brisk exercise followed by a cold bath the first thing upon arising is excellent; but I do not wish to recommend it as a rule, for many of you are not so situated as to be able to do this conveniently and hence would be in danger of neglecting your exercise altogether. The same thing may be said of taking exercise at night before retiring. Many a woman who has the cares of a family is free to look after her own welfare only for a period in the afternoon. In this case it may be best to take a walk or other outdoor recreation, and follow it upon returning home by the more systematic indoor exercises and the bath.

In the following chapters I shall give you a great many exercises especially adapted to building bodily grace and correcting defects of form. In the remaining pages of this chapter I wish to outline the shortest possible series of basic test exercises that will bring all important muscular groups of the body into use with the fewest possible movements. These exercises are for the most part too heavy for gen-

eral use, as you would likely tire too quickly in taking them to gain the greatest benefit from your exercise. They should rather be used as test exercises and tried from time to time to note the increased strength you acquire from the more varied course of exercises as given in the succeeding chapters.

The essential test exercises are six in number, though there are several variations of each, adapted to the strength of the pupil.

The first of these is the motion of chinning or pulling up the weight of the body by the arms. This motion is a strenuous test of the strength of the biceps or the "muscle" in the upper arm which small boys love to exhibit. The same motion, however, brings into play the muscles of front and back of shoulders and chest.

Chinning is ordinarily done from a rod or pole at arm's length above the head. This is rather too strenuous as many women who have not been exercising cannot pull up their weight in this fashion. Unless you are unusually strong, you will be unable to begin with full weight chinning, but you may secure the benefits of the splendid exercise in a more moderate form by the following method. Find a place about your room where with the aid of window casing, bed-

stead, or other furniture you can place a broom stick handle or other short bar at such height that you can just reach it with the outstretched hands when you are sitting on the floor. From this position you can chin much more easily, as part of the weight may be supported by the feet. The easiest position is to draw the knees up toward the chest until the feet are flat on the floor. In this position very little strength is required to indulge in the splendid exercise of chinning, which would otherwise be denied to many women. If the legs are extended and the knees kept straight the exercise becomes more difficult. Beginning with the easiest of these motions and going from that to the hardest as her strength increases, any woman should be able to develop sufficient strength to chin herself when the entire body is suspended as from the regular gymnasium bar. The number of times that this chinning movement in any of the three above positions can be performed without resting serves as an excellent test of strength and if you record the number of times you can chin yourself you will have an excellent record of the progress of your muscular development.

The second basic exercise is the "push up" with the arms, which brings into play the opposite set

of muscles on the arms, chest, and back. The regular push-up from the mat is performed by supporting the body on the hands and the toes with the back held straight. From this position dip down until the chest touches the floor, where the body is again raised until the arms are straight. This dip and push-up is not so difficult as chinning and most of you can take this test at the beginning of your exercises. If you find it rather difficult you can modify it to bring the same muscles into less strenuous action by placing the palms of the hands against the wall, as in photo No. 1. An intermediate degree of difficulty will be found if on the push-up the hands rest upon a trunk or similar object as in photo No. 2. The number of times you can do the push-up in any definite position is a test which you can record and thus compare your abilities years hence.

The third fundamental exercise is the back bending movement. With the hands in the position above and to the rear of the head, as illustrated in photo No. 3, sweep them forward, as in photo No. 4, until they touch the floor in front of the toes as in photo No. 5. This is one of the movements used in the setting-up exercises for soldiers, and probably brings into action the mus-



cles of the back more completely than any other form of movement. Many of you who do heavy housework and much stooping may think your back needs rest rather than exercises; but fatigue comes more often from holding a cramped position than from too much activity and a little "limbering up" with such an exercise will actually relieve fatigue.

As all of you will be able to do the back bending exercise at least a few times it is not necessary to devise any easier gradations as a test exercise for beginners. The number of times you can do this back bending, whether one or a hundred times, is a sufficient test of your strength. I would caution you, however, against any extreme efforts in back bending for the sake of making a test as the back more than any other region of the body is subject to strain.

The complement of the back bending exercise must be one that will call into play the muscles which lie at the front of the trunk. The muscles that reach across the abdomen from the ribs to the front of the pelvis are perhaps the most important muscles in the body—especially in the body of woman—because of their important function in supporting and strengthening the vital organs. So important do I consider the muscles

of this region that I shall devote a chapter to the subject of their development. At this point I merely wish to give a single test exercise with which you can record the growing strength of these muscles as you proceed with your work.

When lying on the back the abdominal muscles are used to raise the legs while the chest remains horizontal or to raise the chest with the legs held down. The best form of this exercise for test purposes is to hold the arms directly in front of the chest, then rise to a sitting position, as in photos Nos. 6 and 7. Let the body fall back to the horizontal and rise again as many times as possible.

The fifth of our fundamental test exercises brings into play the largest group of muscles in the body, that is, those of the thighs. Assume the position in photo No. 8, and rise to a standing position; again lower the body, keeping this up at a moderate rate until exhausted. This exercise will consume energy more rapidly than any other form of indoor exercise that can be taken.

This exercise and the preceding abdominal exercise, for those who are strong enough to take them, are the very best possible exercises for the reduction of obesity.

As a test exercise the latter will tax your



**THE BACK BENDING MOVEMENT. END OF THE FORWARD SWEEP.**





ABDOMINAL EXERCISE. RISING TO A SITTING POSITION.





ABDOMINAL EXERCISE. FORWARD REACH ON COMPLETING THE  
SITTING POSITION.







TEST EXERCISE OF THE THIGH MUSCLES.



strength to the utmost, but as the muscles involved are very strong there is no danger of overstraining them and you will be forced to quit by the exhaustion of the oxygen in the blood just as the runner or swimmer is exhausted in racing. If you are in very excellent muscular shape to begin with, or as you develop strength, you may find that raising the body with both thighs will be comparatively easy and you could raise the body upwards of a hundred times before you would get exhausted. Hence in order to get a comparative test of your increasing strength it is well to learn to raise the body with the muscles of one thigh only. For some of you this will be impossible from sheer lack of strength and for all of you this will be hard because of the difficulty of keeping the balance. The skilled gymnast can hold one leg out in front and lower the body on the other leg without letting the first foot touch the floor. This is pretty difficult but essentially the same test may be taken with a chair or trunk or low table. Place one foot on the trunk and rest the weight of the body upon it, swinging the other foot free of the floor. Now rise to an upright position, holding lightly to some object with the hands if necessary to steady the body. This body lifting with one thigh is

the most severe exercise I shall give in this book and many of you will not be able to accomplish it. There is no reason why you should be discouraged if you find these test exercises beyond your present strength. They are given merely that you may have a well graduated series of strength tests without the elaborate apparatus that is used in gymnasiums for the purpose. There are many easier exercises quite as efficient for gaining grace and beauty.

The last of the group of test exercises consists in rising on tip toe, as it is ordinarily called, though it is really only upon the balls of the foot. Only a skilled dancer can actually stand upon the toes. To stand upon the toes, as we ordinarily understand it, is comparatively easy and you should be able to perform this motion several hundred times. To get a test of your strength more quickly rise on tip toe on one foot. You can assist in maintaining the balance by placing the instep of the free foot on the back of the other ankle. To make this a more complete exercise and to bring into play the muscles on the front of the lower leg as well as in the calf you should, each time the heel comes to the ground, raise the ball of the foot free of the floor.

The above series of six test exercises bring into

play all the important muscles of the body and if consistently practised would be enough in themselves to develop a most splendid physique. I do not, however, recommend you to use them excessively, but advise their use occasionally for test purposes. In daily practice I suggest a varied range of exercises selected from the following chapters according to your strength and your special needs of development.



**MUSCULAR ACTIVITY THE SOURCE OF  
GRACE**





## CHAPTER V

### MUSCULAR ACTIVITY THE SOURCE OF GRACE

**M**USCULAR activity, besides its more particular uses in the development and beautifying of particular parts of the body, which I shall discuss more fully in later chapters, has a duty to perform in the general building of health.

If mankind had been created for the civilised life we now live, it might be possible for us to remain mentally bright and personally attractive without using our muscles except for the purpose of getting about the house and climbing in and out of automobiles.

But fortunately or unfortunately, as you choose to view it, we started out in this world as wild folk and our physical being was developed for a life where vigorous activity was essential to existence. The whole scheme of our bodily life was built on this plan and our digestive and blood-making functions were based upon the use of our muscles. Now if we cease these activities, the whole plan becomes disorganised. Pure rich

blood we need to nourish our brains and beautify our features and to keep in vigorous health those functions that have to do with actual or latent motherhood. Yet these functions of life upon which our happiness and well-being depend are not sufficient consumers of the nourishing elements of pure blood.

If a river flows in a goodly stream, the water purifies itself, but if the volume of the flow be decreased, the stream stagnates and the water becomes unfit for any use. So the human blood stream must flow pure and strong for other reasons than to give us powerful muscles; but only by increasing the quality and quantity of this flow by the demands of muscular activity can we be sure of having the sort of blood we need for the other processes and purposes of living.

For this function of blood making we commonly say that one sort of exercise is as good as another. Yet this does not mean that monotonous labour with a few muscles will bring us health and happiness; for such labour leads to fatigue of body and mind and to cramped and stooped figures and strained and weary nerves.

For these reasons every civilised woman, save perhaps a few at varied outdoor labors, should take systematic exercise. If these exercises are



**THE PERFECT CARRIAGE.**





**THE CARELESS ATTITUDE.**



in the form of vigorous sports, so much the better. If not they should be intelligently selected exercises that will bring into play a goodly number of the larger muscles of the body.

It is really surprising how little time spent in suitable exercise will overcome the evils that result from the habitual inactivity of our lives. The energy expended in merely standing is forty per cent greater than the energy required for the body's functions when reclining. Walking adds nearly a hundred per cent to our expenditure of energy and such energy means the consumption of both food nutrients and oxygen from the air, the combining of which is necessary to the making of pure blood. Running or engaging in vigorous indoor exercises of the muscles of back and thighs means an energy expenditure of three times the amount of the body at rest. Swimming is best of all. It requires at least four times the functional activity of mere existence.

If such vigorous exercises are engaged in for a few minutes once, twice, or three times a day the whole being is stimulated. This activity keeps up internally for some time after the external activity ceases. Hence the immediate general benefit that follows the adoption of even the briefest regular exercising.

Those whose bodies need special movements for development will in following them probably gain the needed total quantity of exercise. Therefore, the general health exercise in this chapter and the one preceding it should be considered suitable for those whose bodies are already fully developed and for all of you after you have reached such development that you do not need to give special attention to the movements recommended for special purposes.

To gain the most benefit with the least expenditure of time select relatively heavy exercises. If you find they are too strenuous for you now, work up to them gradually. And remember that walking briskly outdoors with deep breathing is the one universally adapted exercise that may always be used to develop your general vitality for more strenuous efforts.

### CARRIAGE

Next to bodily form, carriage is the chief factor of the beautiful body. But of even greater importance is the influence of carriage upon your health. In a perfect carriage of the body, the internal organs are in their proper positions and can work normally. Photo No. 9 indicates a perfect healthful carriage. In the careless attitude



of Photo No. 10, all of the organs sag below their normal positions and cannot possibly work well. Under such circumstances, the body is both ugly and unhealthful. The functional organs are inclined to stagnate, the bust droops, the abdomen protrudes, the back is slovenly and the entire figure is unattractive.

What we mean by carriage can be subdivided into two elements; the first is posture and the second is action. By posture we mean the position of the body in standing or sitting. Posture is chiefly a matter of the position of the spine. The position of the spine is closely linked to both beauty and health.

Bad posture results in three physical evils. First, there is the strain on muscles and ligaments due to supporting the body in an awkward and unnatural position. Second, there are the evils that come from the dislocation and compression of the internal organs. Lastly, there are the troubles that arise in the spine itself; for the spine not only supports the body, but is the housing of the spinal cord; and all the nerves of the body except those of the head and face branch out through the vertebræ. The wonderful cures of bodily ills frequently made by osteopathic physicians are accomplished by the readjusting of

slight dislocations of the spinal column, thus relieving pressure on the nerves.

Good and bad posture may be best observed by noting the front and back line of the body when viewed from the side. We all recognise stooped shoulders and a sagging abdomen as evidence of bad posture and quickly realise that such a position is neither beautiful nor efficient. Because faulty posture is best revealed from a side view it will be helpful to have another person criticise your posture. You can, however, get a pretty fair idea of it with the aid of a large mirror. Stand with your side to the mirror and take a window pole or similar article and place it in an exactly vertical position with the base of the pole even with the ball of the foot. When viewed from the side the pole should appear to be about one-third of the way back from the front of the knee and about one-third of the way back from the front of the waist; it should pass about one inch in front of the juncture of the arm of the shoulder and should appear directly in line with the ear.

The common faults of posture are the sagging abdomen, the sagging chest, and the drooping head. Round shoulders are the combination of these last two; but the term is a misnomer, for the

fault is in the spine, not in the shoulders. There are two other faults that are caused by the folly of fashion. One is the high heeled carriage in which the hips are thrust too far forward; the other is the silly affectation of the so-called straight front or kangaroo form. Happily this last absurdity has gone quite out of style, yet I still find individual women who suffer from it.

The protruding abdomen is due to the weakness of the abdominal muscles (see Chapter XII), and the exaggeration of the forward curve of the spine just above the hips. The sagging chest is due to failure to hold the chest up and the shoulders back. It is caused by too great curvature of the spine in the region of the shoulders. The drooping head is due to the exaggeration of the forward curve of the spine at the base of the neck.

All these faults are due to the unnatural exaggeration of the spinal curves. The spine cannot and should not be straight, but if it is allowed to curve too much every part of the body is thrown out of its normal healthful and beautiful alignment. The following experiment will teach you the meaning of these curves and furnish you with an excellent exercise as well. Get a little strip of wood and tack it to the side of the doorway at

such a height that as you normally stand beneath it the top of your head will clear it by about half an inch. Stand beneath this stick and with your fingers note the space between it and the top of your head. Now let your body slump down making yourself as short as possible without bending your knees. Then straighten up to your greatest possible height but keep your heels flat on the floor.

You will find that you can make a difference of about an inch in your height by merely straightening out the kinks in your spine. This inch is a very important one but the added height is the least of its benefits. When slumped down you will find that the abdomen protrudes, the chest sinks in and the neck is hung forward. As you strive to reach up and bump the stick with your head all these faults are corrected. You simply straighten out the spine and the chest is raised without further effort. Now when straightened up to your greatest height walk about the room and then come back to the stick and see if you have maintained the posture. Try it again and go and look in your mirror and note the improvement in your carriage. Don't strain unduly or try to keep the chest inflated but merely straighten up the spine.

This exercise is merely a stretching of the spine. It may also be practised with the hands above the head. Stretching is of untold benefit to the nervous system and provides a clear passage for the blood flow which will in turn mean much freer and better elimination of the bodily wastes. Stretching is nature's own exercise. A few minutes a day of such exercises will do wonders to correct a slouching carriage.

If you have worn high heels and your "stomach" sticks out, try the following demonstration before a full length mirror. Get a block of wood, or a couple of books, that are a little higher than the highest heels you ever saw. Now take off your shoes and stand with your side to the mirror and twist your head to get a profile view of your body. Stand normally and note the position of the front line of your body. Then stand with your toes on the floor and your heels on the books and look again. This time your hips will be thrown forward, to keep you from falling over, and the body from the waist up will be inclined backward; the result is that your abdomen sticks out about two inches further than it ought to. True, you can correct it by throwing your weight forward on the toes, which is just what the woman in high heels must do, but such

a position puts a strain on the whole body and is often the cause of mysterious backaches that are attributed to other causes. Exercises to strengthen the back will help, but the true remedy is a heel of moderate height.

Correct carriage in action is a more difficult thing to picture and define. It can only be cultivated by first acquiring a correct posture and then adding general muscular strength and suppleness. Any activity or sport that keeps you moving on your feet will help. Dancing is one of the best; and after you have danced alone you must also dance in the presence of others.

Gracefulness of movement is a matter of the mind as well as of the body and is closely linked to the power of expression. The danseuse and the actress become graceful because they have lost their self-consciousness in the presence of others. Self-consciousness causes a confusion of the mind and leads to a loss of the control of the muscles; the result we call awkwardness. A queenly air and grace are attributes which we all covet and which can be acquired only by activity in the presence of others until one forgets that she is being stared at. But back of it all is the element of muscular control, and the more thoroughly one has mastered the muscles in varied exercises and



**THE WIND MILL EXERCISE. FIRST POSITION.**







THE WIND MILL EXERCISE. SECOND POSITION.



sports, the more quickly may one forget them in company.

The following exercises I have selected as being best adapted to correct faults of posture and as a basis for the cultivation of a graceful carriage. These exercises will strengthen your back, raise your chest and restore every part to a normal position; but in order to make them effective, you should try to carry yourself properly all though the day, in sitting and standing as well as in walking. See that the head is raised and that the back is not allowed to slump down, and you will find it easy to keep the chest up and the whole carriage good. You will have to remember to correct these faults many times before correct carriage becomes a habit, but it will become a habit just as a bad carriage has become one.

An original exercise for the carriage I call the Wind Mill Exercise. It is excellent to improve the carriage and waist line, develop the shoulders and to stimulate the circulation without violence. In this exercise the feet are never to be moved from their position more than can be helped. Stand with your toes and outstretched right hand pointing in one direction, your left hand outstretched behind you as shown in photo No. 11. Begin a circling movement with your right hand

going down toward your toes, while your left hand goes back and up high over your head. Continuing, your body will turn the other way so that your left hand points in the direction that your toes are pointing, as in photo No. 12, while your right hand points as did your left hand when starting. Continue this circling motion very slowly until you get used to it, then you can increase the action. Practise this about ten revolutions at a time. As soon as you have mastered the exercise you had better practise it in an open room rather than the doorway.

Placing the hands on the hips as in photo No. 13, bend backward as in the photograph, then forward. A second exercise is to place the hands in a similar position and bend first to one side and then to the other. After you have practised these exercises a few days, try them while standing on one foot, letting the free foot swing forward as the body swings backward and backward as the body swings forward. In like manner let the free foot swing to the side as you bend sideways. Of course you should change the foot on which the weight rests from time to time to give both legs the desired training in balancing the body. The exercise may be performed with better grace if you stand on a thick book or other object to



WITH HANDS ON HIP, BEND BACKWARD, THEN FORWARD.  
THEN ALTERNATE BENDING FIRST TO ONE SIDE THEN TO  
THE OTHER.



raise the body so that the free foot may be kept extended without striking the floor.

The last movement which I will describe in this chapter is one that makes for poise and grace while at the same time it is good for the muscles of the waist, the back and the legs. Stand upright, hands resting on the hips, feet a couple of inches apart. Now stretch the right foot forward as far as possible, the toes slightly raised from the ground, balancing yourself on the left foot. With the out-stretched toes touching lightly on the floor describe a full semi-circle as far out as you can reach. Reverse and use the other foot to describe the toe circle. Practise this till you can do it with such perfect balance that the free foot will graze the floor with a light even touch. The value of this exercise is in the necessary adjustment of the balance on the one foot while the other is moved, so that the weight is constantly shifted.





## **SWIMMING, A WOMAN'S SPORT**



## CHAPTER VI

### SWIMMING, A WOMAN'S SPORT

**I**T would be quite impossible for me to write a book on the beautiful body without giving credit to that magnificent sport to which, more than any other thing, I owe my personal development and success in life.

As a child I was a weakling—in fact an actual cripple—and had to wear painful steel braces on my legs. Such miserable devices only defeat their own ends because they prevent the exercise by which alone strength can be achieved. I could walk only with the greatest difficulty and pain, and for me childish sports were quite impossible. Had it not been for my father's common sense and unusual foresight I should to-day have been an ill formed cripple. My father, realising that all true development must come from activity, decided that I should learn to swim; for in swimming alone he saw an opportunity for me to gain all-round exercise without bearing my weight on my weakened limbs.

With my shyness and fear born of my weakness, learning to swim was for me a terrible ordeal; but my father persisted and I was taught to swim. No part of the body is wholly independent of the rest. The splendid exercise of swimming built up my vitality and the unused muscles of my weakened limbs partook of the general benefit, so that the horrible steel braces were soon discarded. The early love for the water thus cultivated was never to be lost.

After its original purpose had been achieved I continued through girlhood to be an enthusiastic amateur swimmer. At the age of fifteen I surprised my father by asking his permission to enter a swimming contest, and to his great astonishment I won the race and began my career as a swimmer. The story of my conquest of the aquatic sports is a long one of which I cannot give the details here; but, as many of you know, I have won swimming and diving championships throughout the world and have been largely instrumental in developing the dramatic possibilities of the aquatic arts as exhibited in moving picture spectacles such as "Neptune's Daughter" and "The Daughter of the Gods."

My chief pride and pleasure in all this fascinating experience has been the knowledge that

my work has stimulated an interest in swimming as a woman's sport. It would be hard to estimate how many thousands of women are to-day gaining from swimming health and beauty and the glorious pleasure of participating in the most magnificent of sports, all because of that decision of my father's that I, a child who could scarcely walk, should be taught to swim.

I insist that swimming is not only a splendid sport for women but that it is *the* sport for women—the one sport, in fact, with the possible exception of dancing, in which she can fully compete with men. While it is true that men hold the actual racing records in swimming for both time and distance, yet, if we consider the more limited opportunity for women to swim and the small number of women who really master the art, and consider also the element of grace in swimming as well as the mere exhibition of strength, we must concede that women outrank men as swimmers. This is seen in the endurance competitions where the women swimmers, while lacking the speed which the strength of man may give, make a better average showing and show a smaller percentage of failures and quitters.

Swimming is a great beautifier. It combines in the one sport the benefits of splendid exercise,

the invigorating tonic of a plunge bath, and, if it be outdoors and especially if on the beach, the health building powers of air and sunshine.

To swim successfully one must have complete control of the muscles, a positive knowledge that when a demand is put upon a particular set of muscles they are going to perform the task set for them. Muscular control gives poise, and poise is essential to beauty, dignity and confidence.

Swimming is more beneficial to the complexion than all the skin lotions that were ever invented. A sallow skin is the result of a sluggish liver and swimming arouses the laziest liver from its torpidity. Clogged kidneys fill the body with poisonous excretions and cause dull puffy eyes. The strenuous exercise of swimming stimulates the kidneys and helps free the body of its impurities. Constipation is another foe to health and beauty for which swimming is a splendid remedy, because of the continuous exercise of the muscles of the abdomen.

Swimming develops and beautifies the muscles of the arms and shoulders, in fact of the whole body, without producing the hard knotty muscles of the masculine athlete. The muscles of swimmers, either men or women, are noted for their

smooth, round, tapering form. Swimming develops the chest and fills out hollow necks and reduces and makes firm loose flabby flesh. By the continued pull on the muscles around the waist-line it removes the ugly rolls of superfluous fat and puts in its place smooth firm tissue.

Many athletic sports make undue call upon a given set of muscles, leaving other parts of the body undeveloped; but swimming calls for symmetrical development of all the body. It is far better than indoor gymnastic exercise because the whole body is brought into vigorous action with no danger of straining individual muscles. The swimmer rarely suffers from muscular soreness.

By all means swim if you possibly can. The sport is rapidly developing in America and every year swimming facilities for women are made available in localities where they have not before existed. Swim outdoors if you can. But if you live in a city make use of the indoor pool and swim all the year round. The pool is one of the best places to learn to swim, as pool swimmers attend strictly to business, having no beaches on which to loaf.

If you would swim easily and decently by all means wear a swimming suit and not a bathing

costume for exhibition purposes. American women have too long been handicapped in the enjoyment of this excellent sport by silly styles in bathing costumes that make real swimming well-nigh impossible. The styles for the last few years are a great improvement. On many beaches the woman who takes swimming seriously is now allowed to swim in a neat fitting suit free from hampering petticoats. Even where swimming is a social pleasure suits are now permitted that do not materially differ from men's bathing suits, being one piece suits with a short skirt attached that comes well above the knees. Another form of suit now in good taste consists of full length tights over which is worn a light tunic hung from the shoulders and cut short enough to leave the legs free in the water. It is entirely without sleeves. Such a suit is especially desirable as it can be worn with the tunic for swimming in public or the tunic may be discarded altogether when swimming where there are no absurd conventions to regard.

Many of you who would otherwise indulge in this most beneficial of all sports are prevented from doing so by the fear that you are going to ruin your complexion by exposure to the wind and sun. This can be guarded against very easily



by coating the face in advance with a layer of cold cream. Such a protection will prevent painful and disfiguring sunburn when you are in the water. Of course, you cannot expect to lounge around on the beach for hours in the hot sunshine and escape sunburn.

Another reason that keeps many women from becoming good swimmers is that they are afraid of getting their hair wet. As a result they try to swim with the head held high out of the water, which distorts the balance and makes swimming exceedingly difficult. By all means wear a rubber bathing cap, both to protect the hair and keep it out of the eyes while swimming. After a swim in salt water always wash the hair in fresh water. Do not go around with the hair dripping, but dry it as quickly as possible on a rough towel. Take a box of talcum powder with you when you go to the bath house. Its free use on the body makes dressing much more pleasant.

I have not space in this chapter to attempt to give you directions for learning to swim. If you want to learn quickly you had best take a course in some pool where instructors are available. If this is not possible get a good book on the subject and master the essential elements of the strokes at home before you attempt to enter the water.

With proper instructions you should learn to swim in a very few weeks and not waste two or three seasons in superficial efforts at learning to swim, thus preventing you from getting the full benefits of the sport. And when you have learned to swim don't be a beach loafer, but swim. Swim every day if possible. Don't stay in the water too long. A half hour is long enough, especially if the water is cold. Do not attempt to come out on the beach to warm and then go back. You are much more likely to chill by this procedure and swimming when chilled is anything but beneficial. Try to go more frequently and stay in the water a shorter time.

If you have already mastered swimming and want to add another fine sport take up the art of fancy diving. It is one of the most graceful of all sports and one, too, in which woman is at her best.

# **DANCING FOR HEALTH AND BEAUTY**



## CHAPTER VII

### DANCING FOR HEALTH AND BEAUTY

**E**LSEWHERE in this book I am giving you methods and exercises for beautifying all parts of the body, the hair, the complexion, the hands, the limbs, the beauty of all of which is essential to the sum total of bodily perfection. But in these things I have dealt with the physical nature only.

There are, likewise, plenty of purely mental exercises. An algebra will provide you endless mental gymnastics. Or you may tie knots in your brain as much as you like over the doctrine of original sin. Such purely intellectual exercises are, however, diametrically opposed to those which are devoted to bodily improvement. And so, it might seem that mind and body are opposing forces, forever at variance with one another. Such was the accepted view in the bigoted days of the Middle Ages, and the body was debased for the glory of the mind and the exaltation of the soul.

But this stupid view is no longer in vogue. We know now that the health of mind and body are dependent on each other. Of all the fields of human activity, dancing is the one common inheritance where body and mind can meet and participate on terms of equality.

Even among the most primitive savages dancing was the conscious physical expression of the emotional phases of mental life. It was the first glimmer of an attempt to communicate the feelings and passions of the individual to the world.

The Greeks were the first cultured people to rank dancing among the fine arts. For them it was the medium of expression for all their traditions and emotions. Their sorrow at the death of the nearest and dearest was voiced in a funeral dance. Veneration for their gods, welcome to spring, joy at a victory on the battlefield or the celebration of their games, all were manifested in the dance.

But the culture of the Greeks was lost in the dark ages and we are only now regaining it. Among the puritanical ideas from which we have hardly yet freed ourselves is the notion that the body is a vile fleshy thing forever at odds with the mind and soul, trying to thwart them of their destiny by the force of its base desires. The

puritanical mind could not brook the idea of so inferior a possession as the body being allowed to translate into living realities the divinity of the mind and soul, and so dancing was conceived as a deadly sin.

But we who have now come to know the body in its beauty and its glory realise how false is this idea, and we are turning again to the world of classic culture that held mind and body as partners in a fuller, richer life.

Why don't you dance? You did as a girl, but gracious! you're forty now? Or perhaps your folks didn't believe in dancing, and you weren't permitted to learn how. Then learn now. There is no better way to make your mind nimble and light and joyous. There is no better way to co-ordinate the parts of the body in their individual perfection into an harmonious graceful whole. Exercise without dancing is like a garment with the seams sewed on the right side. You can see the joinings and the beauty is lost. But dancing combines all the parts until there are no seams anywhere, only one magic garment of grace.

Exercise will teach you how to stand when you're standing and how to breathe when you're breathing, and will give you beautiful arms and supple limbs. But dancing can give you the

grace and beauty and the strength of all these together, and can do it in a diversity of ways by the infinite combinations of them all.

Oh, the glory of it! The perfection of it! Your body becomes an instrument for the mind to play on as it pleases. You have all the songs, all the poetry of the world potentially within you.

You can go to a dancing school and learn the correct method of waltzing or the latest fox jig or chicken prance, but these fads in social dancing are a small part of the great art of dancing. For the art of dancing in its larger, freer aspect there are no set rules. You must feel the emotion of the music and try to express it as it affects you. Most of you have a Victrola of some sort. If you haven't you can buy a small one, which will make the same music as a mahogany cabinet. Put on a record. It need not be dance music. Just music, that's all. Listen to it. What does it make you feel? What does it make you think? Play it again; and finally, as you play it, dance your thought. Don't be self-conscious or fearful of your awkwardness. Perfection does not come in a moment. Try it again. Then try another. Each time you dance you will be able better to express the mood of the music.

One of the advantages of natural dancing is





DANCING CAN GIVE YOU GRACE AND BEAUTY AND STRENGTH.



that it is not confined to the legs alone. You can dance with your arms, your trunk, your head, your whole body. Instead of setting yourself in a fixed position you can dance in any position that seems to you expressive and gives you a sense of grace and freedom. And you can dance alone or with as many others as you please. You don't have to be a wall-flower if you haven't a partner, for you can be a partner to yourself or to the whole group of dancers.

Each nation has its national or folk dances. They are all delightfully quaint and charming, and easy to learn. The English have the Morris dance, the Russians the Hussar dance, the Italians the Tarantella. You can have a most enjoyable healthful time if you will turn your sewing societies or Browning clubs into dancing afternoons. You can meet at the individual houses, or in a hall if you are so accustomed. Music of any sort will do, piano or Victrola. You can, if you like, hire a teacher, but this is really unnecessary. In any of the good books on the folk dance there will be pictures and directions enough to enable you to master the steps, most of which are very simple. I have seen a number of clubs of this sort, and I have marvelled at the success of them. Women who have refrained from tak-

ing part in societies of the ordinary variety because of lack of time, will manage to squeeze in the dancing class somewhere. Women that you are in the habit of putting into the decidedly middle-aged corner of your mind will surprise you by the grace and ease with which they master the steps of natural dancing.

It does one's heart good to see them. They all seem like girls again. Pink cheeks begin showing where they have long been absent. Discussing personal ailments and dividing your lives into two periods—the one before the operation, and the one after—may be all right and fitting at the sewing club, or may even be dragged in at the literary afternoon, between the encyclopedia estimate of Keats, and the History of Musical Criticism description of the Ninth Symphony, but it is quite impossible at the dancing class. It would be like asking a captured Mexican bandit if he liked his tea with lemon or cream and sugar. And you all forget to be stiff with dignity, and you laugh and chat as you did twenty years ago. Occasionally one of you may look around a bit self-consciously. But you see the same thing on all sides; so with a toss of your head, you go back to your newly found grown-up play.

Personally I am very fond of social dancing,

although it is not so grace-giving or health building as interpretive or folk dancing. As it is now done, one must wear clothes and shoes that interfere with really beautiful dancing, and it is usually done in close poorly ventilated rooms. But with all these disadvantages it is the only form of social diversion which the two sexes can enjoy in common in which both mind and body meet. It is the most delightful inspiring way to entertain oneself and one's friends. It is infinitely more enjoyable than an evening spent at bridge which usually results in your losing your temper or your money, or an evening wasted in small talk. It is the best means in the world to put the joyous play spirit of children back into grown-ups and to bring grown folks and youngsters into companionship on terms of equality. The barriers of age and awe fall away when the music starts.

You will find it so much more interesting if, when you receive visitors, instead of sitting stiffly on the edge of your chair discussing neighbourhood gossip, if you're not very well acquainted, or neighbourhood scandal, if you are, you roll up the rugs, turn on the Victrola and "swing your lady right and left." Keep the windows open so that there will be plenty of fresh air, and people

won't catch cold from getting over-heated and going outdoors to cool off.

Don't pay any attention to the long-faced moralist who solemnly tells you that dancing is only "hugging set to music." Don't listen to him, or else teach him to dance. Either way will soon stop his croaking. If there were no more wickedness in the world than that which could be traced to dancing, the lion and the lamb could start house-hunting to-morrow. Dance all you can; natural dances, interpretive dances, folk dances, if you can find or make the opportunity; if not, then ordinary social dancing will do. But dance some way, anyhow. It will make you a happier, cheerier, more healthful woman, and it will send Old Age on a hasty retreat back behind his last line of defences at three score and ten.

## **FOOD AND THE BEAUTIFUL BODY**





## CHAPTER VIII

### FOOD AND THE BEAUTIFUL BODY

**D**IET as a source of health and beauty is to be considered from two standpoints. The first is a matter of food quality and manner of partaking of food, and is of great importance to digestion and general health. The second phase of the diet problem is a matter of the quantity of food, which together with exercise is the means of controlling the weight of the body, and hence directly affects feminine beauty.

The first element of good digestion is appetite and the way to have an appetite is to earn one. It may be earned by exercise or by refraining from eating until hunger comes. Unless you have an appetite, do not force food upon your stomach. Wait until the next meal. Do not mistake a gnawing in the stomach as an indication of hunger, for sometimes it is an indication of a disordered condition. To be sure you will experience something of the sort if you go without a meal that you have trained your stomach to expect, but this habit can be easily overcome.

In many cases the two-meal-a-day plan is superior to the practice of eating three meals daily. When one is engaged in strenuous exercise or is trying to gain weight, three meals can be eaten and digested. Many athletes, however, perform their work upon two meals daily. When eating two meals daily, you may use fruit in the morning, or a cup of hot water with the juice of a lemon in it. The best two-meal plan is that of a late breakfast and the dinner in the early evening. Do not have too long a period between your meals, and if your occupation does not permit of the late breakfast and early dinner, take only the fruit or hot water upon arising, a moderate lunch at noon, and your heaviest meal in the evening. Unless you are a very early riser and engaged in arduous physical labour, never eat heavily in the early part of the day.

Chew your food thoroughly and avoid the use of liquids to wash down your food. Such a habit is not only unhealthful because it fosters the tendency to masticate the food insufficiently, but it is unpleasantly reminiscent of ducks and pigs. Never eat to repletion, but leave the table with the appetite still capable of another course.

In the main, unless dieting for weight control, I advise you to follow the dictates of your appe-

tite. Still, there are some foods that you should avoid, such as complicated mixtures with hot and highly seasoned dressings (substitute lemon juice for vinegar wherever possible) and pastries, when there is the slightest digestive weakness. I particularly recommend simple salads (lettuce, tomatoes, watercress, celery, onions, etc.), with dressing of lemon juice and olive oil.

Plain foods are always more wholesome than mixtures. Simplicity should be sought in diet as in other things. Remember always that plain foods are the best. You may indulge in fruits and green vegetables to your heart's desire, but beware of heavy, cloying pastries and greasy foods of all kinds. Rich foods only tempt and please one for a while and will inevitably result in a never-ending chain of troubles.

There are plenty of delicious desserts which are easy to digest and which you will enjoy. Baked apples, rice, bread, tapioca and fruit puddings, corn starch, pure fruit jellies, simple cake (not pastry) with whipped cream, stewed and ripe fresh fruits and ice cream (eaten slowly) are all to be recommended. Pure and wholesome candies are unobjectionable where there is no trouble with overweight. Dates, nuts, figs, raisins, etc., can be recommended at meal times. As a general

and corn bread are also valuable. A generous dish of apple or prune sauce for breakfast is all that some need for relief.

If the above simple instructions do not give entire relief, buy a package of edible bran. This can be made into muffins which are very delicious, or boiled until it has attained the consistency of corn meal ready to fry. Eat this with a very little sugar, or with pepper and salt. I have never known this to fail in its effects.

Another natural remedy is agar which is pure gelatinous cellulose and leaves a large amount of non-irritating intestinal residue. Before resorting to enemas or drugs, mineral oil should be tried. This is not a purgative drug as it is entirely inert, and merely acts as an intestinal lubricant.

Exercise is all-important in permanently overcoming constipation as it strengthens the muscles of the whole abdominal region. Long brisk walks are particularly valuable. Any exercises bringing the muscles of the abdomen into play are beneficial in their effects.

Indigestion or stomach trouble is very often caused by an unwise selection of foods and may also be due to functional disorders of the stomach itself. Constipation is frequently a cause of indigestion and other stomach trouble. Deep

breathing, good carriage, exercises for promoting flexibility of the spine, and exercises that bring the muscles of the front, sides or back of the trunk into play are invaluable. This work kneads the abdominal contents, and serves to stimulate them.

In the case of a sudden attack of indigestion, where it is not chronic, you should abstain from foods for twelve to eighteen hours. During this time take occasional sips of very hot water. After the symptoms have subsided, liquids may be taken in very small quantities every two hours. Hot milk to which a very small quantity of baking soda has been added will prove helpful. Chicken broth, the white of an egg beaten with plain water, or beef tea may be taken. Avoid rich soup, veal, pork, hashes, fried foods, pickled, potted or smoked meats or fish, hot breads, pastries, candies, cheese, ice-cream, nuts, bananas, ice water and spirituous liquors.

Breathing exercises are also of great importance because of the fact that in breathing the diaphragm (which lies just above the stomach and other abdominal organs) is moved up and down anywhere from two to four inches with each breath, thus giving all the digestive organs a powerful massage.

All work involving the use of the muscles lying

across the front and sides of the body serves not only to strengthen and stimulate the digestive tract, but all of the vital organs. If the spinal column is out of alignment, as it is when one has a poor carriage, it means that the nerve ganglia, branching from the spinal cord and controlling the digestive system, are cramped, and the nervous force depleted. I have known of severe cases of stomach trouble that were caused solely by improper carriage.

#### CONTROLLING THE WEIGHT BY DIET

Of all the long, long list of artists and sculptors since the earliest days of ancient Greece, none, save two or three early Dutch painters, have considered the fat woman beautiful. Yet women, lazy, careless, indulgent, too often strive to substitute plain fat for genuine body development. Still, woman, unless she be a professional athlete, cannot rely wholly on muscular tissue to make her beautiful; for the woman of average development, if her muscles are not covered with a little fatty tissue, will not be beautiful.

This is not because muscular development is ugly, but because few women have sufficient muscle to round out the form. Where the man of corresponding development will be considered

handsome, the woman with muscular tissue only will be actually "lean" or thin in appearance. Do not misunderstand me, this is not an apology for fat, but only an explanation of the fact that the average healthy woman must carry fatty tissue that will round out her form and make her sufficiently soft and graceful to the eye to mark her as a woman and not merely give her the form of an under-developed man.

This nicely balanced admixture of muscular and fatty tissue gives to woman that perfection of form which the artists of all ages have considered ideal and which we never speak of as fat at all. It can only be achieved by the development of muscular tissue from proper exercise combined with the nice control of body weight from a proper diet. Some women seem to attain this balance without effort. This is true especially in youth. But many of us, even in youth, and nearly all of us as the years slip by, must attain it by conscious and intelligent regard to exercise and diet.

In Chapter IV I gave attention wholly to muscular development as the basis of beauty of form. In the two following chapters I shall give directions for increasing or reducing body weight by the regulation of diet. Very great improvement

in form may be achieved by either exercise or diet. Some of you will find the one and some the other more helpful, but that is because in your case natural instincts of activity or of appetite, as the case may be, have prevented you from going far wrong in that particular phase of living. If you have taken scarcely any exercise and yet have not eaten in great excess, you may still be fat, merely because your poor body had nothing else to do with the food that you did eat, and so just stored it away, hoping some day you would need it. Under these conditions if you now begin to exercise you may increase your appetite and if you eat accordingly, your exercise, being enough to give you an appetite and not enough to burn up your excessive food, may result in an actual gain in weight when you want to reduce. For this reason, there is no safe way to reduce by exercise alone without watching your diet.

Those of you who are painfully undeveloped will need to grow both muscular and fatty tissue. The muscular tissue can only be grown from exercise combined with sufficient nourishment. The fatty tissue can be grown from food alone. But those of you who are too plump need only to reduce your excess fat, for no woman, unless per-





RIDING—ONE OF THE BEST FORMS OF EXERCISE.



haps she were a weight lifter in a circus, ever carried too much muscle to make her beautiful.

In order to know where to lay the emphasis in your particular case you should first determine to what extent your defective form is caused by muscular lacks, and to what extent it is a matter of too little or too much fat. To help you do this I am going to give you a table giving two weights for each height.

First find your height, without shoes. The weights are also actual body weights without clothes. If you have no opportunity to get your weight on a bathroom or gymnasium scales, weigh your clothes separately and subtract them. If this is not possible, count five pounds off for clothing in summer and eight in winter. Now if your actual weight is less than the first weight given for your height you are under developed and too thin and need building up both by diet and exercise. If your weight is between the first and the second figure it is not far from the correct amount, but still your form may not be right for you may be under developed muscularly and carrying surplus fat to make up for it. If your weight is greater than the second figure, you are positively fat—unless you are a professional strong woman—and you must reduce.

TABLE OF WOMEN'S WEIGHTS

Height without Shoes	Normal Weight Range
4 feet 10 inches	100 to 114
4 feet 11 inches	103 to 117
5 feet	106 to 120
5 feet 1 inch	110 to 124
5 feet 2 inches	114 to 129
5 feet 3 inches	118 to 133
5 feet 4 inches	122 to 137
5 feet 5 inches	126 to 141
5 feet 6 inches	130 to 146
5 feet 7 inches	135 to 151
5 feet 8 inches	140 to 157
5 feet 9 inches	145 to 163
5 feet 10 inches	150 to 170

Those of you whose weights are under or over are quite obvious cases, but if your weight is between these figures more careful examination of your form is needed to determine just how far from perfection it is and how you may further improve it. Here are a few tests to determine how much of you is real woman and how much is just plain fat. In the first place stand before your mirror nude and look yourself over. If you are honest about it you will pretty nearly be able to tell without much instruction. Is your flesh firm or is it loose and wobbly?

Now bend over in various attitudes. Are there unsightly wrinkles and rolls of loose flesh? Lie down on a bed or couch on your back. Now raise the upper part of your body and support it on one elbow. Strain yourself a little as if you were going to rise to a sitting position. This will tighten the muscles on the front of your abdomen. With your free hand grasp the loose skin and flesh that lies above these muscles. If you are thin like an athletic man there will only be rolls of skin no bigger than your finger. If you are in moderate flesh, as a woman prefers to be, there should be a half inch or so depth of fatty tissue and this loose flesh grasped will be as large as a broom handle. But if you are too fat there will be big rolls of loose flesh above the tightened muscles.

The woman who is too fat will frequently, though not always, have loose busts. She is likely to have excessive hips. Her knees and ankles, instead of being trim and shapely are likely to be soft and puffy. The lower leg for four or five inches above the ankle is an especially good test of bodily condition and one of considerable importance to appearance with present-day short skirts. The muscles of the calves are higher than this and they should be rounded and full; but if

this fulness extends clear down to the ankle bone it is neither normal nor beautiful, but just an excess of fat.

So much for the diagnosis; now for the cure. If you have fat in excess you must get rid of it. If you haven't enough to cover your bones and tendons you must get it. Exercise will help you in both instances. For the thin woman it will build muscles and give her an increased appetite and powers of assimilation, and for the fat woman it will tear down the surplus fat because the needs of activity are incompatible with encumbering fat.

Don't think you can eat carelessly and be either healthy or beautiful. It may work out all right for a while in your girlhood but the time will come when an impaired digestion on the one hand or increasing weight on the other will spoil both health and beauty.

## **DIET TO GAIN WEIGHT**





## CHAPTER IX

### DIET TO GAIN WEIGHT

**T**HE principles to be followed in building up the body by diet must be harmonised with other principles of health building. It is especially desirable that the daily activities be of the sort that will invigorate you and give you a good appetite. I repeat that while you can reduce by means of diet alone it is more difficult to increase your development without the use of exercise, for, if you are too thin, you probably lack in muscular tissue as well as fat, and muscles cannot be grown without exercise.

Fresh air, especially when sleeping, cold baths, and exercise in the air and sunshine are highly desirable. But remember that exercise has a dual function. It invigorates all bodily activities and increases the appetite and power to digest and assimilate food. The exercise also consumes food substance, hence excessive exercise of the long continued and fatiguing sort will defeat your object of increasing your weight. Let your ex-

ercises be frequent and brief. Let them be of the quick and active sort, but not heavy or exhausting. When not exercising you should relax and rest as much as possible and avoid all unnecessary strain, both mental and physical. Ample sleep is very essential if you would increase your weight. The actual tissue building takes place most rapidly during the hours of rest and sleep. Yet if one rested and slept all the time no healthful growth could be secured and the flesh added would be of the soft and flabby sort which breeds ill-health and weakness rather than vigour and strength. Activity destroys bodily tissue and stimulates the need for its rebuilding; and the art of making weight is to stimulate the growth by a moderate amount of such activity and then by supplying ample nutriment and ample rest to give opportunity not only to rebuild the tissue that was torn down, but under the influence of this rebuilding to add more tissue than was destroyed.

The first consideration in dieting to gain weight is good digestion. Underweight is a condition of insufficient nourishment which may be due to eating insufficient food, or it may be due to failure to digest and assimilate the food that is eaten. These two causes of underweight are related; for

the failure to take sufficient food is caused by lack of appetite, which comes from a weakened digestion due to past dietetic errors. If this were not true the only instructions necessary to gain weight by dieting would be to tell you to eat sufficient food. But in practice the problem is not so simple for persuading you to attempt the diet of a harvest hand would utterly ruin a digestion that is probably already somewhat impaired, and thus wholly defeat your purpose.

In the following instructions and menus, I have taken great pains to select not only very nourishing foods which rapidly build up the body, but foods which make the least strain upon delicate digestive capacities.

Of course, one cannot, in writing a book, make allowances for the individuality of digestive powers. You will have to use intelligence in adapting these menus to your own digestive and assimilative capacity. If any given food that I recommend is disagreeable or if it results in unpleasant digestive symptoms, simply eliminate it in favour of other foods that will supply similar nutriment.

Perhaps the best single food for increasing weight is milk. Remarkable results have been obtained on a milk diet alone. I do not recommend it until less radical measures have failed,

when it may be well worth trying. When milk is used for the purpose it is taken not three times a day, but at intervals of two to three hours. A high grade milk should be used and one-eighth of a pint of cream may be added to each quart of milk. Another plan for those who like the taste of it is to add a level tablespoon of sugar to each glass. If the taste of plain sugar is not satisfactory, honey may be used instead.

Do not try to take the full quantity of milk at first. You may begin with about two quarts a day and add to it gradually until the maximum quantity of between three and four quarts a day is reached. Drink from one to three glasses at a time, no more. Drink the milk slowly, do not gulp it down.

The difficulty with the milk diet is its monotony and the fact that the appetite may rebel against so much food of the same sort. The following suggestions may be of use in making the milk more palatable. Part of the milk may be taken hot. Sugar is more agreeable with hot than with cold milk. Another method is to take the milk sour. The taste for sour milk is one that often requires cultivation, but for those who have learned to like it, it may be more acceptable than sweet milk. Sour milk is frequently spoken of

as buttermilk. This is not strictly correct as genuine buttermilk has the fat removed, or, if present, floating as small particles of butter. Fat-free or skim milk would not be effective for weight building. The milk used for this purpose should contain the full amount of natural cream, or even have a little added cream. Such whole creamy milk may be soured for the purpose by allowing it to stand in a moderately warm place. The natural souring process will be hastened if you will mix with the fresh milk a portion of milk already soured. This will "plant" the fresh milk with the cultures that cause it to sour, so that the desirable souring will take place before the milk has time to deteriorate from the growth of undesirable bacteria. In such souring the cream should not be allowed to separate, and if it does, the milk should be whipped a bit before using. Such milk, quickly soured with its full cream content and then whipped, is the so-called buttermilk which has been so highly recommended as a health building food. Clabbered milk is the same substance without the curd being broken up by stirring or whipping. Clabbered milk eaten with sugar is a favourite dish of many European peoples.

The above are merely suggestions for the pur-

pose of enabling you to adapt a milk diet to the taste. The object is to get your appetite to accept a sufficient quantity of this most nutritious health building food. As I have said the exclusive milk diet is to be adopted only for a limited time or in extreme cases where other measures have failed. Milk taken in any of the above forms is an excellent adjunct to any weight building diet. In fact one of the simplest ways of increasing the weight may be to continue the meals to which you have been accustomed and supplement them by drinking a glass or two of milk upon arising, mid-forenoon, mid-afternoon, and perhaps just before retiring.

Eggs are a food almost as valuable as milk for increasing weight. They are usually acceptable to the most delicate digestion. They may be served in a wide variety of forms and will fit any bill-of-fare. Eggs are more easily digested raw than cooked, and if acceptable to the taste may be used in this form to supplement the ordinary diet. They are most frequently whipped with milk and sugar in various forms of egg-nog. Fruit juices may be used to flavour such egg drinks. Eggs whipped with orange juice are especially palatable. Raw eggs are sometimes rejected by the taste because the whipped egg

contains stringy substances that do not beat up. These may be removed by straining.

Next to milk and eggs perhaps the most useful group of foods for gaining weight are the milk fats. Milk fat in the form of butter is especially valuable; and cream may be used freely on cereals, desserts and all foods with which it can be agreeably combined. The person who wishes to gain weight should use plenty of butter in the diet, not only as a spread for bread, but in enriching soups and cereal dishes. Butter is an exceedingly digestible form of fat except when combined with flour in the form of cakes and pastry.

If you wish to gain weight it is desirable to take a fairly large portion of fatty foods, but ordinary fat meat is not the best form in which to take fat, as it is likely to give difficulty in digestion. It is therefore desirable that you cultivate the habit of using salad oil freely. Olive oil is the most delicate form, but any form of salad oil is excellent. Olive oil is sometimes prescribed for thin people and is taken straight as a medicine. It is far more sensible to use salads in the diet and dress them freely with oil. Ripe olives contain all the natural oil of the fruit. They are most wholesome and may be used freely.

Moderate quantities of nut meats may be included in a diet to increase the weight. It is not advisable, however, to take them between meals or on an empty stomach; but one should include them in the meals, chopped fine and added to salads or used in cooking. Rich creamy soups, but not fat greasy ones, should be included in the menu. The essential ingredients that are of value in weight building are the milk and butter contained. The various vegetables and meats upon which soups are based are chiefly of value for giving the necessary appetising quality. Crackers and bread and butter should be eaten freely with soups.

Meats of all sorts may be used in the diet if they are taken in moderate quantities and do not cause digestive disturbances. Vegetables should be used in moderate quantities only. These foods are bulky and fill up the stomach quickly, thus appeasing the appetite without yielding sufficient nutrition. A certain portion of vegetables is necessary for health because of the mineral salts contained, but these elements can be secured more abundantly in the green salads. Hence if to these salads are added such ingredients as ripe olives, cheese, salmon, sardines, and if the salads are dressed with oil, they become very nourishing.



For desserts the person who would gain weight should chiefly rely upon the sweet fruits. Dates, raisins, and figs are among the best. Well ripened bananas are also excellent. The acid fruits should be used sparingly. Many desserts may be made containing milk, eggs, sugar and nuts, all of which are helpful ingredients for increasing weight. Custard, bread pudding (with nuts and raisins) and simple cake with fig or nut filling can be made in a variety of flavours.

If you wish to gain weight you should cultivate the habit of eating plenty of bread and butter with all courses served. Whole wheat bread is preferable to the fine flour variety and is essential to prevent constipation. For some people, however, its exclusive use gives too much bulk to the digestive residue, which will hasten the intestinal action and cause a waste of nutrition. This effect may be offset by the use of white bread or crackers. You may easily learn to control the intestinal action by apportioning the amount of whole wheat bread in the diet.

The list of foods for those who wish to gain weight is, of course, a liberal one, for the purpose is to secure as large an amount of assimilative material as possible. The only foods that are to be avoided are those that are bulky without

yielding nutrition or those that are difficult of digestion. The former class includes many of the bulky cooked vegetables, such as cabbages, turnips, string beans, cucumbers, pickles, asparagus and the thin soups. The list of indigestible foods will naturally vary with the individual, but will generally include the highly seasoned meat dishes, fresh pork, clams, lobsters, etc., and all the fancy cakes and pastry.

You may add sugar freely to all foods which are agreeable sweetened. Thoroughly wholesome candies are all right for those who wish to gain weight. Milk chocolate is probably the best. Outside of milk the best beverage is cocoa made with milk. There is no sense in filling up the stomach with coffee or tea, which spoil the digestion and add little or no nourishment.

#### SUGGESTED MENUS FOR GAINING WEIGHT

The following suggested menus are for women of average stature and taking a moderate amount of exercise. For a woman who is too thin these menus are calculated to add from a quarter to one-half pound a day. If there is any sign of indigestion try to find the offending foods and omit them; but if necessary cut down on the total quantity for a time, as digestive disorders will defeat your purpose.

## FIRST DAY

Upon arising a glass of milk or an eggnogg  
with orange juice.

*Breakfast*

Bran gems with butter and honey.

Fried bananas.

Milk or cocoa.

*Luncheon*

Lamb chop with scalloped potatoes.

Corn bread and butter.

Stewed corn or peas.

A glass of buttermilk.

Stewed apricots and cookies.

*Dinner*

Puree of split pea soup.

Roast beef with mashed potatoes.

Salad of lettuce and salmon or sardines,  
dressed with oil and a dash of lemon juice.

Fruit cake.

Before retiring, a glass of milk.

## SECOND DAY

Upon arising, an eggnog with milk.

*Breakfast.*

Bacon and eggs.

Hominy or fried mush with syrup.

Milk or cocoa.

*Luncheon*

Cottage cheese with cream and ripe olives.

A cup of custard.

A glass of sweetened grape juice.

*Dinner*

Beef broth with barley.

Fish, fried in butter.

Baked sweet potatoes with butter.

Endive or romaine salad with ripe olives and  
grated cheese.

Cocoanut pie.

Before retiring, a cake of milk chocolate.

## THIRD DAY

Upon arising, a glass of milk.

*Breakfast*

Grape nuts with cream.

Eggs poached in milk and served on buttered toast.

Milk or cocoa.

*Luncheon*

Sliced meat, cold, with whole wheat bread.

Potato salad.

Peanut butter sandwiches.

Fruit short cake.

Glass of milk or buttermilk.

*Dinner*

Cream of potato soup with bread and butter.

Chicken with dressing and mashed potatoes.

Mixed vegetable salad with mayonnaise dressing.

Stewed figs with cream.

Before retiring, glass of milk or an eggnog.

## FOURTH DAY

Upon arising, a glass of milk.

*Breakfast*

Dates with grated nuts and milk.

Waffles and honey.

Milk or cocoa.

*Luncheon*

Crackers and cheese sandwiches.

Spinach with hard boiled eggs.

Lima beans.

Fruit pie.

Glass of milk.

*Dinner*

Cream of barley soup.

Breaded veal cutlet.

Boston baked beans.

Fruit and nut salad.

Before retiring, three or four figs.

## **DIET TO REDUCE WEIGHT**





## CHAPTER X

### DIET TO REDUCE WEIGHT

**I**N planning a diet for reduction of weight, the essential principle is to find foods that will supply all elements needed by the body, with the least quantity of fat-producing material. But this is difficult; since nearly all foods utilised in the diet will produce fat if the total amount of food eaten is excessive. The weight-reducing diet must be restricted in quantity as well as carefully chosen. We must not only select our foods carefully but adopt methods of eating that will tend to reduce the total amount eaten. Whereas, for those who should gain weight, I advised the taking of food more frequently than the regular meals, for those who wish to reduce I advise the opposite and must insist on the elimination of all eating between meals. Excessive body weight is frequently caused by this extra eating. Candy is the chief offender. If one is partaking of enough food at the regular meals and in addition is indulging in an average of two or three pounds of

candy a week, the result will be a gain of about a pound a week. It will not take long for such an indulgence to result in a condition of overweight detrimental to both health and appearance.

Perhaps the simplest of all means of reducing is the elimination of one of your regular meals. This should be either lunch or breakfast. If the omission creates too great a craving at the former meal hour you may indulge it to the extent of partaking of acid fruits or light beverages such as weak tea or fruit juices.

Another principle of eating that will materially assist in appeasing hunger and decreasing the quantity of food taken is the habit of thorough mastication. Eat slowly, taking the food in small bites, and chew each mouthful, without the addition of liquid, until the food is thoroughly liquefied. You will be surprised to find out how quickly your appetite may be satisfied on a small quantity of food. Select foods that, because of their form, will encourage such mastication. Dry toast and firm bread should be used, and the dry cereals, such as toasted cornflakes and shredded wheat biscuits, should be chosen in preference to porridges and mushes. Such dry cereals should be served with very little sugar and cream or a moderate quantity of milk or crushed fruit. All



THE CHARM OF THE FACE IS MORE LARGELY DETERMINED BY  
THE TEXTURE AND QUALITY OF THE SKIN THAN BY THE  
SHAPE OF THE FEATURES.



liquids used at meals should be taken separately as drinks and neither used to aid in swallowing nor served with the food.

There is no necessity to make a martyr of yourself by wholly tabooing any particular food. Butter, sugar, bread and potatoes may all be used in a reducing diet if they are used sparingly. However, if you find that you can wholly eliminate any of these filling and staple foods it will aid matters to do so. Fat meats had best be entirely eliminated as well as all vegetable fats and oils. Salads should be dressed with lemon juice and vinegar rather than with salad oils or dressings made of oil.

Other than fats there are no foods that I insist on your eliminating altogether, but if by some simple change in your diet you are able to make a big reduction in the total quantity of foods that cause fattening it will be better than to remember a long list of do's and don'ts. Just as the elimination of one of the three meals may be sufficient to give the desired results in reducing so also may be the elimination of bread. This is true, not because bread is more fattening than other foods, but because the way it is used causes us to eat it in large quantities.

Fat people often insist that they do not eat

more than other people. It is true that some people who overeat do *not* get fat because they fail to assimilate the food eaten or consume the excess substance by ceaseless activity. But it is not true that fat people do not overeat and it is a scientific absurdity to claim that they do not. They may under-exercise and hence remain fat on a diet that would not be excessive for others, but they do overeat considering their habits of activity, otherwise it is impossible for them to remain fat. Observation will show that many of these fat people who insist that they do not overeat, partake of the same sized servings as others but are heavier eaters of bread or of bread and butter. In such cases learning to eat a meal with little or no bread may be sufficient to reduce the total food quantity the necessary amount. Such procedure is unobtrusive and would enable you to reduce without others realising that you are "on a diet."

Those who would reduce by dieting frequently complain that the instructions given are all restrictions. They are told by the dietitian that they must not eat this, and this and that, until they feel that there is nothing left that they can eat. But this need not be true. Lean meats may be used quite freely in a reducing diet. When-

ever possible have them broiled instead of fried in fats. Lean meats in the portions ordinarily served, especially with the present high cost of living, will rarely add to the fat-giving properties of the diet sufficiently to be a menace to the success of the reducing diet. With the meat dishes may be served a very large list of vegetable dishes that offer so low a proportion of fat building units that they may be safely included in the diet.

Potatoes are the one vegetable most commonly forbidden, and while they are more fattening than most other vegetables, they are forbidden chiefly because, like bread, they are so plentifully used.

Vegetables that have few fattening properties are artichokes, asparagus, string beans, beets, cabbage, cauliflower, celery, cucumbers, eggplant, lettuce, mushrooms, onions, squash, radishes, spinach, tomatoes and turnips. Some of the tastiest of these vegetables, such as tomatoes, celery and asparagus, would require twenty-five or thirty pounds a day to be consumed to yield enough fattening material to cause one to gain weight! Yet these vegetables do yield ample mineral elements and *vitamines* and organic acids so that one partaking of a diet in which they are included need have no fear of injury to the health while reducing.

There is an even longer list of excellent fruits that are quite appropriate in a fat-reducing diet. The only fruits that are really fattening are ripe olives and dried sweet fruits such as raisins, figs and dates. The fattening properties of other fruits as served come chiefly from the sugar. In so far as possible, fruits should be selected which are palatable without excess of sugar. Melons, cantaloupes, berries, and all sorts of acid fruits, as oranges, grapefruit, pears, peaches, plums and cherries may be liberally used in a reducing diet. Bananas are about as fattening as potatoes and should be eaten in small quantities.

The fat-reducing menu usually requires a fruit breakfast. A limited serving of eggs, meat or fish may be added. The luncheon should be composed chiefly of fruits and vegetables. The dinner may include any thin soup, followed by any moderate meat order with vegetables. The dessert should be fruit or any dainty dessert, as gelatines, tapioca, corn starch or custard. While the word starch sounds fattening, in the quantities used in desserts it is quite innocuous. The desserts to be avoided are the heavy puddings.

Beverages are quite useful in the reducing diet, as they furnish something tasty without adding any large amount of fattening element. The



only beverages that are rich enough to be objectionable are cocoa and milk. Tea and coffee and all sorts of fruit drinks and carbonated waters are practically free from all fat forming elements except in the small quantity of sugar contained in them.

### WEIGHT-REDUCING MENUS

The following menus, for a woman of average stature and taking a moderate amount of exercise, should result in a reduction of from a quarter to a half pound a day.

#### FIRST DAY

##### *Breakfast*

One orange.

Cornflakes with milk.

##### *Luncheon*

Spinach or turnip greens with a hard boiled egg.

Celery.

Apples or grapes.

##### *Dinner*

Beef consommé.

Broiled fish.

Two slices of whole wheat bread.

Asparagus tips or baked squash.  
Fruit gelatine dessert.  
Tea with lemon.

## SECOND DAY

*Breakfast*

Half a grapefruit.  
Shredded wheat with berries.

*Luncheon*

One ear of corn.  
Egg plant or okra.  
A dish of stewed fruit.  
Tea with lemon and wafers.

*Dinner*

Vegetable soup.  
Slice of lean roast beef.  
Stewed carrots or peas.  
Two slices of bread.  
Fruit salad.  
Lemonade, not too sweet.

## THIRD DAY

*Breakfast*

Cantaloupe.  
A bran muffin and marmalade.

*Luncheon*

A baked apple.

A green salad.

A glass of grape juice, half water.

*Dinner*

Thin cream of celery soup.

Young chicken, broiled.

Two corn muffins.

A baked potato with butter.

Cabbage slaw.

Limeade.

## FOURTH DAY

*Breakfast*

Sliced pineapple.

A slice of buttered toast.

*Luncheon*

Onions or carrots en casserole.

A corn muffin.

A slice of melon.

Tea.

*Dinner*

Tomato soup.

Two slices of whole wheat bread.

Broiled steak.

Green peas.

Lettuce and tomato salad (without oil).

Pineapple-ade.

After you have reduced to a normal weight adhere to the same general type of diet, increasing the quantities moderately and adding some others for variety. Observe your weight from time to time and if the scales start climbing, you must go back to the more restricted regimen. For those whose natural appetites lead to excessive weight, eternal vigilance is the price of health and beauty. Any one who claims to give you a method of reducing that is a permanent cure and will enable you to lead a lazy, indulgent life forever after, is an unprincipled fakir, and should be locked up along with the quack who peddles consumption cures or the "beauty specialist" who tells you that you can retain your youthful charms by painting up until you look like a chromo in a Third Avenue art shop.

**THE NECK, ARMS, CHEST, AND  
SHOULDERS**



## CHAPTER XI

### THE NECK, ARMS, CHEST, AND SHOULDERS

**I**N this and the following chapters, exercises of particular regions of the body will be recommended both for their development and for their reduction. It may at first seem inconsistent that the same means will cause the body or a given portion of the body to increase and to reduce. Yet this is exactly what happens and this is because exercise tends to bring about healthy or normal development. As such normal development is midway between obesity on the one hand and extreme thinness or emaciation on the other, and as exercise produces a normal development, we see that the same means seems to produce opposite effects, though it always gains the same end of normal development which alone is beautiful. For the undeveloped person exercise increases the muscular growth and fills out the deficient tissues. In the case of obesity the same exercise destroys the surplus fatty tissue and replaces it by muscular tissue, which while less in

bulk, is of firmer texture and of more beautiful outline.

For the most favourable results in reduction, you should perform your exercises very rapidly, with light, quick movements. It will further help to reduce your weight if you will wear a sweater while performing your exercises. Follow them with a warm bath and a cold sponging off. In exercises to reduce you should give at least thirty minutes daily to your exercises, at any time of the day most convenient. Do not let any day go by without at least twenty minutes devoted to continuous exercise.

There is scarcely any limit to the improvement in the form which exercise will bring for those who are over fat. For those who are too thin too much exercise of the heavier muscles may not be advisable, but a moderate amount of exercise applied to a particular region is always beneficial.

The neck, chest and shoulders are associated by position and we think of their beauty as closely related. The chief mass of muscles are those that move the arms at the shoulder. Less bulky muscles are involved in the movement of the head and in the expansion and contraction of the chest itself.



The bust, or breasts, are not muscles but glands, often encumbered by surplus fat; but they are attached to and supported by muscles and their healthy development and proper position can best be controlled by a development of the underlying muscles.

It should be understood that the bust in a natural and perfect condition is not so large as it is commonly thought that it should be. The bust that is too large is just as unsatisfactory and unattractive as one that lacks development.

The tissues should be firm and well-knit, so that they present a pleasing roundness of contour. It is only in the case of motherhood, or expected maternity, that there should be an unusual enlargement of the breasts. Under ordinary circumstances the breasts should be compact, firm and beautifully rounded. Soft, flaccid tissues not only make beauty impossible but indicate lack of vigour in these parts.

When the bust is undeveloped and flat, it is necessary to build up the general health and improve the circulation, also to tone up the digestive and assimilative organs so that every tissue of the body may be more perfectly nourished and all natural functions be normal and vigorous.

With poor health and sluggish circulation, the

minutes, alternate applications of hot and cold water, always finishing with cold water. This will bring about a vigorous circulation in these parts. Then follow with above massage.

Avoid patent medicines, and chemical nostrums advertised as bust developers. Some of them contain drugs that will temporarily stimulate, but which finally dry and atrophy the glands, and are extremely detrimental in the long run.

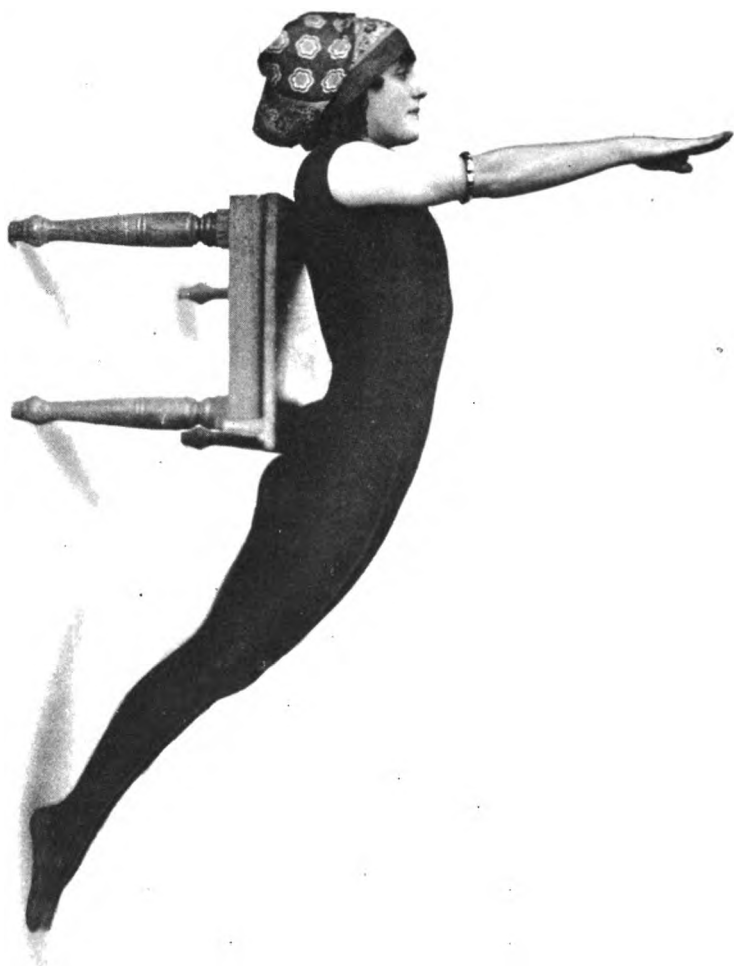
When the bust is too large, the practice of bathing it from two to five minutes with cold, salt water will be beneficial. This bath should include the bust alone, and the water should be salted and very cold.

The following are the best exercises for strengthening the muscles in the region of the bust.

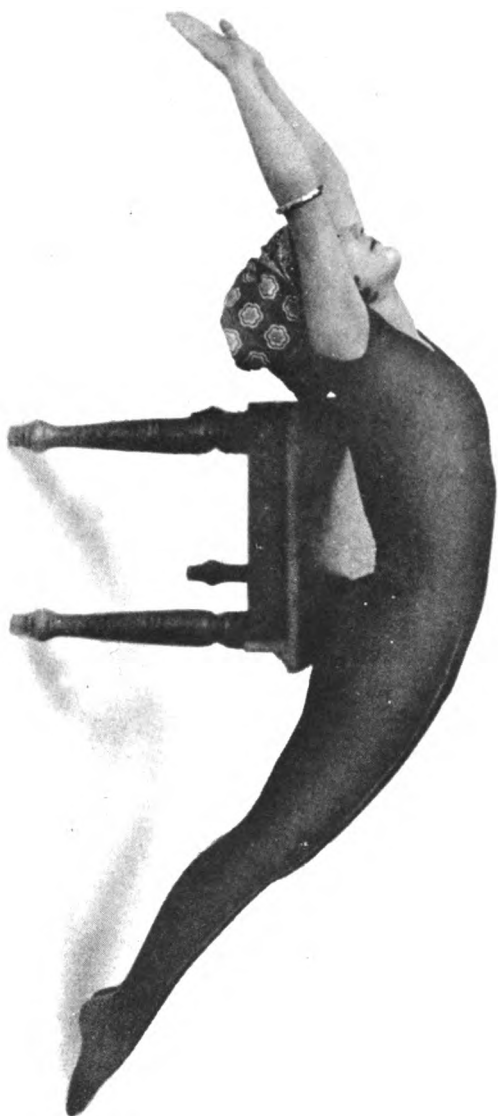
Lie flat on your back across a couch or bed, with arms raised perpendicularly as in photo No. 14. Bring the arms down sidewise as far as you can and raise again to vertical, repeating until tired.

Stand erect with arms down at sides, then, keeping the arms straight, cross them as far as you can in front of the body, bring back to sides and cross them again, continuing until tired. First pass right arm under left, then over, and

STRENGTHENING THE MUSCLES IN THE REGION OF THE BUST.







DEVELOPING THE MUSCLES ALONG THE FRONT OF THE NECK





**BEAUTIFYING THE SHOULDERS. AN EXERCISE TO CORRECT  
CARRIAGE AND OVERCOME ROUND SHOULDERS.**







FOR SHOULDER AND UPPER ARM EXERCISES.



so on. Clinching the hands will help you in this. Do it slowly and vigorously, bringing the arms as far across each other each time as possible. As you spread the arms to repeat the exercise take a full inhalation inflating the lungs to their fullest capacity. When bringing the arms across the chest, see that they press against the bust. This kneading movement serves to give them an excellent massage and will stimulate them wonderfully.

Stand erect, place your hands around your waist line, fingers forward. Then, tipping your elbows forward, press vigorously against your sides with your hands. You may think you do this with your arm muscles, but it is really with the muscles of your upper chest and those lying under the bust, and after a few repetitions, you will "feel" these muscles.

### NECK DEVELOPMENT

With the neck, as with every other part of the body, there should be a full muscular development, with just enough fatty tissue present to make it softly rounded and pleasing in contour. The following exercises have proved most effective in neck development.

To reduce a "double chin": Loosen your col-

lar, put your head well back and go through a chewing motion ten or twelve times, open the mouth widely and pull the chin up just as high as it will go with each chew. Then take a light weight massage roll, tilt the head gently backward, and starting at the point of the chin, roll downward. If you have no such roller the massage may be performed with the fingers lubricated with a little cocoa butter. After the massage take a lump of ice about the size of a walnut and rub the chin briskly until the ice is melted. Always after bathing your neck, finish by dashing or patting cold water on it as it both strengthens the throat and makes the flesh firm.

For reducing fat on the back of the neck between shoulders, and developing shoulders: Place the tips of the fingers on the points of the shoulders; then make the shoulders rotate in a circle. Begin with the shoulders high, pull them backwards—down—forward—and up. While performing this exercise bring the head back as far as possible. Pay no attention to the arms but see that the shoulders are lifted and rotated as described.

Lie flat on the back on a couch, or across a bed, with the head hanging far down over the edge as in photo No. 15. Now bring the head up and

over until the chin touches the chest. Repeat until tired. This will develop the muscles along the front of the neck.

Reverse the position and lie face downward with the head hanging far down over the edge of the couch, and bring backward and upward as far as possible. Be sure that you do these exercises vigorously and to the full limit that you can stretch the head up and back. Repeat until tired. This will develop the muscles along the back of the neck.

Stand erect and twist the head first to one side, then to the other. It is important in this that you stretch the head as far in each direction as possible. This will develop the muscles in the back and sides of the neck.

Sit before a desk or table with your elbows resting firmly in front of you. Lay your forehead on your hands and press forward and downward with your head as vigorously as possible. This is for development of muscles across the front of the neck.

Turn slightly so that only the right elbow is on the table. Rest the right side of the head on the palm of the right hand and press sidewise and downward with the head vigorously. For muscles of right side of neck. Same exercise with left

hand and left side of head for muscles on left side of neck.

Stand erect and inflate the lungs fully and then with the mouth closed tightly, permitting no air to escape, force the air up into your throat. For filling out the base of the neck.

You will find your carriage of utmost importance in filling out hollows of the neck. Notice this in a mirror. With rounded shoulders the hollows appear, while with erect shoulders, they are never so noticeable.

### THE ARMS AND SHOULDERS

Exercises for the shoulders and chest will be found particularly helpful, not only as a means for developing the external muscles but for strengthening and increasing the power of the lungs and as a remedial agent for any lung trouble.

The shoulders can be beautified only by exercising the arms; for the muscles that move the arms at the shoulder joint are located not in the arms but in the shoulders. The muscles that move the arm at the elbow are in the arm between the shoulder and the elbow; while the muscles in the forearm are used to move the hand and wrist.

Standing erect with the chest well forward, reach the arms directly in front of you with the hands clenched and the palms turned upwards. Draw the arms backwards as far as possible, bending the elbows and keeping them just as close to the sides as you can, as illustrated in photo No. 16. During this exercise take care to keep the chest as far forward as possible, and as the elbows come backward, take a full inhalation.

Raise the arms and stretch them high above the head. You will find the chest raised high and the back arched. Slowly bend arms at elbows, bringing them down to the position shown in photo No. 9. Always keep the elbows back as far as possible. At any time of day when you find your carriage incorrect, go over this exercise. It is not only fine for the carriage but for rounded shoulders.

Assume the position in photo No. 17, using a chair or other convenient support. From this position there are two exercises you may take. First, you may sway the body from side to side, to develop the muscles on the back of the shoulders. Second, by bending the elbows and lowering the body and then raising it again you will have a splendid exercise not only for the shoulder





## **THE MUSCULAR CORSET**



## CHAPTER XII

### THE MUSCULAR CORSET

**T**HE only people who really need corsets are children and savages. Now, I do not want you to take me too literally and put corsets on your little daughter nor appropriate your missionary collection to buy corsets for the Hottentots. But what I do mean is that children and savages are the only people whose abdomens hang down in a loose round way quite contrary to our ideas of beauty and bodily perfection. The logical explanation of this fact is in the evolutionary theory, which teaches us that the ancestors of man at some time in his past travelled on all-fours like other animals. In such a position the weight of the abdominal organs was suspended beneath the spine for its full length and loose soft walls on the front of the body were sufficient to support them. But when man achieved an upright position these organs hung down and pushed out in front just as you see them in a small child.

In the child we consider such a form beautiful enough, but in the perfected form of the adults of the higher races a protruding abdomen is considered most unsightly. And why do we consider it unsightly? Because in the most superior forms of human bodies there has been developed a "muscular corset" to keep these organs in place and to give to the front line of the body a firmness and shapeliness quite in keeping with our other ideas of human perfection.

This evolution is seen at its best in the growing body of a boy. When the little fellow is about four or five years old the muscular walls are still too weak to hold back the weight of the loose internal organs. But as he develops with vigorous exercise and approaches manhood the muscular tissues strengthen and take on the form of the waist line of the perfectly developed man. The girl on the contrary is forbidden activity and the muscles remain weak and flabby. As womanhood approaches we become ashamed of the loose form of the child and adopt the corset to act as a substitute for the muscles that were forbidden their natural development. The arm tied up in the sling grows weaker from lack of use, and the corseted waist, if its exercise be still forbidden, grows weaker instead of stronger; a woman once cor-

seted must always remain so unless she choose to replace the corset of cloth and steel with one of her own making of firm muscular tissue.

Do not misunderstand me because I use the example of the boy. A woman's waist will never be like a man's and the more she does to develop its strength and beauty the more feminine it will be. The woman's waist will always be smaller than the man's. But this smallness is chiefly in its narrowness when viewed from the front or back. When viewed from the side it should be as well drawn in and as firmly kept in place by its own muscular tissue as that of a man, and an athletic man at that. As a man gets older he can neglect his waist line and still get by, for "looks don't count in a man"; but woe to the woman who "lets herself go." At best, she is an artificial creature kept together by laces and stays, and at worst she is a loose barrel-formed creature too unsightly to be tolerated.

The well corseted woman may be passable so long as she keeps her corset on, but she is a lie to herself and to all whose conceptions of the beautiful body go deeper than the superficial make-shifts of the corsetiere. There is no pride of beauty that a woman may know more glorious than to "look better with her corsets off than on,"

or to have others think that she is laced up in steel when she is merely laced up by the tissues of her own well knit muscles. The gains from a supple, muscular waist are far reaching. Beauty is its first but not its only reward. The internal organs benefit from the firmer support and greater strength of the region. She is less troubled by indigestion and constipation. She is less liable to displacements and derangements of the female organs. She is better fitted for the womanly duties of wifehood and motherhood. She is less likely to accumulate fat. She is more efficient as an animal, as a human being, and as a woman.

If there were but one thing in the whole range of possible physical improvement that I could teach you it would be that of developing the strength and beauty of your waist; and yet this is one of the easiest and most certain of all the possibilities of bodily development. Many of the exercises I have given you elsewhere will help you here; for the muscles of the abdomen have many uses. Mere walking will help; but it will not do what nature intended, because you have learned to walk in skirts and are afraid to raise your knees.

Try this experiment; place your hand firmly against the front of your abdomen, then swing

one leg forward. If you are not too fat you can feel a faint tightening of the muscles. Now, keeping the knee straight, raise your leg as high as you can hold it. This time you will feel the muscles tighten considerably. Running jerks the legs forward more vigorously and raises them higher than walking. Because girls are not allowed to run these muscles never develop. In swimming, particularly in the breast stroke, the legs must be brought well forward against the resistance of the water. This movement develops the muscles; and that is why one seldom sees a woman swimmer with a flabby waist.

But there are more rapid ways to develop these muscles with special exercises, by which you can quickly regain the health and strength that you have lost through the artificial and foolish limitations of activities that society has imposed on conventional womanhood.

One of the best of these exercises is high kicking. I know that kicking for ladies is considered in bad taste, but that is because skirts are in bad taste when coupled with any sort of activity of the legs other than stiff-kneed walking. But it is perfectly respectable to kick in your gym suit, or in any clothes you like, or in no clothes at all in the privacy of your own room. Don't kick at

the air but get something definite to kick at. A piece of stiff pasteboard is good; fasten strings from the four corners and hang it from a hook on the ceiling or the top of a doorway. Start at an easy height and kick it a resounding whack first with one foot and then with the other. Now raise it a bit and keep raising it from day to day. You will be surprised to find how quickly you will be able to kick as high as your head. Get up a kicking competition with your best chum or your husband, if you are lucky enough to have one who doesn't think that the duties of womanhood are so sacred that he would condemn you to make the bricks of humanity without the straw of health. But kick anyway. It is a rare and jolly sport and will keep you youthful of spirit as well as of figure.

But if your prejudices against high kicking are too deep to be overcome, there are yet other and more dignified ways by which you can strengthen the abdomen and gain for yourself the muscular corset that is the first requisite to beauty and strength for the feminine form. All sorts of bending exercises are good. Bend forward, backward, and to either side. Bend as far as you can in all directions. There is no better test of



ABDOMINAL EXERCISE—LEG RAISING.





ROTATING EXERCISE FOR THE HIPS AND INTERNAL ORGANS.







SWAYING EXERCISE FOR THE HIPS AND BACK MUSCLES.



AN EXERCISE FOR STIMULATING AND STRENGTHENING ALL  
THE VITAL AND ABDOMINAL ORGANS.







the suppleness of your form and no better way to develop it.

But the best of all exercises quickly to develop the abdominal muscles are those of raising the legs when lying on the back, and rising to a sitting posture with the feet held down. These exercises call the muscles of the front of the abdomen into vigorous play. If they are weak you must develop them gradually or you will get a good case of muscular soreness from overstrain. The legs are the lighter and hence easier to raise, and, if the abdominal muscles are weak, you should begin with the leg raising first. If extremely weak, raise one leg at a time. After you have gained strength raise both legs at once. The following exercises are well graded for the purpose of gradually developing weak and neglected abdominal muscles.

Lie on the back as in photo No. 18, and raise one leg. Lower it and raise the other. Repeat until moderately tired. Some of you will find that you have so neglected the abdominal muscles that comparatively mild exercise will cause muscular soreness to develop a few hours after the exercises. This will not hurt you and a little such soreness is an excellent sign that you are getting results, for it is caused by the rapid

changes taking place in the long neglected muscles. But if you begin gradually, increasing from day to day the difficulty of the movements and the number of times each is taken, you will get a wholesome development without excessive soreness at any time.

Stand erect and go through the movements of pulling a cork out of a bottle. You can really use a bottle, holding it between the knees, and first with the right hand, then with the left, pull on the neck of the bottle, at the same time contracting the muscles of the abdomen.

Lying flat on the back with one leg raised to the perpendicular as illustrated in photo No. 19, rotate the leg above the body, as though drawing a circle with the toes. First rotate from right to left, then from left to right; do the same with the other leg. This is for strengthening both the hips and the internal organs.

Standing erect with the hands on the hips, twist the body first in one direction and then in the other, with the feet always in the same position. Twist as far around in each direction as possible, just as you would in looking behind you.

Lying on your back, with the legs raised perpendicularly, as in photo No. 20, lower both legs together a little, first to one side and then to the



THIS VIGOROUS EXERCISE IS BENEFICIAL IN MANY WAYS.



other. Balance yourself by placing your hands out horizontally on the floor. Do not strain yourself in this movement, but lower the legs far enough to require a moderate effort to bring them back. As you become stronger, you can lower them further and further.

Lie flat on the back with the arms outstretched above the head. Keeping the back and head on the floor swing both legs and arms up sharply, trying to make the hands and feet touch without bending the knees. This is a wonderful exercise for constipation and for strengthening all of the vital and abdominal organs.

Lying on your back double one leg at the knee and bring it up until it touches your chest, clasping the hands in front of the knee to help to pull it against your chest as in photo No. 21. It is important that this leg be brought up as far as described, and that you keep the other leg stiff. Repeat with the other leg. This is extremely valuable for constipation.

Lie on the back, the hands folded under the head; bend the knees, bringing the feet close to the body; raise the heels, supporting the body on the toes and shoulders; raise the body until it curves upward from the knees to the neck; draw the feet still closer to the body; contract the

muscles of the abdomen, hips and back, making them stiff, lower the body nearly to the floor and raise it again, the abdominal muscles being kept rigid. Raise and lower five times, then rest and repeat five times. This exercise strengthens the small of the back, kidneys and ovaries, and also raises all vital organs to place.

Lying flat on the back with hands at your sides, raise the legs and finally the hips from the floor, bringing the legs as far back over the head as you comfortably can, in the manner illustrated in photo No. 22. You may, in time, be able to touch the floor over your head with your toes. This exercise should be practised more than the others of this series for it is beneficial in many ways besides maintaining strong female organs.

Sitting on a piano stool or chair with your toes firmly braced under the pedals or some firm place, fold your arms, lean backward and lower the body as far as possible. In course of time you will be able to lower your head until it almost touches the floor. This vigorous exercise will quickly correct protruding abdomen, and is highly stimulating to all vital organs.

**PROPER DEVELOPMENT OF THE LOWER  
LIMBS**





## CHAPTER XIII

### PROPER DEVELOPMENT OF THE LOWER LIMBS

**M**AN has four limbs, and despite her efforts to disguise the fact, it is now pretty generally understood that woman has the same number. In China the customs are quite reversed; one of the funniest sights I ever saw was a dinner party of European and Chinese notables at which a European gentleman took a Chinese lady out to dinner, both wearing trousers, and the Chinese gentleman followed with the European's wife, both in skirts.

I believe that all of the human body is beautiful and worthy of the greatest possible development. Whether you agree with me or not, you must still cultivate the strength, and necessarily the beauty of your lower limbs, because even though most conventionally garbed, weak and awkward legs will spoil the carriage and grace of the whole body. We stand on our legs, we walk with them, we dance with them; and we shall do

all these things badly unless we have well developed legs and know how to use them.

Even their form is no longer altogether hidden. The abbreviated skirts of these days reveal the form of the lower leg; and the development of the thighs and associated muscles of the hips give form to the "hips" as revealed even in the most conventional dress; and without good hips no woman can be said to possess a good figure.

While the necessities of standing and walking always develop a certain amount of strength in the legs, such mild exercise does not develop them to their full natural form and vigour. Indeed in women who keep indoors the legs are frequently the most poorly developed part of the body. Skinny slenderness from lack of muscles and pudgy fatness are equally common faults, and worst of all is the case of legs that are both lacking in muscular tissue and too abundantly supplied with fat. The flesh of such limbs lacks firmness and true form of any sort. Such legs are as ugly as they are inefficient. If one would be either beautiful or graceful these faults must be corrected by vigorous exercise.

From the standpoint of their uses the muscles that move the legs are divided into three groups. The legs are not quite like the arms in this re-

spect for more of the muscles that move the legs are in the legs themselves. However, the muscles on the back and sides of the hips are the source of the power that moves the leg back or sidewise; and the development of these parts can best be affected by such movements of the leg. The thigh proper contains the most powerful muscles in the human body. They act to bend the knee forward and backward and also to move the whole leg forward at the hip joint. The muscles of the leg below the knee are instrumental in moving the foot at the ankle and also the toes, but in civilised life few of us except toe dancers ever use them for the latter purpose.

For the legs more than any other part of the body, I recommend the natural sports rather than particular exercises in your room. Walking, running, swimming and dancing are all excellent.

Walking is a most important exercise. You should walk each day as much as you can without becoming too tired. Do not confuse a healthy fatigue with exhaustion, but never walk to the point of utter exhaustion. As you increase in strength and endurance, you can increase the length of your walks. Never loiter along but build strength and increase the circulation by brisk walking. Where strength permits, walking

up and down hills is to be especially recommended.

In walking wear nothing higher than the 1½ inch Cuban heel. A lower is preferable. You will enjoy walking if you will observe this rule and be sure to walk at a good brisk pace. You should have nothing binding about your clothing, in any part, so that you may breathe fully and deeply.

In going up and down stairs depend upon the toe and calf muscles, and not simply upon the thighs. The same applies to hill climbing—raise the body on the toes, and you will derive much greater physical benefit. Both hill and stair climbing are beneficial for calf development if performed in this manner.

Running and dancing are the best of all exercises for leg development. But as some of you may lack the opportunity or the inclination to engage in these splendid exercises I will give you the following movements, which you can take in your room, and which are designed to overcome the weakness that has come about from a past repression of normal activity.

Do not forget to include in this list of exercises the last two of the six basic or test exercises as given in Chapter IV.



**EXERCISING THE MUSCLES OF MOTION AND A STIMULANT  
FOR THE CIRCULATION.**



Place your hands on your hips and without moving from one spot, start to run gently, lifting the feet lightly from the floor. Increase the running speed faster and faster. Do this for about three minutes daily. If the bust is very heavy the swinging of the breasts may at first be somewhat painful, and it may be necessary to support them with a brassiere. But if you take the exercises given in Chapter XI for strengthening the muscles that support the bust this trouble will pass away, and after a while you will be able to do this exercise with perfect ease.

Place the feet about six inches apart, the toes pointing nearly forward. Now vigorously raise the right knee so that the thigh forms a right angle with the trunk, and at the same time, point the toes downwards so that you can feel that you are flexing the muscles of the calf and ankle; see photo No. 23. Bring the leg back to the ground with a snappy motion, and immediately raise the left leg. Make an effort, after the first few movements, to raise the knee higher than in the first instance, so that the thigh and the trunk may describe an acute angle. This is a capital exercise for the muscles of the hips, legs, abdominal muscles, sciatic nerve, and for the circulation, which implies that it is good for the interior or-

gans in general. Also it is excellent for those who have a tendency to obesity at the waist line.

Stand erect, place your hands on the back of your neck, then raise one leg as far as possible in a backward direction, being careful not to bend the trunk or knees while so doing. Point the toes of this leg backwards and downwards, putting a strain upon them in order to do so. Now swing the leg forward with vigour and then backward. Repeat the movement eight or ten times. Stop, rest for a few moments, then execute the movement with the other leg. This exercise brings into vigorous play the muscles on the back of the hips and the thighs. A similar exercise requiring even more vigour is performed by lying face downward on a mat or couch and raising the legs up from the mat as far as possible.

Stand with feet close together, step directly sidewise with the right foot, at the same time bending the left knee and lowering the body as far as possible. Resume original position. Reverse by using the other leg.

Stand with your hand on a chair to maintain your balance. First, kick forward as high as possible fifteen times. Second, same position, kick backward high as possible. Third, see photo No. 24. Bring foot sidewise and kick as high





**THE THIRD POSITION OF THE SWINGING LEG EXERCISE.**



as you can. Do this exercise as vigorously as your strength will permit.

Stand erect with the heels together. With a small jump come down to a squatting position on the toes with the feet far apart. Jump back to original position. Then reverse this by standing with the feet far apart and jumping to a squatting position with the feet close together. This is a very vigorous movement and will give your legs as much exercise in a few minutes as would an hour of walking.

For the development of the calves and lower legs raise first on toes, then on heels, as in the last test exercise in Chapter IV. Also stand with the feet fifteen to eighteen inches apart and shift the weight first to the outside and then to the inside edges of the feet, turning the ankles outward, then in.

For other exercises to develop the lower leg and strengthen the feet see Chapter XV.



## **THE CARE OF THE SKIN**



## CHAPTER XIV

### THE CARE OF THE SKIN

**T**HE beauty, or at least the charm, of the face is more largely determined by the texture and quality of the skin than by the shape of the features. One may be the possessor of a Grecian nose and a classic profile, but if set in a blotchy complexion, or framed by thin scraggly hair, their beauty is entirely lost. On the other hand, your features may be entirely irregular, but with a clear radiant complexion and a head of attractive well-groomed hair you can pass for handsome all your days.

Nothing is quite so attractive as a clear fresh skin. Like the hair it is quite independent of shade or texture. It need not be pink and white or have the thinness of a baby's skin. If it is clear and transparent—a healthy skin always is—and free from blotches and eruptions it cannot help being a joy to owner and beholder.

I have no patience with the woman who sits down in the corner and mopes about her bad com-

plexion. It is all her own fault. A little energy, a little will-power, and a little perseverance and common sense can give her that for which she now longs so dolefully and so vainly.

Very little can be done for the complexion from the outside, and that little only in conjunction with much more genuine efforts toward internal health.

Needless to say, diet is essential to a good complexion—diet and exercise, the two go hand in hand in the correction of the bodily ills. I don't think any one is so unreasonable as to expect that she can indulge her fondness for all sorts of pastries, rich highly spiced foods and curled-up-on-the-sofa novel reading with a box of chocolates within easy reach and at the same time win a smooth clear complexion. But dieting alone will not do the trick. You must exercise systematically and persistently. Put your fancy work into its basket and leave it there. Let even your reading go for a while if it means economising on your exercise.

Your programme for the day should run like this. Jump out of bed as soon as you awaken. Don't lie there dozing and cat-napping. Go through the general exercises I have prescribed. Follow them with a cold shower and a brisk rub-



bing. Bathe the face in warm water, with very little soap, and rinse it for a minute or two in cold water to start the circulation briskly. Put on your comfortable walking shoes, your short-skirted suit, and start out for a walk. Don't say you can't. You must. Get up at five o'clock if you have to because of your work. You can get back before the rest of the family is awake. Your indoor exercises, bathing, and dressing should not take more than forty-five minutes. You can walk for an hour and a quarter and still be back at seven. If I can just get you started you're all right. The results in health and pleasure will insure the longevity of this regimen.

Perhaps getting up and out before the rest of the world has put the wheels of the day into motion will be a new experience. If it is, then there is a wonderful treat in store for you. The day is fresh and radiant. Every bush and tree seems to have thrown aside yesterday's dusty bedraggled dress and put on a shining fresh one to start the new day. And the birds are busy. A conference is being held in every tree.

As you stride along with long free swings, throwing away a year with each step, you begin forgetting. You forget that there is breakfast to get and dishes to wash and beds to make. To

you there are no longer dishes and beds, though before long you'll begin remembering breakfast. You forget the holes in Tommy's stockings and the leaky faucet in the bath-room. For a while you're not a mother, nor a housekeeper, nor a wife. You're just you.

And then you start remembering. You remember the old see-saw in the back-yard, and the swing, and the way you felt sailing through the air trying to touch the bottom limbs of the tree, and the delicious thrill, half fear and half triumph, when you succeeded even in barely scraping them. And everything pleasant in your world of past experience comes back with a rush that makes you want to sing with happiness.

When you get home your cheeks are pink and your eyes flash. Your step is so light and elastic that you hardly know you're walking. It seems as though breakfast never would be ready. And no matter how hard or vexing a day it may be, you'll not mind, because you've learned the insignificance of little things from your contact with the only big things, your soul and nature's.

Even after you have begun your rigorous course of exercise and diet you must not expect miracles. Remember that you are combating conditions of years' standing.

There are some local treatments for the face that will prove beneficial. After the face has been exposed to dust, do not bathe it until you have first applied cold cream, rubbing it gently over the face and neck with a soft cloth. Let the film of cream remain on the face for about ten minutes, and then bathe the face in warm water with a pure soap, or almond meal if your face is extremely tender. Rinse it several times in fresh warm water, and finish up with a thorough rinsing in cold water to close the pores.

Careful attention to the diet instructions I have given you will rid you of pimples. This, combined with exercise, plenty of pure drinking water, and a sufficient amount of sleep, will banish these troubles forever. Blackheads are more persistent things, and you will have to exercise patience in getting rid of them. You must bathe your face at night in warm soapy water, using a soft bristled complexion brush. Use the brush just as you would a wash-cloth. Rinse the face well, first with warm water, then with cool. A month's time will show a remarkable improvement. If at the end of this time you still have very persistent blackheads, remove them by first softening the skin with warm water and then inserting the point of a fine needle, which has been

sterilised in a flame, in the blackhead and very gently pressing it out. Touch the spot immediately afterward with alcohol to close the pore. But do not get into the habit of squeezing blackheads out with your fingers. They come back very shortly, and you are likely to cause an infection and make unsightly red marks on the face which will be uglier than the blackheads. Time and perseverance will rid you of them.

If your pores are enlarged in addition to the blackheads try this; bathe the face in warm water, dry it and then apply a mixture made of

Ether .....2 ounces  
Soap Liniment .....2 ounces

Rub this thoroughly into the skin. After it has been on for an hour wash your face again with soap and water, and rinse it so that not a particle of soap remains. Remember that blackheads are always an accumulation of dust in the pores, and the watchword is "Cleanliness."

Superfluous hair can safely be removed only by electricity. However, such hair may be made less noticeable by the use of ammonia and peroxide of hydrogen (1 drop of ammonia to 1 teaspoonful of peroxide of hydrogen). Apply with a small piece of absorbent cotton frequently and

just as soon as it dries apply again. This has a tendency also to make the hair brittle and discourage its growth. The too frequent use of it, however, will make the skin unpleasantly dry, so when you notice this condition, do not use it for a time.

If the skin chafes at any time bathe the parts in water to which a small quantity of borax has been added. Powder with a good talcum powder. This should be attended to frequently. Remember that an ounce of prevention is worth a pound of cure. The borax will harden the skin and make it less sensitive, and the talcum will relieve the fevered condition.

Pimples and rough skin on the arms and back can be overcome by the constant use of soapy water and a firm flesh brush. Dip the brush in warm suds and scrub the skin until it is soft and pliable. Rinse first in warm, then in cold water, until every particle of soap is removed, and dry thoroughly. Many times the pimples are caused by imperfect drying.

I do not oppose the use of powder if it is put on intelligently and removed with care. Powder should never be applied without first putting on cold cream, and rubbing it well into the skin. If your face has a tendency to grow hair or down,

use one of the so-called "vanishing creams" which are greaseless preparations harmless to the skin. Then dust on your powder lightly. Do not grind it into the skin. Be sure that your powder is of good quality. As in the case of soap a reasonable expense is a fair test of quality, but see that you do not pay for perfume and fancy boxes. "Chamois" or powder cloths are unsanitary things to use, and with them it is impossible to avoid grinding in the powder. A swans-down puff is the best thing. Be sure to remove the powder at night with cold cream before bathing as it is difficult to remove it by the use of soap and water alone.

Following the regimen I have laid down you should have plenty of colour. If, however, yours is the sort of skin that never gets much colour, or, if during the transition period you feel that you need an extra touch, you can get it in this manner: Dip a cloth in very hot water, and apply it lightly to the cheeks for a while, pressing it more closely as it cools. When the cloth has cooled off, remove it and bathe the face with cold water. You will have a colour that will last two or three hours. The treatment will stimulate the skin also.

If you wish to avoid wrinkles you should culti-

vate calmness of feature. This will not only guard against coming wrinkles but will aid in dissipating present ones.

Intelligent massage is a valuable aid in the removal of wrinkles. Its object is two-fold. Its principal purpose is an excitation of the skin and the underlying blood-vessels to increase the supply at a given spot, thus either building up the particular part of the body or ridding the tissue of an excess of fatty cells. It also affects a smoothing or ironing out of wrinkles of the skin.

Massage will be most valuable to you in caring for your face and throat. In the case of massaging the face to eradicate wrinkles and to "tone up" the complexion the object is to induce as copious a blood supply to the spot as possible, without breaking down the fat cells which underlie the skin. For this reason a firm light touch must be used. Facial massage should always be done with an upward movement to prevent sagging. Before beginning a facial massage, the face should be thoroughly cleansed with soap and hot water. Omit the usual cold rinsing water. Wring a face towel out of hot water, and put it over the face, lightly at first, pressing it closer as it cools. After this has cooled, you are ready to begin the massage.

Dip the fingers in cold cream, and then begin the massage at the outer corners of the eyes. Placing the thumbs firmly on the point of the jaw-bones, begin a light but firm circling movement at the corners of the eyes where "laughing wrinkles" come, with the two fore-fingers of each hand. Use this movement to rub in the cold cream, then stroke the wrinkles upward and outward. Be careful not to use too heavy a touch, else you may do more harm than good. In using this circling movement always have the pressure on the upper part of the circle.

Dip the fingers again in the cream, and with the thumbs in the same position, begin an outward stroking under the eyes with the two fore-fingers. Never use a short jerky movement on the face. The value of the treatment lies in the slow steady pressure. Follow the orbit of the eye, and end the stroke beyond the "laughing wrinkles."

Your forehead next calls for attention. If you have perpendicular wrinkles between your eyebrows, they should be massaged thus: with the thumbs firmly placed just in front of the ears, massage the lines upward and outward with the fingers. A circular movement should be used



on the lateral wrinkles of the forehead much like that used for the "laughing wrinkles."

In massaging the lines about your mouth you should very gently pinch the parts as you massage with an upward lift, though taking care not to stretch the skin. Use only the stroking movement here; the rotary movement has a tendency to make these muscles which are comparatively unsupported, fall. This stroking movement should also be used in massaging from chin to temple to eradicate the fine little lines that come in the skin with increasing years if neglected. The throat must also be massaged with this same upward stroking movement.

After you have finished and while the skin is still flushed wipe off any superfluous cold cream that may have remained, and go over the face with a lump of ice wrapped in a towel, rubbing your face with a steady upward stroke, just as you would use a flat-iron. Continue this until the face feels firm and cool to the touch. This treatment is wonderful for toning up the muscles, and preventing the face falling back into the old wrinkles.

You must be persistent and patient in your face massage. At first the effects may seem to

wear off very soon, but if it is persisted in, they will grow more and more permanent, until your wrinkles will have entirely disappeared, or become mere shadows of themselves.

## **BEAUTIFUL HANDS AND FEET**



## CHAPTER XV

### BEAUTIFUL HANDS AND FEET

**H**ANDS and feet are commonly associated words, yet one hardly expects to see them placed together in a beauty book. Yet they are very much the same type of bodily members, with similar structure and needing much of the same care. The trouble is that the feet, like the labouring classes, have been given the hardest work to do. They bear the burden of the members higher up and then get snubbed for their labour. Feet are beautiful, just as the body is beautiful, because all of it is useful and all is part of a beautiful whole. The narrow stupid notion that some parts of the body are vile and ugly only results in degrading our attitude towards the whole.

The beauty of the hand needs no apology. When all the body was thought a thing to be hidden, the hand like the face was left free. With it we laboured and made the art and machinery of our civilisation. With it we greeted our friends.

And so we prized it highly and learned to love its beauty.

The hands may seem as fixed and definite in their beauty or ugliness as noses. Some things about them are. Tapering fingers and almond nails are truly gifts of the gods. Either we have them or we don't. But nothing about us responds more gratifyingly to kind treatment than the hands.

Of all the gamut of feminine charms there is none more appealing than a smooth well-cared-for hand. It seems to bespeak the union of beauty with efficiency, that twentieth century ideal for which we are all striving. And the possession of such a hand lies within the power of every woman. "But I have my housework to do," is no extenuating plea for chapped red hands that offend the beholder and overwhelm their owner with self-consciousness and mortification.

For your rough work you can provide yourself with a pair of rubber gloves. They cost less than a dollar, and when once you get used to them, you can do such things as vegetable paring and dish-washing in them with perfect comfort.

The fact that the hands are in and out of water of varying temperatures so much of the time tends to dry out the natural oil of the skin.

For this reason it is often necessary that they have some extra oil supplied them in the form of vaseline or cold cream.

This keeps them well-lubricated, and preserves their graceful contour and suppleness. It is a good plan to massage the hands well at night before going to bed, and to sleep with the hands in a pair of old kid gloves the palms of which have been cut out. After a few nights of this treatment, you will note a difference in the smoothness and whiteness of the skin.

Use lemon juice copiously in laving the hands. It will remove stains and dirt from the skin and nails. But as it has a tendency to make the nails brittle, a little vaseline should be rubbed about each nail before using the lemon juice.

If you dry your hands thoroughly at all times, they will not be likely to chap. A lotion made of one pint of warm water, two ounces of glycerine and twenty-five drops of carbolic acid, is excellent for keeping the hands smooth. A few drops rubbed thoroughly into the skin will prevent the roughness that follows changing from hot to cold water. The daily application of vaseline camphorice is a most efficacious and inexpensive way of keeping the skin soft. It will

cure the most obstinate "chaps." It is very valuable, also, for keeping the hands supple.

Carelessness in regard to the nails is inexcusable. Nothing is uglier or more ruinous to an otherwise pretty hand than a stubby stained nail, its base overgrown with cuticle and its corners rough with torn skin.

Five minutes a day will keep the nails in a presentable state. A flexible nail file, a pair of cuticle scissors—these must be of good quality—an orange wood stick and a nail buffer are the only implements you need to keep your nails in the pink of condition.

Your nails require manicuring about once a week. File them to an oval shape. Long claw-like nails are both ugly and in bad taste. After filing, soak the nails for about five minutes in warm—not hot—soapy water. Dry the hand and rub a little cold cream into the base of each nail. Then with the orange wood stick go gently around the nail, pushing back the cuticle and loosening the dead skin. Avoid digging into the flesh. Do not try to loosen any skin that does not come away of itself. Then with the cuticle scissors snip off the bits of skin that have been loosened from the cuticle. Do not cut deeply, and cut only the skin that is very loose. With care-



ful attention you can get your nails into a condition where they will require almost no cutting at all, except in the corners where the cuticle has a tendency to grow rather thick.

You should keep the cuticle well pushed back each day so that it will not grow hard, crack, and have to be cut away at the weekly manicure. Finish the manicuring by polishing the nails with the buffer and some one of the many nail polishes which you can buy much more cheaply than you can make them. After the polishing go around the base of the nail with the end of the orange wood stick wrapped with a bit of moist cotton to remove any powder that may have lodged about the nail.

An hour once a week devoted to manicuring and five minutes daily for pushing back the cuticle and rubbing a bit of cold cream into the nail is all the time you need to bring your nails to a condition where you'd no longer feel ashamed to offer your hand to a prince, and if he kissed it, after the manner of potentates, you'd not have to blush for its short-comings.

You will have more difficulty in overcoming defects in the hand when they are either too fat and pudgy or too thin. Both faults are associated with the general condition of the body and

both may be improved by learning how to control bodily weight. Local massage and exercise will help in either case. Merely gripping with the fingers will not help the hands for the muscles that are benefited in this case are located in the forearm. The muscles that are located in the hand itself are chiefly concerned with the moving of the thumb and the little finger. Press the little finger tightly against the thumb and you will discover this. Reaching the thumb past the little finger at first on one side and then on the other as far as you can press it is the best exercise for the hands.

Massage is very helpful in filling out thin hands. Cocoa butter should be rubbed into them, and the backs and palms massaged with a firm rotary movement. If there are prominent veins on the backs of the hands, hold the hands up and stroke the veins back toward the arm. This will reduce them when all other means fail. It would be well in connection with this to rotate the finger of each hand. Take hold of each finger, and twist it around and around, without, of course, straining it. This is invaluable in making the fingers supple.

Another place where you can use massage advantageously is on the backs of the wrists, which

have a tendency, if there is general bodily stoutness, to develop lumps of fat. A firm circling movement of the thumb is the best for this purpose. The persistent use of this movement will break down the fatty tissues, which will be carried off by the blood current.

### THE FEET

I have already told you that the feet are anatomically as beautiful as the hands, and should be cared for for the same reason that you cherish the beauty of any feature. But if caring for the feet does not appeal to you from the standpoint of developing their beauty it will have to appeal to you from another angle. You may not be willing to discriminate in your diet to develop the beauty of the inner coat of your stomach, but you will care for it for the sake of your complexion. You will have to care for your feet for a similar reason. Before you can develop beauty of carriage and grace of movement, which are recognised to be two of the most salient points of beauty, you must have strong healthy feet—and such feet are beautiful feet. Before you can have beautiful clear eyes and an unwrinkled complexion you must set your troubled feet at rest or they will punish you with strained drawn eyes

and a crop of fine persistent little wrinkles about your mouth and eyes. It is out of the question for you to take the amount of exercise I have recommended if your feet are not in a sound condition.

You must begin with the selection of proper shoes. It goes without saying that nine-tenths of our foot troubles are due to improperly made and fitted shoes. The ordinary shoe not only cramps the toes but throws too much of the weight forward on them. The weight which should be borne on the arch of the foot—which is nature's masterpiece of bridge building—thus dividing it between the toes and heel, is left without any support. The result is a fallen arch. Once this happens, all the spring and grace and elasticity of the step are gone.

The proper shoe is one that conforms to the shape of the foot. The shoe should be broad enough so that the toes can lie straight, not bent around toward the others.

The heel should be fairly broad and flat. The shoe should be so shaped that a line drawn through the big toe would pass through the middle of the heel. Of course you will say that such shoes are freakish looking, unbecoming to your feet, etc. Please believe me that they are not

half so unattractive as seeing the foot crowded into a narrow pointed high heeled shoe, looking in every way unnatural and uncomfortable. Sensible shoes are trim and neat and comfortable. They will permit you to be at your maximum efficiency every minute of your time.

You can put on high-heeled slippers for your parties if you must but to any one who is striving for the body beautiful, with its accompanying grace of movement and carriage, sensible shoes are absolutely essential, at least for the greater portion of the time. If you live in the city you will be able to secure these shoes without any difficulty. If your home is in the country or a small town, you may have more trouble, but you should be able to get them through your regular shoe-dealer or order them from the city.

Never try to wear, even around the house, old shoes, with run over or turned heels. Especially when you work and are on your feet do you need comfortable well fitted shoes. If you have to economise, do it on something else, for any economy that you practise on the feet in the way of wearing out ill shapen and old shoes will cause you far more pain and trouble than the economy is worth.

Having adopted sensible shoes, you will pre-

vent further injury to your feet. Your next step is to correct the effects of years of abuse.

Corns are probably the most universal form of foot trouble. They are caused by pressure or rubbing, against which nature first protects herself by "plating" the spot with heavier skin. But as the pressure continues the calloused skin is forced down into the true skin, with its network of fine nerves, and the pain due to the pressure on these nerves is often severe. Do not attempt to pare corns; it is too easy to cut them to the quick and set up an infection. Painting the corn with iodine often helps in getting rid of it, but the best thing is a good corn plaster. Buy them and use them as often as necessary. Suffering with corns is as inexcusable as neglecting the teeth.

Another painful and disfiguring affliction is the bunion. This is caused by shoes which are too short, and which consequently press very severely on the great toe. The pressure enlarges the joint, and if continued sets up an inflammation of the membrane which lines the joint. Great care should be taken to prevent this latter condition because, once this occurs, cure is almost impossible and life-long disfigurement and suffering may be the result.



BEAUTY OF CARRIAGE AND GRACE OF MOVEMENT FIND  
EXPRESSION IN THE HANDS AND FEET.





The bunion should be painted with a lotion of glycerine, carbolic acid, and tincture of iodine mixed in equal parts. If possible apply this lotion two or three times daily. If the joint is painfully swollen it should be protected from all pressure or rubbing by a large ring of felt or chamois.

The feet should be frequently examined for callouses or chafings. A pumice stone should be used to smooth any roughnesses. The nails should be trimmed very carefully. A hasty, careless cutting may result in that most painful of all foot injuries, an ingrown nail. Trim the nails straight across to a moderate length. Do not cut into the corners, as even a slight pressure may make a rough edge of the nail grow into the flesh. Be careful not to destroy the spongy substance below the nail, as this is the special guard to prevent its growing into the quick.

Frequent change of shoes is good for both feet and shoes. Especially after a long walk should you be very particular to change shoes. It is a good plan to bathe the feet after a long walk. They are, no doubt, damp with perspiration, and unless they are bathed may become irritated and sensitive. If they should feel especially tired bathing them in a mild solution of carbolic acid

will be found very soothing. Bathing the feet with alum water is frequently resorted to by pedestrians. It toughens the skin and prevents blisters.

Massage is very soothing to tired, aching feet. Stroke the feet gently but firmly upward. Rotate the toes as I have advised you to do the fingers. A little vinegar or alcohol should be rubbed into them during the massage as this acts as an astringent, thus preventing excessive perspiration, to which tired feet are often subject.

Chilblains, one of the most irritating if not the most painful afflictions of the feet, are due to poor circulation and exposure to cold and dampness. With the first indication of this condition, as redness of the toes or heel, and intense itching, the feet should be rubbed with warm spirits of rosemary, to which a little turpentine has been added. The turpentine alone can be used if it is difficult for you to secure the spirits of rosemary. The best way to get rid of chilblains permanently is by a persistent course of exercises designed to improve the circulation.

For the general strengthening and improvement of the feet and especially for remedying flat feet or fallen arches it is necessary to exercise the feet in other ways than by bearing the weight

of the body upon them. The following programme of exercises for the feet will work wonders.

First walk about the room on tip-toe while bare-footed, walking as nearly on the toes as possible.

While still bare-footed raise yourself as high as possible on your toes, and then come slowly down until the weight is on the heels; now raise the toes as far off the floor as possible and then bring them down and repeat the motion by raising the heels.

Sit down and without moving the feet at the ankles curl the toes first under toward the heel and then up toward the shins.

Lie on the bed or floor and stretch the toes out straight with as much tension as possible. Bring the feet up toward the shins and hold them so while repeating the motions with the toes. While still reclining bend the feet sideways as far as possible first in and then out.

Practise these exercises faithfully daily and you will be astonished at the growing strength of your feet. You will be able to walk miles without feeling the fatigue that spoiled the pleasure of walking, and was due, not to bodily weakness, but to the local neglect of the feet.

One of the reasons why I am so fond of dancing of all sorts is that it is excellent for the feet. It is impossible to dance with any enjoyment if the feet are aching or swollen; dancing thus not only gives the feet excellent exercise, but it makes imperative the care and attention which they need to keep in good condition.

**THE HAIR, THE EYES, AND THE TEETH**



## CHAPTER XVI

### THE HAIR, THE EYES, AND THE TEETH

**O**F all the bodily attributes which go to make or mar beauty, hair heads the list. Good hair can redeem a plain face, and the lack of it can keep an otherwise pretty face from being recognised as such. It is a tyrant, but there are redeeming features to its tyranny. First, its beauty can be made independent of colour or texture; and second, it can be easily cultivated, and responds to good treatment in a manner that one would hardly expect from a tyrant.

Among children one very rarely finds the startling differences in hair that are seen among grown-ups. When these differences are present, one is inclined to believe them due to the care by the parents.

I wish I could make those of you who are mothers realise how much of your daughter's future beauty depends on the attention her hair receives from you while it is under your care. Ten minutes a day—five in the morning and five

at night—spent in brushing the hair, massaging the scalp, and watching for any eruptions or dandruff, will insure her a crowning glory that really is a glory.

The first step in rehabilitating a head of hair that has become thin, rough and dull is to build up your general health. The hair, like every other part of the body, is nourished by the blood; and until your health is such as to guarantee a sufficient and healthy blood supply to the hair, your efforts at external treatments are well-nigh wasted. Nothing causes hair to fall or lose its lustre so much as general debility, which usually means headaches and nervousness, both of which are ruinous to healthy hair.

Accordingly, the first directions in regard to your hair are the same as those in regard to your digestion or nerves. Take plenty of exercise, get lots of fresh air and sunshine, eat simple healthful food, and drink plenty of fresh water. With good health established the worst of your hair ills are taken care of.

The hair, however, partakes of the nature of an external garment and requires the same attention as a piece of clothing. It must be brushed, washed, and arranged. Fortunately, hair takes care of its own mending.



There is a three-fold purpose in brushing the hair. It removes dust and dirt from the hair, it distributes the oil which comes from the scalp through the hair, thus polishing it, and the gentle pulling upon the roots of the hair stimulates the scalp. A thorough brushing every night is essential to beautiful hair. It is the action of this moderate pulling that keeps women from becoming bald like men. Correctly to brush the hair, part it down the middle and give each side, beginning at the part and working out to the ends of the hair, at least fifty strokes. Brush slowly and evenly without jerks. Do not be afraid to brush the hair because of its coming out. Of course rough brushing or combing when the hair is tangled is injurious as it breaks the hair off; but you should not worry over the hairs that come out by the roots from brushing, for they are dead hairs that have stopped growing. The way to renew them is to brush them out so that new ones may grow from the hair follicles. Healthy hair grows at the rate of about an inch a month; so you have nothing to fear from the loss of the dead hairs.

The shampooing of the hair is another important factor in preserving its beauty. The frequency of the shampoo is a matter which, to a

certain extent, you must decide for yourself. Every three weeks I should say was about right on the average, although many women do not require a shampoo oftener than every four or even five weeks. On the other hand, those with a large supply of natural oil in the hair may find it unmanageable without a shampoo every two weeks. You are quite safe in trusting your own judgment in this matter.

The directions for shampooing are few and simple. Use only pure soap and soft water—rain water, if possible. There are many prepared shampoos on the market, but there is nothing better than pure soap. One of the best soaps for the purpose of shampooing is men's shaving soap. It is made especially with the design of softening the hair so it can be easily cut with the razor, but the effect is equally beneficial if the hair is to remain on our heads. Such soap lathers very freely, and can be worked in through the hair.

Melt the soap in a little water, and let it cool to a paste. Brush the hair free from tangles, wet it, and then rub in the soap paste freely, using the fingers with a rotary massage movement. Wash out the first lather, and apply a second, working it into the hair and scalp as before. The hair should then be rinsed until the final water is

perfectly clear. A bath spray is a great aid in shampooing. It is inexpensive and can be used in both the bath and shampoo very delightfully. If your bathroom facilities do not permit of the use of this, the final rinsings can be given with a pitcher. The water should be poured over all parts of the head to remove the soap that is prone to linger behind the ears and at the roots of the back hair. Finish the shampoo with a rinsing of cold water, to close the pores of the scalp, and to stimulate the blood supply.

The hair should be dried quickly. Do not allow it to hang dripping until it dries of itself. Rub the hair and scalp briskly with a Turkish towel, shaking and squeezing it to remove all the water possible. When it is fairly on the road to dryness, use your fingers instead of the towel to massage the scalp. The friction is excellent for the hair as it tones up the scalp, loosening it so the blood can circulate more freely, and also drawing a copious supply of blood to the surface.

Directly after the shampoo is the time to apply any of the tonics or ointments it may be necessary to apply to the hair. The pores have been opened and absorb the remedies more readily than at any other time.

If the oil glands of the hair are too active, they

can be regulated by the use of the following tonic:

Resorcin .....40 grains  
Water ..... $\frac{1}{2}$  ounce  
Witchhazel ..... 1 ounce

This should be applied every night as well as after the shampoo until the condition is relieved.

For dry hair vaseline or olive oil rubbed into the scalp carefully are excellent and inexpensive. They should be applied with a great deal of friction as half the cure is affected through the stimulation of the blood vessels. A prepared tonic for dry hair is:

White vaseline .....8 ounces  
Castor oil ..... $1\frac{1}{2}$  ounces  
Gallic acid ..... $1\frac{3}{4}$  drams  
Oil of lavender .....30 drops

Apply a few drops with the ends of the fingers every night and massage thoroughly.

The best general tonic for the hair is vaseline and quinine thoroughly mixed. Get a fifteen grain powder of quinine and a five cent jar of vaseline. Mix the two very thoroughly. The tiniest bit should be used. Rub it into the scalp with the fingertips. Don't expect miracles over

night. The motto for hair improvement as for all things is "persistence."

As I have said, the beauty of the hair is independent of its colour or texture. It matters very little whether hair be black, brown or red; coarse or fine, curly or straight; if it be glossy, thick and well-groomed—and all these attributes lie within your own power—it cannot be anything but beautiful and it will be one of your most potent charms.

The arrangement of the hair is like dressing, so personal a thing, so dependent on individual characteristics that I can comment only on the general features of hair-dressing.

It is worth spending a good deal of time in finding the becoming arrangements for the hair, for beautiful and luxuriant though your hair may be, if it is done with regard for fashion and not for becomingness and harmony with your features, it will most certainly detract from, rather than add to your beauty. Try several styles of doing the hair. Be sure that the one you decide upon is becoming from every angle. The coiffure that may be charming from the front view, may throw a long nose or weak chin into unbecoming prominence in profile. Also you must see the effect of the hair when you stand up. The style

which may be very pretty as a mere arrangement of the hair may make you look "top-heavy" when you stand up.

Small regular features are usually very well set off with smoothly done hair. Their perfection is emphasised in this way. Irregular features can be given a piquant look by having the hair loosely waved about the face. For this type of face the "set" looking coiffure must be avoided.

Have more than one style of dressing your hair. Appropriateness and suitability to the occasion must be taken into consideration. Even if puffs and curls and other intricate styles of coiffure happen to be becoming to you remember that it would be very poor taste to wear them to business or while washing the dishes. Save them along with your fluffy dresses and high-heeled slippers for your parties and dances. To wear a coiffure that would grace a hair-dresser's window in the office or while doing your housework is like trimming a sun-bonnet with an ostrich plume. It shows a lack of feeling for harmony and may be altogether ridiculous.

### THE EYES

Exercise and diet are like the fabled cloak that fit any of its wearers, small or large. These two

alone can cure and correct all sorts of bodily ills.

It seems a far cry from eyes to diet and bodily exercise, yet they are as dependent on them as the complexion or figure. Dull circled eyes are due to nothing in the world except improper diet and exercise, and sometimes lack of sufficient sleep.

The beauty of the eye depends on its shape, size, brightness and expression. The first two are not within our power to regulate. Some of us have starry brown eyes, some the "violet drenched in dew" variety, and some of us have—just eyes. But the most beautifully coloured eye cannot be beautiful if it has a dull look and vacant expression, while an ordinary eye becomes beautiful and veritably the window of the soul when it shines with good health and reflects the thoughts in the mind of its owner.

The first step in the beautifying of the eyes is proper attention to the diet. All rich highly-seasoned foods must be taboo. Confine yourself closely to the diet suggestions I have recommended elsewhere. Take the general exercises I have laid out, and of course, any of the special ones you may need. Do as much walking as you can. There is nothing so good for prodding up lazy livers and sluggish blood currents, both of

which are incompatible with beautiful eyes, as a long country "hike." You come home deliciously tired, ready to flop into bed and sleep the heavy dreamless sleep of a play-worn child. Look at your eyes the next morning. You will find that lifeless expression gone, the dark circles growing smaller and fainter. A look that fled years ago will surely begin to return.

Try to take a ten mile hike at least three times a week. It will be hard at first. You may have to start with two or five miles and work up to ten gradually, lest you over-exhaust yourself and become discouraged. With practice it will gradually become easier until you think nothing at all of it. You cannot over-estimate the good it will do you. You will find so many of your ills and aches and pains fled that you will feel quite light-headed with the lack of things to worry about.

There are some few local external things you can do for the eyes. Bathing them in a solution of warm boracic acid—one teaspoon to a glass of water—is soothing and strengthening to red inflamed eyes. Fill an eye-cup with the solution and hold it over the eye for a minute or two, winking the eye and rolling it from side to side so that the solution may reach all parts of it. Re-





THE BEAUTY OF THE HAIR IS INDEPENDENT OF ITS COLOR  
OR TEXTURE.



peat this four or five times a day until the irritation is allayed.

Eyes also need exercise and rest from strained positions. Workers whose labour involves eye strain learn as a matter of necessity to rest the eyes occasionally by looking up from their fine work close at hand and gazing at some distant object. Part of the advantage of outdoor life for indoor workers is in the rest that comes to the eyes and the consequent relief from the nervous strain that work of this sort occasions.

The muscles of the eyes may be exercised by rolling the eyes about. Do not try to see anything in particular while doing this. It is an exercise for the eye muscles, not for the vision. The circulation in the region of the eye may be stimulated by closing the eye and striking the region gently and rapidly with the ends of the fingers. Puffiness and discolouration can be relieved in this fashion. Care should be taken not to strike the eyeball itself but only to vibrate the surrounding tissue.

It should be needless for me to insist upon the avoidance of eye strain or the importance of correcting actual defects of vision by glasses. Continued eye strain means nervous strain and this leads to pain and discomfort which is more de-

structive of beauty than the hardest physical work.

Short scanty lashes and brows detract greatly from the beauty of the eye. They may be improved by the use of a little white vaseline or pure olive oil every night. A small camel's hair brush should be used for the lashes, care being taken not to get any of the ointment in the eye. The continued use of these will give the lashes and brows a fine glossy look, and gradually promote their growth.

Above all things learn to make your eyes expressive. Look the things you feel. Make your face more than a mask. Let every idea find some expression there. Your eyes can talk if you'll only let them. Put yourself into the mood of your thoughts and let them become in fact as in poetry the windows of the soul.

### THE TEETH

If I knew seven languages, I should like to speak to you about your teeth in every one. I have told you time and again throughout this book how fundamental a part good digestion plays in the problem of general health. Without sound teeth a good digestion is out of the question.

The first digestive changes in our food take

place in the mouth. The food must be ground by the teeth so that the saliva can come into contact with it. You can see for yourself how impossible this is if your teeth are in bad condition.

Americans have the worst teeth in the world. The white flour diet to which they confine themselves almost exclusively, together with the inordinately large amount of sweets they eat from babyhood on, simply plays havoc with the teeth. Almost all of the European peoples live partly, if not entirely, on breads made of coarser flour, and eat a much smaller quantity of sweets. Therefore, their teeth remain sounder, are freer from decay, and do not crumble away.

There is a pitiable neglect of the teeth in childhood. Mothers do not impress upon little children the necessity of caring for their teeth, because they think there will be plenty of time for this when the "milk" teeth have fallen out and been replaced by the permanent teeth. This is entirely wrong. If the first teeth decay before they fall out the second ones will not be sound, or will not remain so. From the moment the teeth appear they should be cared for. When the child is three years old it can begin to use a soft brush on the teeth. The same regularity that a

grown-up observes in the brushing of his teeth should be impressed upon the child.

The teeth should be brushed at least twice a day with some standard paste or powder. Do not merely brush the outside of the teeth; brush the inside and back of them as well. Many people think that if they brush the teeth in the morning their duty to them is finished. I should say that if you had to confine yourself to one brushing, it would be better at night than in the morning, but thank Heaven we can brush the teeth as often as we like. Most of the decay of the teeth takes place at night. The acids and ferments are allowed to work undisturbed for six or eight hours. If any particle of food is left in the teeth it is sure to decompose over night and if there is a cavity anywhere it begins its destructive work. For this reason after a thorough brushing the mouth should be rinsed at night with an antiseptic wash. A few drops of listerine or tincture of myrrh in water makes a very pleasant antiseptic mouth wash. Once or twice a week, rinse the mouth with a little water in which the juice of half a lemon has been squeezed. It will keep the gums firm and healthy.

It is a good plan to have the teeth cleaned by a dentist at least twice a year, especially if your

teeth have a tendency to collect deposits of tar-tar. In this way you can be sure, also, that no cavities will form and be neglected. Even the smallest cavity should be filled as soon as it is observed. It is a very bad policy to let it go until it gets bigger, because decay may be eating the tooth away from the inside without showing outwardly.

The social customs of different countries vary. In Italy you may pick your teeth as blatantly as you please and yet be in perfectly good form; in Germany it is—or was before the war—correct to pick your teeth discreetly behind a napkin, but here we refuse to tolerate it under any circumstances in public. I have no desire to make the use of the toothpick an after-dinner social diversion, but it is really very essential to remove the particles of food from the teeth after a meal, and if you do this in the privacy of your own room nobody has a right to criticise you. For this purpose silk dental floss is far better than a toothpick as it gets into the cracks that a toothpick cannot reach and is less likely to injure the gums.

Perfect cleanliness of the teeth and mouth, and providing good wholesome labour for them by the use of natural foods that require thorough

mastication, is about all we can do for the teeth. The rest is a thing for the dentist to attend to, but the better we do our part, the less work will there be for him.



## **PROBLEMS OF PERSONAL HYGIENE**



## CHAPTER XVII

### PROBLEMS OF PERSONAL HYGIENE

**I** SHALL not attempt in this book to give you home remedies for specific forms of illness which should be treated by a physician. There are, however, certain troubles that are so frequent among women that you should understand their cause, prevention and cure.

There is no excuse for one continually suffering from colds. The modern theory of colds is that they are a bacterial infection in the throat and nasal passages. But bacteria cannot truly be said to be the cause, as the germs are everywhere present in the air and it is only those who are "susceptible" in whom infection takes place.

Susceptibility to colds may be increased by general lack of health and vitality. It was formerly thought that colds were caught by exposure to cold, hence their name. We now know that this view of catching cold is quite the opposite of the truth and that the surest way to catch cold is constantly to bundle up and stay

indoors until the body loses its natural healthy reaction to cold air. The sensitive nerve centres that control the circulation of the skin are thus so weakened that when accidental exposure occurs the heat regulating machinery of the body fails to work and the result is a chill. The nasal passages are intimately involved in this control of the body heat according to the temperature of the air, and the result is a congestion of these passages which destroys their resisting power to germs, and inflammation and infection result.

Proper training of the skin to reaction against cold, or at least cool, air is the proper means to take for the prevention of colds. Instead of being afraid of drafts one should harden the body until it becomes accustomed to at least gentle drafts. For a similar reason cold bathing is one of the best of all preventives of colds.

The wearing of loose porous clothing is equally essential. Heavy wraps and furs should be worn only on occasions of severe exposure. Medium weight underclothing and house dresses should be worn throughout the winter, for the winter indoor temperature is almost as great as the summer. The wearing of heavy clothes indoors in the winter invariably results in impairing the

function of the skin and lowers the resistance to colds.

Overheated rooms should at all times be avoided. A temperature of 68 to 70 degrees is sufficient and even then ample ventilation should be provided. Living outdoors as much as possible and especially sleeping in outdoor air is highly desirable for those who have been subject to colds.

When once you have caught cold the cure is to be found, not in further exposure at this time but in rest indoors at normal room temperature until you have had time to recuperate. A hot foot bath is an excellent cure for colds. A warm body bath, followed by rest and sleep, is also excellent. Upon catching cold it is well to eat lightly and perhaps skip one or two meals. Alcohol stimulants, heavy doses of quinine or patent medicines should be strictly avoided. Nature will do the curing. After you have got rid of one cold see that you do not catch another. Build up your resistance by gradually hardening the body along the lines already suggested.

Headaches are more difficult to avoid and cure than colds. This is because a headache may be a symptom of various forms of ill health. The nerves from all parts of the body lead to the

brain; hence, an ache in the head may be from a wide variety of sources.

Perhaps more headaches come from eye strain than from any other trouble. Eye strain due to general defects of vision which require the attention of an oculist may cause headaches. But they may also be caused by overuse of the eyes, as reading with insufficient light or exposure to too brilliant light as from snow or at the seashore. Headaches are also caused by infections of the nose, throat and teeth. Constipation is a frequent and persistent cause of headaches. The same may be said of stomach trouble in any form. Tight clothing may impede the circulation and thus cause headache.

The first duty of one afflicted with headaches is to find the cause and not to treat the symptom. If the headache is from a temporary nervous strain the cure is to be found in rest, preferably in a darkened room. If the headache is persistent day after day the first thing to do is to consult an oculist and learn if the headache may be traced to the eyes. The next logical step is to make sure that the headache is not caused by some digestive disturbance.

A congestive throbbing headache may be relieved by a hot foot bath, or by an ice bag or cold

compress applied to the head. Under no circumstances resort to headache powders as these are compounded of some of the most dangerous drugs known. Death has often been caused by an overdose of headache remedy. Headache can be relieved by them just as any pain may be decreased by morphine. In no sense is this a cure but merely a suppression of the symptom through the drugging of the sensibilities.

Headache is a sign that something is seriously wrong with some part of the nervous organism and the thing to do is to find the cause and remedy it. Systematic following of the general laws of correct living will relieve four out of five cases of chronic headaches. But if unable to find and remove the cause by your own efforts, you should consult a physician, not for the purpose, however, of blindly accepting a course in drugging, but because the physician's knowledge and experience should enable him to locate the cause of the trouble. Do not deal with a physician who insists on keeping you in the dark in regard to the cause of your ills, but find an enlightened and up-to-date doctor who will give you credit for being sufficiently intelligent to co-operate with him in his efforts to find the cause of your

exhale, see how far you can lower the abdomen. In addition to its strengthening effect upon the local muscles this exercise serves to prevent, or if they are present, to relieve, displacements.

Where a displacement is definitely known to exist it should be treated in a somewhat similar manner, but the benefit will be increased if the body is on an incline with the head downward. Lie flat on the back with the feet placed upon the side of the bed, photo No. 25; then, by stiffening the body, raise the hips from the floor until the body is in a straight line in the manner shown. Lower and raise the body. If you are not strong enough readily to maintain the position without support, it may be easily achieved by placing a straight backed chair, covered with quilts, on the bed, so as to form an inclined plane. You should lie with the legs upon this incline, extending them so far up that the full lower half of the trunk will be also in an inclined position.

If this displacement is a forward one it will be more speedily corrected by lying on the back. If the displacement is backwards the position should be reversed and one should lie face downwards on the incline. The knee-chest position, which likewise inclines the trunk forward, will also serve for the correction of a backward displacement.



RAISE THE HIPS FROM THE FLOOR UNTIL THE BODY IS IN A  
STRAIGHT LINE.





While in the inclined positions above described, the abdomen should first be moved by breathing, which is to be followed by kneading of the abdomen with the hands. Very surprising cures have been effected by these simple means when the artificial treatment of these ailments have failed. Noticeable relief is sometimes secured almost immediately, but a regular use of the exercises for a considerable period will be necessary for permanent benefit.

I do not wish you to get the impression that the strenuous exercises that I have recommended are to be indulged in at the time of your menstrual periods. In the cases of colds, one should harden the body by exposure to cold air to prevent cold, but once a cold is acquired, exposure is to be avoided. So in the case of painful menstrual periods, the remedy is to be sought in vigorous exercise, cold bathing, etc., as a daily regimen, but during the actual period reasonable rest and quiet together with freedom from undue exposure or cold bathing are to be enjoined. Your regular bathing for the purpose of cleanliness is to be kept up as usual. The old prejudice against any sort of bath at this time is an outgrown superstition.

There are a few special forms of remedial bath-

ing which I might mention here; you may never need to practise them but again such knowledge may prove invaluable. In case of very severe pain or inflammation at your periods or at any other time, the hot sitz bath is the most perfect natural means of securing relief. Do not use drugs for this purpose. This hot sitz bath is not a bath of the entire body, but one that involves the pelvic region alone. Sit in a tub of water as hot as you can comfortably endure (8 to 12 inches of water), immersing the hips and pelvic region, every other part of the body, as well as the feet, being kept out of the bath. This bath may be continued in most cases until some relief is experienced, though twenty minutes at most should be sufficient, and I do not advise more. Wrap up warmly to retain the heat, and rest. This hot sitz bath is a great relief if taken at the first indication of the menstrual period, producing relaxation where the menses are delayed or painful.

For those who repeatedly experience some disorder of this kind, particularly in conjunction with inflammation, the cold sitz bath can be recommended, to be taken before going to bed or at any time of the day which may be convenient, and not more than once each day. If your circulation

is poor, it should be brief, simply sitting down in the water and getting out immediately, rubbing dry with a rough towel until the skin is glowing. In no case should a cold sitz bath be continued for more than a few seconds unless you feel warm through it all. You, of course, understand that in this as well as in all cold baths, you benefit by the reaction; and unless you have this reaction, it is better not to take it at all.

In case of profuse or continued hemorrhage, the proper treatment is absolute rest, with cold, wet cloths applied to the hips and pelvic region, the body reclining with hips slightly higher than the head. In making cold applications, have warm applications at the feet to insure against cold and loss of vitality, and to maintain an active circulation. Eat lightly (preferably of fruit) until this flow is checked.



## **NERVES AND HOW TO CONTROL THEM**





## CHAPTER XVIII

### NERVES AND HOW TO CONTROL THEM

**T**HE control of the nerves is chiefly a matter of the proper balance of work and play, sleep and relaxation. The term "nervousness" is vaguely used. To some people it means a trembling of the body, to others a feeling of apprehension and fear, and still others denote as nervousness the fatigue that comes from mental excitement with or without bodily activity.

It is needless to state that genuine muscular fatigue is quite the opposite of tired nerves, for while the one induces sleep the other makes sleep impossible. "Don't worry" is the easiest of all advice to give and the most difficult to follow. Worrying means trying to solve some difficulty by thinking in a circle. The best cure for worry is to get busy and forget it. Wholesome work and play are equally valuable to help you forget; best of all is a proper mixture of the two.

One can hardly write a set of instructions for women to work and play by, for the work and

play of my women readers will vary from the sixteen hours of straight labour that is actually put in by some women on farms to the utter inactivity of some of our city women.

Of course, neither extreme is right, yet of the two the farm woman is more to be envied. She may not remain as beautiful, but beauty bought by utter uselessness is not worth the having. Moreover, it is a poor way to get it. I am not writing to tell you what to do to earn money, that is your affair, but I must insist that you have some set purpose in your life, something to do besides looking pretty. And strange to say, some of the busiest people of the world are the so-called "idle rich." Whether their activities be social, charitable, intellectual or artistic, they are time consuming, and often nerve racking.

Whether society lady or shop girl, your problem of caring for your body is much the same. It is not a matter of giving up your regular occupation for deliberate professional athletics, but a better management of that time that you now devote neither to work nor sleep. Each day has twenty-four hours, and at least eight of them are usually yours to direct as you will. Eating, bathing, dressing, miscellaneous visiting, study and reading may occupy four to six hours out of the

eight. Two hours at least should be yours to devote strictly to your physical welfare. If you cannot find time for these two hours, there is something wrong with your management of time. If you are devoting all your energies to husband and children, at the expense of your own physical well-being, it is a false devotion, which may end in failure. A prematurely aged wife and early fading mother is not what husband and children want, even if in thoughtless indifference they seem to demand it.

But you need not neglect them to play alone. Play with them. There is no more certain way of retaining a husband's love than comradeship in outdoor sports. Seek to interest him in some sport you can share with him. Swimming, when opportunity for it exists, is one of the best. Outdoor play with your children needs no directing, yet it does need urging. Don't be a slave to the kitchen; learn simpler methods of cookery and set a simpler table. It will be more wholesome in more ways than one.

Have some music in your home. If of your own making, so much the better, but the "canned" variety is very good. Have hours for reading, whatever the cost. Patronise the theatre and the movies moderately, but don't make them your

sole form of relaxation. Have dancing in your home. If opposed to the variety known as "hugging set to music" take up some of the newer folk or natural dances, which are free from any possible moral or religious objections, and are even more beautiful and beneficial.

Too much of the play and recreation of life is made burdensome. Especially is this true where the woman acts as hostess and carries the burden of responsibility for seeing that others enjoy themselves.

For the woman enmeshed in a busy round of work and social life there is but one cure, and that is complete rest and relaxation alone. Sleep is often not enough, but periods must be stolen during the day when one can be alone. The woman who is always tense of nerve is wearing herself out even more rapidly than a man at ceaseless muscular labour. The power completely to relax when nervous fatigue requires it is one of the best safeguards one can acquire against nervous exhaustion. Sit down, or lie down, and "let go." Let your muscles hang limp and let your mind be perfectly empty of any care or worry.

Relaxation, of course, is a rest between two periods of activity. Over indulgence in it becomes mere laziness, as destructive of beauty as the most

ceaseless activity. Letting yourself drift into habits is dangerous business. You will either wear out or rust out. Life is an endless chain; all life requires balance and poise and conscious guidance.

Special exercises are often helpful in acquiring the power of relaxation. The exercises given below are my own invention and have been given in my special mail order course to many hundreds of nervous women who have found them exceedingly helpful in teaching the power of relaxation and of overcoming nervousness.

Raise both hands above the head with the arms perfectly straight, and then try to reach an imaginary point three or four inches above the tips of the fingers. In doing this try to stretch the spine, as well as the arms themselves, as much as possible. Then suddenly relax and let the arms fall to the sides. If they are perfectly limp and swing back and forth at your sides you have relaxed perfectly. Repeat a number of times.

While sitting on a couch or bed, raise both hands, bringing the arms in front of you to about the level of the shoulders; stretch the hands as far forward as possible without bending the body. Relax, letting your body and arms fall back limply on the bed. Repeat a number of times.

Lie down and with the tips of the toes (first with one foot, then the other, then with both) try to reach some point just beyond them. Try with both finger-tips and the tips of the toes to stretch out just as far as you can as though you were seeing how long you could possibly make yourself, first with the right foot and right hand, then with the left foot and left hand, then with both feet and both hands at the same time.

After a brief practice of these exercises let the body lie perfectly limp and at ease, and lie quietly for fifteen or twenty minutes. Even without sleep such complete relaxation is very useful and a few minutes so spent in the middle of the day will add wonderfully to your powers of work and endurance.

I have no particular theories on sleep except that it is necessary to get the right amount. The notion that the beauty sleep is to be had before midnight seems only a clever way of getting little girls to go to bed so that their more sophisticated elders may enjoy themselves without interruption. And yet there is this grain of truth here: that late hours usually mean indulgence in other forms of dissipation; too much eating, drinking, dancing in stuffy rooms, and overwrought nerves, while the early to bed and early to rise sort of

folk are, from the nature of their occupation and associates, temperate, frugal and steady-nerved.

Do women require more sleep than man? Yes, if they are muscularly undeveloped. They require more sleep then because they are weaker and scrawnier and must keep fatter to look presentable. Sleep is fattening; the body tears down tissue when awake and rebuilds it when asleep. Nervousness gives people poor digestive and assimilative powers, and makes them thin. Muscular activity tends to make one sleep better. Nervous and mental activity tend to make one sleep less soundly.

Sleep rests the nerves while it aids assimilation. Thin nervous energetic women should seek more sleep, while those whose tendency is toward an over-fulness of form should sleep less. Both must have exercise, the former to build up muscle and fatigue the physical body, thus inducing sound sleep; the latter to consume fatty tissue.

Eight hours is usually given as the proper amount of time for sleeping. An hour more may be required for the young girl, an hour less for the elderly woman.

Sleeping a short time in the middle of the day is justifiable for those whose work is nervously exhausting. Many a busy woman has greatly in-

creased her powers of activity by this habit. An hour's sleep after mid-day, or in the late afternoon, will not only decrease the amount needed at night but may serve to quiet overtaut nerves and brace one to greater efforts. It is a troublesome habit, however, and should only be adopted by those whose pressure of activities demands some such relief. Mere napping about for those who already have too much rest and luxury is suicidal to both body and mind. Over-sleeping at any time makes one stupid and loggy—yes, and fat.

The best means in the world to induce sleep is exercise to the point of moderate fatigue, followed by the soothing effects of a hot bath. The best means to cure an intemperate indulgence in sleep is the combination of cold water, cold air, and vigorous activity of body and mind. Contrary to common belief, mental workers do not need more sleep than physical workers. As a matter of fact, they need less. But the woman who cuts down on physical exercise and the sound sleep that it induces, must be willing to pay the price in the loss of youth and beauty.

Sleep is always more refreshing in proportion to the purity of the air. Sleep with all the windows wide open, or better still in a sleeping porch.



Outdoor sleeping, where practical, is a great invigorator. Happily the habit is growing in America.

A moderately hard bed is preferable to a soft one. More health has been destroyed by feather beds than by cigarettes. Dismember the feather bed and make it over into sofa pillows, unless you fear the lure of the pillows will be too much for your strength of will, and you'll lounge on the sofa, instead of in bed. If this be the case, take your courage in your two hands and throw the feathers away. It will be a wrench, I know, but better this than premature age and ill health.

Sleep as nearly flat as possible. Avoid thick pillows that bolster you up into a semi-sitting position. Many hygienists think no pillow at all the most desirable arrangement, but if you must have one have it small. If you sleep on a firm mattress, you may sleep in any position you find comfortable.

In the winter time you will need plenty of covers to sleep with the windows open. Try to have them as light as is compatible with the necessary warmth. Very often covers that are so heavy as to be positively oppressive by their weight are a cause of sleeplessness.

Insomnia is a dread word. Any one who has

ever experienced "white nights," singly or in series, will agree with me. Things have a way of crushing in upon you, of presenting themselves in their most horrible sinister aspects when you cannot fall asleep, and the mind works at a terrifying speed. It is enough in itself to upset the nerves for the next day, without the nerve fatigue resulting from the lack of sleep. If you suffer from this disorder, you must take yourself in hand at once. Nothing is more destructive to vitality and nerve strength. The first thing to do is to take sufficient exercise during the day to be genuinely tired at the end of the day. Avoid over-exhaustion, though. One may become too tired to sleep. Avoid too much mental stimulation. Let the "movies" and the theatre go for a while if you are addicted to visiting them. You may read, but confine yourself to light diverting things that will not take too much of a hold upon your mind. Go to bed fairly early. I should advise any one suffering from sleeplessness to sleep alone until the condition is relieved. Sleep at first is apt to be light, and easily disturbed by the movements of a bed-fellow. Massage is often an aid in inducing sleep. If you suspect that your sleeplessness is due to over-taut nerves rub the back of the neck with a light rotary movement.

Rub very gently, ceasing when the skin begins to smart. Rub also up and down the spine as far as you can reach. This treatment will often induce drowsiness when all other means fail.

A warm bath before going to bed is a most desirable thing. See that it is comfortably warm but not hot. Get into bed at once after your bath. If you have a tendency toward cold feet, take a hot water bag to bed with you. A half cup of warm milk drunk just before getting into bed sometimes helps to induce sleep. It draws the blood from the brain to the stomach, thus helping to quiet the mind. Do not eat more than this just before going to bed. It is impossible to sleep soundly, even if a good sleeper, while digesting a heavy meal, and it is very injurious to the light sleeper. Six or seven hours of sleep on an empty stomach are equal to eight or nine while digesting a heavy meal.

Don't take your worries to bed with you. You can leave them behind you if you just make up your mind to it. When you get into bed just resolve to go to sleep. Don't think you are going to have another bad night of it. Don't toss about and try half a dozen positions. Just lie quietly and try to make your mind a blank. You will probably awaken in the morning very much

refreshed and very much surprised at the ease with which you overcame your trouble.

Above all things, do not under any circumstances resort to the use of sleeping powders. They are the most harmful things in the world. All of them are habit-forming drugs that stupefy you into unconsciousness. Their continued use will get your nerves to a state where they cannot compose themselves without the aid of the drug. They are entirely unnecessary. If you follow the directions I have prescribed I can assure you that your insomnia will become a memory.

**THE BEAUTIFUL BODY AND THE ART OF  
DRESS**



## CHAPTER XIX

### THE BEAUTIFUL BODY AND THE ART OF DRESS

**T**HERE are many things about the present fashions which are extremely gratifying to those of us who have for years been advocating dressing pre-eminently for health, comfort and real beauty rather than slavishly following prevailing styles.

The trend of fashion in clothes is toward simplicity. For two years now "sport" clothes have struck the dominant note in all fashion displays. Simple suits with short skirts and comfortable coats are no longer freakish but smart.

A few years back we wore heavy picture hats, plumed like hearses, and weighing actually two or three pounds, though seemingly a ton. They required three and four pins to keep them from becoming the prey of even the slightest breeze, which tugged and worried them until our poor heads ached all over. But now we wear light little velour or panama hats which fit snugly

over our hair without pins and which stay "put." If we like, we may even put an elastic under our chin and still be the last word in fashion.

For several years now the more progressive women have also taken to flat-heeled, broad-toed shoes for all business and sport use, reserving their French heels for parties and dances. And I have no doubt that, when women come to appreciate dancing at its full worth, and learn what it is to dance fully and joyously, hampering heels will become as incompatible with graceful dancing as tight cramping corsets.

Much has been said for and against corsets. Physicians and scientists say—and rightly—that corsets have been a prime cause of the majority of woman's ills. The average woman feels in a vague way that corsets are harmful, but she knows no way of dressing neatly and becomingly without the aid of the corset as a foundation for her clothes.

As a result we have corsets constantly preached against and yet almost universally worn. The whole truth of the corset problem resolves itself into this. Corsets have caused endless harm and misery in the world, especially in the days when tight lacing was in vogue and it was stylish to lace the waist to a smallness that was nothing



short of an artificial deformity. To-day corsets are far less objectionable: first, because they are not laced so tightly; second, because they are not so high, and hence do not restrict the breathing so much; third, because better corsets are manufactured, and better facilities exist for getting corsets individually fitted to your own figure.

The corsets worn a generation ago were indeed fiendish things, injurious both to body and health. But they have been growing more sensible of late years, just like the rest of our clothes. Now one can get a corset made of elastic webbing with not more than four or five bones in it, very pliable, very comfortable, that yields with every breath, and is yet quite substantial enough for the women who insist that they must have some support. If you prefer to have the upper part of your body entirely uncorseted, and yet wish some sort of support about the hips, you can wear a hip girdle made of the same sort of elastic webbing as the most modern corsets. These are very comfortable, and the hose supporters attached to them are a decided convenience.

With these improvements the corset becomes comparatively harmless so far as any evils due to pressure upon the body are concerned. But the corset is still harmful to just that degree to

which its use restricts bodily activity and the development of your own muscular system. My advice is, first, to get a corset fitted to you; and second, not to wear it all the time. To wear no corset at all is and always will be the ideal way to dress; and, as soon as the rank and file of women develop and improve themselves so that they look more presentable with corsets off than with corsets on, the styles of dress will change so that it will be feasible to dress without corsets. . . . Until then most of you will have to accept the corset, along with the style of dress that makes it necessary, as an evil imposed upon you by the fact that the majority of women are so imperfect as physical specimens that they demand the corset to keep them even passingly presentable.

But the fact that you need a corset for dress-up occasions need not be an excuse for wearing it on all occasions. Take your exercise and your long walks without it and train the muscles to do efficiently the function that the corset lamely performs. I shall never wholly approve corsets, but I tolerate them knowing that a woman who takes two hours a day of proper exercise and wears a corset the rest of the time will be in better health and develop a better figure than the woman who wears no corset and takes no exercise.

After a two thousand years' struggle woman has justified her right to possess legs. This enables us to discard the beflounced beruffled petticoats that had so long twined and twisted themselves about our knees. No longer on windy days do we become so entangled in skirts as to make walking as difficult as a sack race. We may humour fashion to the extent of letting her fluff out our afternoon or party dresses with billowing skirts, but the joy of wearing a scant knee-length slip under a short tailored skirt, and the feeling that comes from striding along on a splendid breezy day, with no flounces to bunch and tangle, has rung the knell of those petticoats of which it was our grandmother's favourite boast that they could stand alone.

Don't wear any more clothes than you need for comfort. Even in the winter, avoid as much as possible "bundling up." Wear sufficiently warm clothes while out-doors; but our houses, whether furnace or stove heated, are usually so warm that an abundance of in-door clothing makes us especially subject to colds.

Suit your own taste and pocket-book in matters of elegance and daintiness in your clothes, but try to make them the sort in which the quality comes from material and cut rather than from

fussiness and furbelows. Seek simplicity. Make your body the basis of the beauty of your clothes, and not a defective thing whose short-comings your clothes must be planned to hide. Let your clothes emphasise the good points of your figure. With proper exercise and a proper control of body weight by diet you can have a figure that will make any sort of clothes seem beautiful.

The question what sort of clothes to wear is one of such complexity, involving so many features of individual taste, age, income, etc., that I can do very little more than generalise about it. There are, however, certain fundamental facts which hold true in all cases. In the first place, when you choose your clothes have them mean something; don't get a dress in order to have one of a particular style, or because you happen to have a piece of material that you don't know what to do with. Find out the style of dress that is most becoming to you, and then stick to that style in the main, changing only such details as are necessary to keep it up to date. If a fitted princess dress is most becoming to you, shows off your figure to the best advantage, and gives you the most distinction, then by all means wear that style of dress even if every other woman on the block is wearing puffed skirts. Don't make a nonentity

of yourself to keep in the vanguard of fashion, when you might be a personality if you kept your individuality.

You must study yourself, and see what sort of things are becoming to you and why. Learn which are the points of your figure and features to be emphasised, and keep them ever-present in your mind with a view to suiting your clothes to these particular features. If you are slim—not skinny, but slender and supple—the clothes for you to wear are those which bring out the youthful grace of your body. Don't think that because you are slim, and can wear them without being ridiculous, draped skirts, puffed out of all semblance to the figure they conceal, are necessarily becoming to you. You should wear soft clinging dresses that will mould themselves to the lines of your body and bring them out in all their exquisite slenderness.

There is no need for any of us to be fat, but some of us will always be large because of large bony frame-works, and an abundance of muscles. The person with a large well-moulded body should no more try to conceal this largeness than the slender person should hide her slenderness. She can wear clothes with long sweeping lines,

which, instead of making her look big, will make her regal and commanding.

You know best what colours are becoming to you, but we sometimes get the notion that a certain shade is not becoming, and limit ourselves unnecessarily in the matter of colour. It is usually safe to match colours to the eyes. The blue-eyed person can wear many if not all shades of blue well, because they bring out the colour of her eyes, making them seem larger and brighter. The brown-eyed person is not so safe in choosing all shades of brown because brown eyes go with a variety of complexions, and though the shade might suit the eyes, it might dull the complexion. There is some shade of brown that every brown-eyed person can wear. Experiment until you find the right one. If you have rather tawny-coloured eyes you will find the various shades of tan highly becoming, and also the deeper leaf brown shades, especially in soft materials like chiffons and crêpes.

Grey is a beautiful colour that must, however, be handled with discretion. The wrong shade of grey can be more unbecoming than any other colour, unless it be red. The grey in which there is a hint of blue in the under colour is for blondes with fine clear skins and very light hair. The

grey with the pinkish cast to it is the one that brunettes can wear with distinction.

I hardly need to tell you that the short plump person should try to give herself the needed height by planning her clothes on long lines. An unbroken line from shoulder to hem will do wonders for the person who fears that she is "squat." Stripes are a great aid in carrying out the illusion of greater height. Checks and plaids should of course be avoided by the short figure.

You should choose your clothes with regard to the purpose they are to serve. If you are a "business girl" you should confine your office clothes to neutral and dark colours. Nothing looks more unattractive than a suit or frock of light material that must do duty as a work-garb after its pristine freshness has worn off. You may have as many pretty light afternoon and party dresses as you wish or can afford, but do not get them with a view to wearing them out at the office after they have served the purpose for which they were purchased.













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**Aaron Bldg.**

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Physical beauty,  
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