

## Grace George Exponent of Physical Culture

Actress Who Is Wife of William A. Brady Believes That Health Is Her Main Stock-in-Trade.



GRACE GEORGE, WHO IN PRIVATE LIFE IS MRS. WILLIAM A. BRADY.

MANY a woman in private life wonders how it is that an actress, subject as she is to such a constant strain on her vitality, is able to keep herself in such power and persistency.

It's no secret. It's only the exercise of strong will power.

But it means hard work. And that is only another way of saying self-denial to the indulgence of many creature comforts.

An actress must keep her health. It's her main stock in trade. Without health, her talents, no matter how great they are, would droop limp and lifeless. And without health she would have but little of charm or grace for her audiences.

Interesting invalids are not interesting on the stage. A real consumptive would make but a poor Camille. The majority of actresses appreciate this and do their best to make amends to nature for the ravages incident to stage life. There are many methods adopted, but in the end they all resolve themselves into a system of regular physical exercise and careful diet.

Well do the women of the stage know that to be the only secret of perpetual youth and beauty, and a continuous exhibition of youth and beauty is their heart's dearest desire.

There is one exception, however. Mrs. William A. Brady, who is known on the stage as Miss Grace George and who comes here soon, fencings, dances and rides for a novel reason. She does it, she claims, that she may be better fitted for thinking and reading. "The brain," she declares, "is simply a portion of the body, and moreover it derives its sustenance from what nurtures the body. The two grow and are developed together; one cannot be healthy without the other. The Greeks excelled in literature and oratory when they excelled in running and throwing the disc, and the same may be said of other nations.

"I was not endowed with good health when I was a child and for that reason barely struggled through school. Growing up, I realized that I should never be able to use my intellect as I wanted to use it unless my physical self kept pace with its advancement. Accordingly, I made it a rule to emulate Tolstai by employing my muscles just as long and as often as I employ my mind."

Miss George does not take her exercises in any haphazard way. She does it under the personal direction of competent instructors, with the result that she is proficient in several branches of athletics.

She is probably the best woman fencer in this country; though she has never consented to a contest for that distinction. Walter Tremayne, an expert, however, was disarmed by her twice, and "pinked" once in as many minutes.

Senae is her master in sword play, and frequently the two have bouts that last an hour. Miss George has devised a lunge which often has taken even Senae off his guard, to her great delight. When

in New York she devotes about three hours a week to the rolls and finds it diverting as well as improving.

"It has helped my lungs and limbs," she says, "more than anything else, except rowing or boxing, could have done. I won't row because I'm afraid the exercise is too violent for me yet and I won't box for that reason and because boxing is too rough to suit me.

As Miss George happens to be a pretty good swimmer she occasionally plays water polo, but it is not one of her regular exercises. That she considers an amusement and not a duty. Basketball, of which she is very fond and sometimes plays, she considers in the same way.

Next to fencing, Miss George enjoys dancing and for several years she studied steps with Bonfanti, the former premier danseuse.

The actress also works at callisthenics, under the direction of Madame Delamater, an expert at the science and "takes" voice culture from Mr. Parson-Price whose pupil Maud Adams was for years and who also instructed Julia Marlowe. Miss George does not expect to learn how to sing but she finds the breathing exercises beneficial and furthermore believes that she is adding to the strength and clearness of her speaking voice.

She rides so well that long ago she gave up her teacher, though her husband, William A. Brady, who is an expert horseman, generally accompanies her in the saddle or when driving.

Whether or not these athletic exercises improve her mind is a question that concerns nobody but Miss George. But one thing is certain. In these days of the romantic and realistic drama, no actress knows at what hour she may be called upon to fight a duel or ride a bucking broncho in her play. Miss George could do either.

### SECRETS KEPT IN TOWER

English Documents Are Preserved in Dublin Castle.

LONDON, Feb. 1.—(Special).—The wardrobe tower of Dublin Castle is not merely the place where, in the offices of the Ulster King-of-Arms, the crown jewels were kept, and from which they have mysteriously disappeared, but it is also the depot of some of the most important archives which throw light on English government in Ireland. In the top story of the building, in the room from which O'Donnell, when a close prisoner of state, escaped, these documents are preserved in a set of presses ranged round the walls.

The papers themselves are carefully arranged and indexed, and are preserved in wicker baskets, on whose tops are recorded, the periods within which, such as from May 1, 1797, to December 2, 1797, the documents were written. These papers are allowed,

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THREE MERRY NIGHTS THURS., FRIDAY, SAT., FEB. 6-7-8 Special Price Matinee Saturday Charles Dillingham Presents

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IN THE TATTOOED MAN

MUSIC BY VICTOR HERBERT BOOK BY SMITH & FOWLER SEAT SALE OPENS NEXT TUESDAY

Evenings, \$2, \$1.50, \$1, 75c, 50c. Matinee, \$1.50, \$1, 75c, 50c.

after a certain date from their origin, generally 60 years, to be pursued for the purposes of historical research, on application being made to the "authorities." Persons to whom this privilege is accorded are never permitted to be

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IN FOUR ACTS. Matinees Sunday, Tuesday, Thursday and Saturday at 2:30 P. M. Prices 10c and 20c. Every Evening at 8:15 Sharp. Prices 15c, 25c and 35c. Seats may be reserved by either phone.

## PASSION PLAY

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The urgency and frequency of the requests from our patrons constrains us to put this marvelous film on again for a short period at the NICKELODION.

The great cost of this wonderful production of art makes it very expensive to handle, and for this reason we shall charge an admission fee of

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Special Matinees Wednesday and Saturday Five Nights Only Tuesday Evening Feb. 4 Commencing

Cheridah Simpson and Large Supporting Company. Presenting DeKoven, Klein & Cook's Masterpiece

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Melodious! Picturesque! Fascinating! Augmented Orchestra

Prices: Evenings, 25c, 50c, 75c, \$1.00, \$1.50. Matinees, 25c, 50c, 75c, \$1

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PHONES: MAIN 2, A 5360 GEO. L. BAKER, MANAGER

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Beautiful Production of Dramatization of Edward Noyes Wescott's famous novel of that name, with William Gleason in the character role created by that great American actor, W. H. Crane—Scenery and settings correct and true to life—Strong cast—One of the greatest plays of the entire year.

MATINEE SATURDAY. Evening Prices, 25c, 35c, 50c. Matinee Prices, 15c, 25c.

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the information for his work. In the introduction to one of his works he has given a vivid description of his impressions. When there, he was for hours continuously brought into close contact by a perusal of their most secret correspondence, with the celebrated figures of bygone generations. Froude and Lecky, when working at the Irish chapters of their histories, were, though not together for long periods, occupants of this room.

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Matinees Tuesdays, Thursdays, Saturdays and Sundays, Prices, 10 & 20 Cents :: Every Evening at 8:15, Prices, 10, 20 & 30 Cents :: Box Office open from 10 A. M. to 10 P. M. Seats may be reserved by phone

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Portland's Famous Theater. Phone Main 6.

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Lee Willard and Excellent Supporting Company, Presenting

# The Country Squire

A Most Delightful Comedy-Drama.

Evening, 25c, 50c, 75c. Matinee, 25c, 50c.

# MME. CARRENO

PIANISTE

Monday Eve., Feb. 3, 8:30

Marquam Grand Theater

PRICES \$1.50, \$2.00, \$2.50, \$3.00. Boxes, \$15.00. Loges, \$20.00. Gallery Admission, \$1.00.

Doors open 7:30 P. M.

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Special Added Feature. GRAY & GRAHAM

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