

WASHING AS A FINE ART IN THIS SCHOOL

Drudgery Turned Into An Agency for Health and Beauty By a Clever French Woman



EXERCISE FOR THE WRISTS AND BACK



LIGHT EXERCISE FOLDING SHEETS



TAKES DEEP BREATHS AS SHE HANGS UP CLOTHES



DEVELOPING MUSCLE AT THE WRINGER

WITH prettily rounded arms bared and Parisian gown pinned up, perhaps, to where dainty ankles show, 29 society girls are splashing in soap suds and barking their dainty knuckles on washboards as they rub-a-dub-dub away at fine linen and choice laces.

Actually, in Columbus, O., Madame Marie Cortisau—a genuine French importation—has established a school of physical culture where "Washing as a Fine Art" is the chief branch taught. Here go the fair daughters of Columbus twice a week, to develop their muscles, dispel wrinkles and freshen the complexion, rub, wringer, starch basin and clothes line, and the beauty doctor has gone into bankruptcy.

Fraulein Gluck, a fresh-looking German, is madame's chief assistant and she it is who instructs these embryo washerwomen. "Washer-women! Heaven save the name! Aristocratic creatures they are who dash up to madame's exclusive laundry in speed autos or who are whisked to the door by a pair of thoroughbreds and who bring footman or butler to tote the tissue paper-wrapped wash—but washer-women nevertheless.

To be sure they "go to the tubs" in elaborate afternoon and dinner gowns but they actually fill these same tubs with hot water poured in by the bucketful, the buckets lifted by their own fair arms, arms which at some are accustomed to do nothing more laborious than wield a fan or hold a novel. And they dip and soap exquisite lingerie waists, elaborately trimmed petticoats, dainty handkerchiefs and the like until the fraulein signals that time for the real exercises has come, when 29 backs bend rhythmically forward and back over the shining washboards as 10 times 29 fingers and thumbs fly up and down "rubbing" out the dirt as energetically as any robust daughter of Erin in the laundry.

How Society Folk Were Interested. When the madame and her fraulein first came to Columbus there was much merriment among the society folk to whom she distributed her queer cards—handsomely engraved and in correct form—which read:

"Madame Marie Cortisau requests the honor of your presence at her evening, January 11, 1907, at 8 o'clock where she will give a practical demonstration of the power of the wash-tub over wrinkles."

These cards the madame sent to only a selected few and as she had brought with her from her Parisian home, she had letters of introduction from society leaders of the French capital she counted her guests friends. Madame has a magnificent contralto voice and once December she had been singing her way into the hearts of Columbus society leaders—doing it in a purely social way—so that when these cards were received there were many smiles and much guessing as to just what sort of a musical madame was going to give under such a queer title.

Of course, everyone accepted and it was an eager and expectant gathering that filled the drawing-room of Madame's splendid residence in one of the most exclusive sections of the city.

There was the usual welcoming of the guests, a short musicale and then the madame's splendid residence in one of the most exclusive sections of the city.

She verbally went through the process of washing and step by step pointed out its benefits to the human body, then calling to the Fraulein and accepting several buckets full of hot water from her porter, proceeded to give a practical demonstration of her lecture. In other words, she rubbed and rinsed and wrung out some dainty garments right before the astonished eyes of Miss Moneybags and Mrs. Blueblood and all the rest.

Interest grew the further she progressed, and at the close of the demonstration, her audience was quite ready for the proposition that they dismiss their beauty doctors and even their regular M. D.'s and take to the wash-tub.

Before the meeting adjourned, Madame Cortisau had formed her first class of 12 members, and from that, this way it is a charitable institution, too, for the accumulated fees will go to found a hospital in the vineyard district of France. But that is a wee bit of a secret and is aside from the subject.

Working Over the Tubs. To return to these charming young washerwomen and their methods. Every Tuesday and Thursday the class meets in Madame's elegantly appointed rooms, and when the weather is mild enough adjourns to the rear grounds, when the tubs are "out" and class is called. Here they undo their tissue paper packages, and with many quips and much witty repartee, get their "wash" ready for the first war.

Madame encourages the exchange of jokes, for laughing is part of her treatment. "Nothing like a hearty laugh to vanquish the blues, aid digestion, stimulate the imagination, refresh the body and put man or woman at peace with the universe," she says.

To be sure these fair laundresses handle only dainty bits of lingerie, but when they are finally taken down from the line, they have been thoroughly and systematically cleaned and are ready to be ironed.

The first exercise is to develop the muscles of the neck and shoulders, and it consists in lifting brimming pails from the floor to the tubs and pouring out the water. This must be done without bending the knees and without losing balance. At first the girls, so unaccustomed to hard work, made many laughable falterings, now they are proud of the fact that at the signal they can lift in unison their buckets from the floor, pour the water into the tubs with-

out spilling a drop on the floor or bench, and as with one tap replace the empty buckets in position.

When time is called for this second exercise empty buckets are removed by an attendant and brought back full six times—it takes six bucket falls to fill each tub—and when the bucket has been emptied for the last time the girls "rest" by gently soaping their garments and getting them ready for exercise.

Then comes the starching. The starch basin is placed on a low chair and the girls bend forward, dipping the clothes up and down and starching all the while on the toes of their dainty slippers. This is for the development of the muscles of the waist, leg and foot. It also gives poise. The starch is wrung from the garments by hand.

Next comes the hanging of the clothes. In reaching up to place the garments upon the line the body is first balanced on the balls of the feet, then each girl rises on her toes and with arms stretched to their farthest limit above their heads, they inhale slowly, while Madame counts, meanwhile pinning the garment upon the line. When it is adjusted, still standing on their toes and with breath drawn in, they await the down signal.

They stand thus at attention in perfect silence and steadiness, while Madame counts 50, and then slowly and tightly drop to their heels, exhaling while 25 counts are made.

The linen to be spread upon the grass is next considered, and here again the Fraulein is pressed into service. Each girl is given a stone basin and mallet, the latter resembling a potato masher. With this she "beats" certain choice pieces to whiteness. The mallets are used in much the same manner as physical trainers direct the use of dumb-bells.

Fine table linen is treated in this way and it is spread upon the grass to dry in season. In doing this the class raises the garments high above their heads, and with a wide, full sweep bring them down to the ground and spread them out flat without losing balance or bending the knees.

The last exercise is the shaking of the sheets for sheets should never be ironed the Fraulein says. Two girls take the dried sheets, and folding them in half and holding them by each end, shake vigorously up and down. This is hard work, if you don't believe it give it a trial. The sheets must be shaken until they are without a wrinkle, and they are folded and folded until they are square in shape and of a size easy to handle.

What Every Woman Should Know. This last exercise over the school retires to the rear-rooms, where there are made in attendance ready to massage face, neck and arms, to brush hair and

to rub tired muscles into comfort. Before entering their carriages or autos for the theater or some social function these now sparkling washerwomen, resplendent in fine clothes and valuable gems, partake of a substantial refreshment perfectly served, for Madame does nothing by halves. As they nibble and sip it is amusing to listen to their chatter. One tells of a bit of rare lace, an heirloom which she is going to "wash next lesson." And they discuss the respective merits of starched and unstarched linen—it is startling, such a conversation from such lips.

Until Madame opened her strange beauty school it is safe betting that not one of the 29 knew the first thing about the mysterious process of cleansing of their dainty waists, those waists which came home from the laundry the first time so woefully pulled out of shape and like as not torn, for they were of cobweb texture. Now listen to them. They know at a glance whether a bit of linen has been properly scalded, soaked, rubbed,

and rinsed and blueed. Oh, they are gaining wisdom along with muscle, and they are preserving their dainty garments, too.

Each of the 29 has her own little washing outfit which she can put up in bathroom or laundry, and she is supposed to go through the exercises given for at least a half hour each day—in other words she must do a small wash every day if she would be beautiful and healthy, and if she would soften her skin, round out the hollows and banish the wrinkles.

Madame declares that every woman should go through a systematic course of physical exercises every day, and she also emphatically affirms that every woman should know how to launder her own daintiest and finest garments. Then, she reasons, why not unite the two? Physical exercise with the mind occupied with other things and practical result obtained is the object of the school, and judging by the vim with which the students are entering into the methods, the scheme is a decided success.

For our purpose death may be considered under the three heads, natural death, sudden death and death from disease. Natural death is death from old age. It differs from natural sleep only in degree.

The gradual loss of sensibility by the sensitive organs which precedes sleep now takes place in the vital system, and all the organs pass into permanent sleep together. There can be no pain preceding or at the moment of such a death, any more than there is pain preceding and at the moment of passing into temporary sleep.

Sudden death may be defined as death due to a sudden injury from without or within the body sufficient to destroy at once all irritability of both the sensitive and critical systems. It requires no argument to prove that a person who is suddenly stricken dead can suffer no pain. The element of time must be present in order to suffer physical pain, and in his sudden death of a person the element of time is absent.

We come now to consider the third and by far the most frequent form of death, namely, death from disease.

As soon as disease is established dying begins, which is but a more rapid than natural ceasing of all sensibility, accompanied with more or less suffering, according to the cause which produces it. This dying and suffering, called disease, must terminate either in so-called death, which is sensibility to it, or in recovery, which is removal of the cause of it. But in any event the suffering has been endured, no matter whether the final termination is death or recovery.

No one is conscious of or can recall the moment he passes from waking into natural or temporary sleep. Nor shall we, by a "supreme agony," or in any other way, be conscious of passing into permanent sleep.

Being born and dying are the two most important physiological events in the life history of our bodies, and we shall know no more about the latter event at the time it occurs than we did about the former.

Finding Diamonds. The Boers insist that the first diamond in South Africa was found by a boy whose father had boxed his ears as a punishment. The sulking lad went out and took a long walk, and as he went along with his head down, he caught the glimmer of the stone and picked it up.

If this is the way to find diamonds every father in the country ought to box his boy's ears and send him walking across the fields. The more boxes, the more diamonds.

Japan's Work on Warships. Spirit of Nippon Displayed in Building Fighting Machines.

NOWHERE perhaps is the effect upon Japan of the recent war more patent than in her great naval yards, nowhere does the magnitude of her ambitions find more cogent demonstration.

The possessors of an island empire, the statesmen of Japan have not been slow to recognize the value of a strong navy and a powerful and numerous mercantile marine. Under a system of shipbuilding and ship running bounties, her merchant shipping has made huge strides, and the advocates of state aid may point to the successful transportation of troops in time of war in justification of their policy.

During the late war, a single company, the Nippon Yusen Kaisha, was able to place at the disposal of the government 250,000 tons of shipping, with which it successfully carried to and from the seat of war upward of 1,200,000 men, 124,000 horses and close upon 2,000,000 tons of stores.

Under the same paternal encouragement the displacement of the steamers of her mercantile marine aggregated by April last 551,000 tons—an increase in less than three years of 235 ships, with a displacement of 205,785 tons.

Striking as are these figures, and loud as is the tale of the destructive competition of Japanese bottoms in Chinese waters, the tale of the great naval arsenals and dockyards is even more significant.

A visit to Kure is little less than a revelation. Armed with an official permit, which read, "Kure arsenal and dockyards, except the armor works," I gained immediate admittance from the sentry on guard. The first glance tells you that you are in the presence of a spirit of imperious energy and indomitable will. You are brought abruptly face to face with one of the startling contrasts of the East.

Outside the wall of iron upon steel, the roar of machinery and the hiss of steam, all the bewildering equipment for the forging of engines designed for the destruction of human life, vast piles of ugly scaffolding, tolling masses and a ghastly day.

Eleven years ago the naval yards at Kure came into existence, the offspring of the war with China; today they provide employment for 30,000 men and are capable of building battleships the equal of any now afloat. They are complete and self-sufficing in every detail. They turn out everything connected with the construction of battleships from a rivet to a 12-inch gun.

Prior to the late war nothing bigger than a third-class cruiser of 2000 or 4000 tons had been attempted, but the war gave great impetus to Japanese naval

construction, and in January, 1905, the keel of the first large cruiser, the Tsubaki, was laid down. Today I saw her all but completed in her dock at Kure, a powerful first-class cruiser of 12,750 tons. A little way off lay her sister ship, the Ikoma, though not quite so far advanced.

But Japanese ambition has not stopped here. Two vast battleships, the Satsuma and the Aki, are now under construction at Yokosuka and Kure, respectively. Not even the Dreadnought, the latest pet of the British navy, will boast superiority to these monster engines of war. With a displacement of 23,000 tons, a speed of 19 knots and an offensive armament of four 12-inch and 12 1/2-inch guns, they will meet with but few equals upon the sea.

The enormous increase of the Japanese fleet during the last two years has perhaps not been generally appreciated in England. The following is a list of the larger vessels actually under construction in Japanese yards at the present time:

First-class battleships—	Tons—
The Aki	19,000
The Satsuma	19,000
First-class armored cruisers—	
The Kurama	14,600
The Tsubaki	13,750
The Ikoma	13,750
The Ito	13,000
Small cruisers—	
The Mogami	2,300
The Yodo	2,300
The Tone	2,300
The Kasuma	2,300

In addition to the above vessels, the Katori (18,000 tons) arrived recently from England, and the following captured Russian ships will shortly be ready for sea: Six battleships, four cruisers, two coast-defense ships, three destroyers and two gunboats. The aggregate increase in tonnage represented by the above vessels is 226,453 tons.

Mystery of Sleep and Death

THE phenomenon called sleep may be summed up in the following propositions, says a writer in the Cosmopolitan: First—Sleep is temporary death of the functions of the sensitive system, due to exhaustion by fatigue.

Secondly—This death is temporary because the vital system continues to perform its functions during sleep and restores the sensitive organs to their normal condition.

For our purpose death may be considered under the three heads, natural death, sudden death and death from disease. Natural death is death from old age. It differs from natural sleep only in degree.

The gradual loss of sensibility by the sensitive organs which precedes sleep now takes place in the vital system, and all the organs pass into permanent sleep together. There can be no pain preceding or at the moment of such a death, any more than there is pain preceding and at the moment of passing into temporary sleep.

Sudden death may be defined as death due to a sudden injury from without or within the body sufficient to destroy at once all irritability of both the sensitive and critical systems. It requires no argument to prove that a person who is suddenly stricken dead can suffer no pain. The element of time must be present in order to suffer physical pain, and in his sudden death of a person the element of time is absent.

We come now to consider the third and by far the most frequent form of death, namely, death from disease.

As soon as disease is established dying begins, which is but a more rapid than natural ceasing of all sensibility, accompanied with more or less suffering, according to the cause which produces it. This dying and suffering, called disease, must terminate either in so-called death, which is sensibility to it, or in recovery, which is removal of the cause of it. But in any event the suffering has been endured, no matter whether the final termination is death or recovery.

No one is conscious of or can recall the moment he passes from waking into natural or temporary sleep. Nor shall we, by a "supreme agony," or in any other way, be conscious of passing into permanent sleep.

Being born and dying are the two most important physiological events in the life history of our bodies, and we shall know no more about the latter event at the time it occurs than we did about the former.

Finding Diamonds. The Boers insist that the first diamond in South Africa was found by a boy whose father had boxed his ears as a punishment. The sulking lad went out and took a long walk, and as he went along with his head down, he caught the glimmer of the stone and picked it up.

If this is the way to find diamonds every father in the country ought to box his boy's ears and send him walking across the fields. The more boxes, the more diamonds.