

HOW TO DEVELOP A BEAUTIFUL FIGURE

Written and Illustrated for The Sunday Oregonian by Mlle. Anna Pavlova, World's Great Premiere Danseuse



Exercise No. 1 As Illustrated by Mlle. Pavlova

Photo @ Ernst Schneider



The Bending Exercise As Demonstrated by Pavlova

Exercise No. 3 Which Calls For Balancing Skill

Photo Max Rubenoff



Exercise No. 2 As Mlle. Pavlova Carries It Out

Photo @ by Schneider

WHO PAVLOVA IS AND WHAT SHE IS DOING.

There is nothing so beautiful as a well modeled, graceful feminine figure. Some women, liberally endowed by nature with such beauty, desire above all things to retain the symmetrical contour so highly coveted. Others, less fortunate, yearn to develop, or to acquire, that loveliness of form which is commonly accepted to represent the basis of true feminine attractiveness.

To provide real assistance to its many readers who are so interested, the Boston Post has arranged with the great dancer, Mlle. Anna Pavlova, to pose for a series of articles illustrating helpful exercises which may be utilized to retain a fine figure or to help attain one.

These articles will include practical advice of the highest possible value, written by Mlle. Pavlova, and this advice will deal also with the elements of proper living, so necessary in promoting health, upon which beauty of form rests. Admittedly in a class by herself as an artist of the dance, Mlle. Pavlova declares that her perfection of bodily lines and her unapproached grace are largely due to the following of certain exercises and the living in accordance with certain laws of nature.

slowly. Repeat this filling and emptying of the lungs 15 times. At the conclusion of the operation it will be found that there is a sense of slight exhilaration, due to the recharging of the blood with oxygen and the combustion of carbonic acid gas.

Now you are ready to begin the introductory exercise.

Step briskly forward, taking care to place the ball of the feet on the floor before the heels, and spring lightly on the toes of the right foot, upon which you must rise as far as possible. At the same time throw back the head, stretch both arms outward and above the head, extending the hands and fingers, and maintain the balance of the body by curving it a trifle backward and permitting the left leg to rise slightly as shown in figure 1 of the accompanying photographs.

This will be found difficult. The balance will quite likely be disturbed, but persevere. Assume, again, this position and don't be discouraged if you feel stiff and awkward. If you self practice it every day for 10 minutes, you can feel free to do so for one quarter of that time.

When you have performed this exercise for a sufficient number of times reverse the position by rising on the toe of the left foot, turning the head in the opposite direction and permitting the right leg to assume the backward attitude which the left leg did in the first exercise.

The next exercise—which should be utilized in both ways with the right leg advanced—will start with the left leg, rising on the toe. Simultaneously elevate the right thigh as far as possible and allow the calf to assume a perpendicular position, with the toe of the right foot depressed. Throw the head as far back as possible, let the right arm and hand sweep back just beyond the right hip and raise the left arm and hand forward and to a point above the head, as shown in figure 2.

Balancing Skill Needed.

Exercise three will call for some balancing skill. Stand firmly on the flat of the right foot, extend the left leg

in an almost rigid line at right angles to the right and depress the toe. As you take this attitude, bring both arms up easily on a line with the waist, with the palms down and turn the head so the eyes will glance upon the left hand. Go through the same exercise reversed.

When the fourth exercise is reached, the beginner will experience a sensation of fatigue, and a rest of a half minute is advised; but it should be taken by walking slowly about the room, stopping on the balls of the feet.

Now stand firmly on the flat of the left foot, inclining the body a trifle forward, hanging the left arm and hand straight down at the side and extending the right hand and arm forward. Bring back the right leg half straightened with the toe depressed and about six inches from the floor, and allow the head to swing back as far as it may. Repeat this exercise

by standing on the right foot and reversing the positions of the arms and hands and left leg.

Rest again—for these four exercises properly done will have consumed, with the half-minute rest, some nine or ten minutes—and then approach the fifth exercise, which will be the final one in this lesson on "How to Develop a Beautiful Figure."

Step forward, now, at the beginning of the fifth exercise, with the right foot, which must rest flat on the floor. Lean over the thigh and bend forward with both arms and hands, as shown in figure 5 of the photographs, and permit the tips of the fingers to come within six inches of the rug. The left leg will be half-bent, as in the right, with the foot well back and the heel partially raised. Straighten and repeat the exercise eight or ten times, but be careful not to hold the bent position at least five seconds each time it is assumed. Then reverse the exercise with the left foot and leg advanced.

Proceed at once to the bath, which

should be begun with warm water. If one can stand a shock of cold spray at the close, so that a vigorous rubbing with a coarse towel induces a glow, such a practice is advantageous. However, if there is not lively reaction, cold water should be shunned.

A five-minute rest after the bath will bring the body to a delightful state of life and vigor, and a feeling of lightness will be felt. Throughout the day try to keep the body airily poised and experience a sense of easy muscular control. It will be found that the torso—as well as the arms, legs and neck—will take on a strength surprising. And as the exercises are continued, grace of movement and beauty of line gradually appear.

(The next article in this series on developing a beautiful figure will appear in a subsequent issue of the Sunday Oregonian.)

(Copyright, 1913, by McClure Newspaper Syndicate.)

HOW often do we see women who have become self-conscious through efforts to hide certain shortcomings of the figure! In view of the fact that an amazingly large proportion of these uncomfortable souls hold their own physical salvations in the palms of their hands, I have frequently wished that I might be of some assistance by offering suggestions I know would effect what we might term "cures."

It is on this account that I gladly embraced the opportunity offered by the Boston Post to speak to vast numbers of persons who may be said to comprise two classes; one being those who have the power to improve their figure, the other those who have attractive bodies whose lines they wish to retain.

Without wishing to detract from the importance of aiding those who desire to preserve easy lines and a correct carriage of the body, I believe that our first duty is in the direction of serving those eager to better their figures. If one has too much flesh, exercise and right living will generally reduce it, while the over-slender woman should never give up hope of adding the pounds necessary for the sought-for symmetry.

When I appeared at the opening of the new Champs Elysees Theater in Paris, in early April, just prior to going to London for my big engagement, a distinguished society woman said to me after the performance: "How do you keep your perfect lines without varying in one tiny bit in any part of your body?"

I replied that I was faithful in going through certain exercises daily, and that I was careful in the selection of my food, in taking the amount of rest I required and breathing as much fresh air—both at day and night—as possible. A little well-employed time, a little care and tranquil mind will do much for our figures—when we observe these matters faithfully.

Coming now to the point of developing a beautiful figure, which can be done, let it be understood at the outset that patience and stick-to-it-iveness will conquer seemingly insurmountable obstacles. If my readers who are anxious to eliminate, or take on, flesh, expect to obtain from me some mysterious secret that will act like magic in an instant they are doomed to disappointment. But by following my ad-

vice for the sufficient period imperative result will show.

Though it may appear strange to the uninitiated, it is nevertheless true that a certain exercise and the adhering to given methods of diet and sleep will build tissue that is sound as well as burn up that which is not. In other words, if a stout person and a too slender one both follow the same regime, in the majority of instances they will approach relatively the standard of physical beauty.

Exercises for All Types.

Therefore, the exercises I shall give may be adopted by all women, no matter whether the torso, the arms, legs, shoulders and neck are plump or otherwise. The main points to observe are belief that the course of work is to be beneficial—for the mind has a marvelous control over the body—and not giving up after a week or two of indifferent effort.

Dancing, in my judgment, is one of the finest exercises available, both for the promotion of health, a fine figure and bodily grace. Primarily, it induces circulation of the blood, calls into play virtually all the muscles and brings into activity the lungs. All those occurrences favor nature and facilitate the burning up of unnecessary tissue and the expulsion from the system of poisonous matter.

Following the donning of a loose, flowing costume before beginning exercises I shall recommend. Do not permit yourselves to be hampered by a corset. Four bodies cry out for freedom, and you must grant that appeal. Light, soft shoes without heels are also what are required for the feet.

First, fill the lungs completely with air until you have a feeling that not another mite can be admitted. Hold it for an instant, then permit it to escape

slowly. Repeat this filling and emptying of the lungs 15 times. At the conclusion of the operation it will be found that there is a sense of slight exhilaration, due to the recharging of the blood with oxygen and the combustion of carbonic acid gas.

Now you are ready to begin the introductory exercise.

Step briskly forward, taking care to place the ball of the feet on the floor before the heels, and spring lightly on the toes of the right foot, upon which you must rise as far as possible. At the same time throw back the head, stretch both arms outward and above the head, extending the hands and fingers, and maintain the balance of the body by curving it a trifle backward and permitting the left leg to rise slightly as shown in figure 1 of the accompanying photographs.

This will be found difficult. The balance will quite likely be disturbed, but persevere. Assume, again, this position and don't be discouraged if you feel stiff and awkward. If you self practice it every day for 10 minutes, you can feel free to do so for one quarter of that time.

When you have performed this exercise for a sufficient number of times reverse the position by rising on the toe of the left foot, turning the head in the opposite direction and permitting the right leg to assume the backward attitude which the left leg did in the first exercise.

The next exercise—which should be utilized in both ways with the right leg advanced—will start with the left leg, rising on the toe. Simultaneously elevate the right thigh as far as possible and allow the calf to assume a perpendicular position, with the toe of the right foot depressed. Throw the head as far back as possible, let the right arm and hand sweep back just beyond the right hip and raise the left arm and hand forward and to a point above the head, as shown in figure 2.

Balancing Skill Needed.

Exercise three will call for some balancing skill. Stand firmly on the flat of the right foot, extend the left leg

removed to a large extent. Most of the diseases due to external causes are acute in form. While we do not know the exciting agent in all of the acute diseases, the measures of protection and the treatment are well known.

Diseases due to internal causes either are functional, in which case a cure is possible, or organic, in which case the disease may be held in abeyance and symptoms ameliorated. Reference to any modern textbook on diseases shows that the causes of most acute diseases are not so numerous, and they are largely under the control of the individual. There are remote causes of chronic diseases, such as changes in the blood and in the internal secretions, which are yet not well understood. But the fact remains that prevention will eliminate about 80 per cent of these diseases, hence the causes under our control are largely those that contribute to disease.

So the relation of cause and effect—the causeless shall not come. Epidemics and the increase of all diseases after the 40th year is not a dispensation of Providence, but a dispensation of ignorance and willful neglect and disregard for the laws of health.

Do not be deceived that because you regard the cause of your trouble as mysterious that only some mysterious remedy or method will effect a cure. Real diseases are remedied by sensible, rational, scientific methods. Mysterious remedies and methods will no more cure disease than swallowing some portion will remove a mole from the nose or a corn from the toe.

Decayed Food To Be Avoided.

This is a precaution that it is well to exercise 365 days in the year, but particularly it is useful to be on guard during hot weather. Over-ripe fruit and decayed vegetables are the cause of much acute indigestion and intestinal troubles. Heat hastens decay and fermentation and a hot day makes the body more susceptible to the poisons formed than it is in cold weather.

Over-ripe fruit comes in for its share in producing digestive disorders with much greater danger on the hot days. Germs grow rapidly at body temperatures, and as all fresh fruit is eaten raw many varieties of germs can be introduced into the body in this way, with the most favorable surroundings for their work in the intestines.

Children especially are quick to re-

spond to decayed food whether it be fruit, vegetables, decayed milk or ice cream made from bad milk. These germs from the market that is in any degree offensive to the sense of smell should be rejected. The one who boards is at a disadvantage in this matter but the safest rule to follow in hot weather is to eat little meat and be on the safe side. One will feel better on a light diet.

It has been estimated by actual laboratory work that some 31 different kinds of germs seek to find a dwelling place in the mouth, for 21 varieties have been found there. Some of these germs seem to be harmless but others that have been found are not there with good intentions, for in filthy mouth may be found the germs of tuberculosis, pneumonia, diphtheria, pus germ, streptococcus, and many others that do with acute inflammatory rheumatism, and many other bacteria that may have much to do with our "inward troubles." People whose mouths may be the habitat of all these different germs may not have the different diseases. Why, we do not know, but they may be the means of communicating the disease to someone else.

Neglected Mouth Filthy.

The mouth is a filthy place when neglected and not cared for properly. After a meal much food remains between the teeth and works in between the gum and the tooth. This food rapidly undergoes fermentation, producing acids which cause the tooth to decay. Germs multiply by the millions in these favorable surroundings.

Dr. Osler, than whom there is no better authority, says: "There is not anything more important to the public in the whole range of hygiene than hygiene of the mouth. If I were asked to shadow a doubt chewing the food well and eating more hard, well baked foods will contribute materially to the health of the entire body for efficiency."

Eating ripe acid fruits, such as apples, peaches, pears, oranges, strawberries, and many other fruits have a beneficial effect on the teeth. The acid juices are cleansing to the teeth and mouth, and, more than this, bacteria are easily destroyed by fresh fruit juices.

Every adult should see a dentist once or twice a year, and have the teeth thoroughly cleaned and carefully examined for the first signs of decay. Have all roots extracted and decayed teeth filled.

MOTHER GOOSE ON HEALTH.

There was a filthy germ That went a filthy mile To find a filthy little hole— Where it might stay a while. Now Tommy's molar tooth Had just that filthy little hole— 'Twas germ in a rush, And then the molar tooth Began to make a fuss. What next? Well, wretched little Tom Had sympathy from us. But now a wiser Tom Would walk a crooked mile To brush his teeth most any time, And do it up in style. M. H. R.

CURSE OF DISEASE NOT CAUSELESS, DECLARES DR. FREDERICK ROSSITER

Illments Held to Be Penalty for Violation of Physical Law and Not Due to Curable by Mysterious Agent—Need of Care of Mouth, Teeth and in Food Selection Discussed.

HEALTH AND EFFICIENCY, HOW TO MAINTAIN BOTH.

By Frederick M. Rossiter, B.S., M.D.

Questions pertaining to health, hygiene and the prevention of disease will be answered in this column. When for lack of space and when questions are not suitable, answers will be made by mail, providing a stamped envelope with address is enclosed. No question will be considered without the name and address of the sender. No diagnosis will be made in this column.

disease lead to superstition in the application of the remedy.

While we are now living in the blinding light of the 20th century, the age of science, yet much medical superstition still persists in reference to the causes of disease, and hence as to the means necessary to effect a cure. There is still a large class who hold that the normal as well as the morbid manifestations in the human body may be explained and hence treated by means of some mysterious or supernatural agencies, without consideration of the actual physical causes.

Acts Are Mysterious.

Most people exercise a good degree of reason in business and all the practical things of daily life, but when it comes to the matter of their health and their religion it is passing strange to see the things that sensible and intelligent people believe and do. I am still unable to figure this out. Yet the history of the ages forcibly demonstrates that the one who favors and honors the false, superstitious and stupidities of his fellows always prospers. Fakers who ply their nefarious trades with more of less mystic signs and ceremonies always do a good business.

The loss mystery that is attached to the causes of disease the less will be the tendency to seek some mysterious individual for a mysterious cure. As a rule the more ignorant and self-concocted the "curist," the more preposterous are the claims set forth.

To simplify matters, the causes of disease may be said to be external and internal. The internal causes producing disease by gaining entrance to the body through the food, drink, or by breathing, and by acting on the skin. Most of these causes are pretty well known today, and the mystery has been

enunciated the scientific rule of cause and effect in the words, "The cause causeless shall not come." There can be no cause without a definite cause. The cause of tuberculosis, the cause of the plague, the cause of cancer, the cause of typhoid fever, the cause of pneumonia, the cause of syphilis, the cause of insanity, the cause of all forms of sickness "causeless shall not come."

Sickness and premature death are not dispensations of an all-wise providence, but result directly from the violation of physical laws. In the realm of the physical there is no escape from the consequences of breaking law. The plea of ignorance may be used successfully in civil courts to minimize a penalty, but never in the court of nature. Nature listens to no excuses. A faithful record is kept of the "deed done in the body," and sooner or later the bill must be paid.

The proposition that "action and reaction are equal" is demonstrated again and again in the human body. The iron law of compensation is no less inflexible in the physical world than in the spiritual world. Every misuse or normal function has a proportionate penalty attached. The penalty must be paid whether it lowered vitality, enfeebled constitution, diseased organs, chronic disease, loss of intellect, gloom, premature decay, or untimely death.

Cause Formerly Mysterious.

If an individual holds his hand near enough to a fire the effect will be a burn. Nothing can prevent a burn if a reason was supplied it usually was attributed to the wrath of the Creator against the human race, and so in order to stay the smallpox, or the plague, or cholera, or yellow fever, prayers were offered, some shrine was sought, amulets were worshipped, and one Pope thundered a bull against an epidemic of black death. The one offered against comet was just as sensible a procedure. I believe that it was Lord Pemberton who told the people of London, who had appointed a season of fasting to stay an epidemic of cholera, that if they would clean up the streets, their premises and their homes, their prayers would be more effectual. Superstitions in reference to the cause of

Many children suffer from various forms of faulty nutrition because of neglected teeth and careless habits of eating.

Proper Chewing Advised.

A second important rule of hygiene for the mouth is use the teeth for mashing, triturating, chewing, masticating the food. If the teeth were only for biting the food, all would have a sharp edge, but a number of the large teeth have a surface made especially for finely dividing the food before it should be swallowed. Some people only chew the food enough to take off the rough edge, but this is not enough for the best of health. A small amount of food well chewed will contribute more to the efficiency of the body than a much larger amount poorly chewed.

Chewing the food well and eating hard food prolongs the life of the teeth and keeps them sound. People should eat more zwieback, hard toast, crusts, russet and dry foods. It is the eating so much soft, mushy food and also that is playing havoc with the American teeth. It is a well-known fact among dentists that people coming to this country from Sweden, Norway, Holland and other countries where the people eat largely of a coarse bread, baked hard in thin sheets, and piled up in the corner of the house much like cordwood, have splendid teeth. The dentists also know that these same people, when they come to America, within eight years, eating our soft bread and mush foods, have a rapid decay of the teeth.

Lesson Is Pointed Out.

So many thousands of foreign-born persons have had this experience that we ought to learn the lesson. Beyond a shadow of a doubt chewing the food well and eating more hard, well baked foods will contribute materially to the health of the entire body for efficiency.

Eating ripe acid fruits, such as apples, peaches, pears, oranges, strawberries, and many other fruits have a beneficial effect on the teeth. The acid juices are cleansing to the teeth and mouth, and, more than this, bacteria are easily destroyed by fresh fruit juices.

Every adult should see a dentist once or twice a year, and have the teeth thoroughly cleaned and carefully examined for the first signs of decay. Have all roots extracted and decayed teeth filled.

removed to a large extent. Most of the diseases due to external causes are acute in form. While we do not know the exciting agent in all of the acute diseases, the measures of protection and the treatment are well known.

Diseases due to internal causes either are functional, in which case a cure is possible, or organic, in which case the disease may be held in abeyance and symptoms ameliorated. Reference to any modern textbook on diseases shows that the causes of most acute diseases are not so numerous, and they are largely under the control of the individual. There are remote causes of chronic diseases, such as changes in the blood and in the internal secretions, which are yet not well understood. But the fact remains that prevention will eliminate about 80 per cent of these diseases, hence the causes under our control are largely those that contribute to disease.

So the relation of cause and effect—the causeless shall not come. Epidemics and the increase of all diseases after the 40th year is not a dispensation of Providence, but a dispensation of ignorance and willful neglect and disregard for the laws of health.

Do not be deceived that because you regard the cause of your trouble as mysterious that only some mysterious remedy or method will effect a cure. Real diseases are remedied by sensible, rational, scientific methods. Mysterious remedies and methods will no more cure disease than swallowing some portion will remove a mole from the nose or a corn from the toe.

Decayed Food To Be Avoided.

This is a precaution that it is well to exercise 365 days in the year, but particularly it is useful to be on guard during hot weather. Over-ripe fruit and decayed vegetables are the cause of much acute indigestion and intestinal troubles. Heat hastens decay and fermentation and a hot day makes the body more susceptible to the poisons formed than it is in cold weather.

Over-ripe fruit comes in for its share in producing digestive disorders with much greater danger on the hot days. Germs grow rapidly at body temperatures, and as all fresh fruit is eaten raw many varieties of germs can be introduced into the body in this way, with the most favorable surroundings for their work in the intestines.

Children especially are quick to re-