

# Mlle. Pavlova Tells How to Be Graceful and Charming

Way to Develop Beautiful Figure Related by Great Russian Dancer, Who Is Now the Reigning Theatrical Sensation of the London Season.



(1) Mlle. Anna Pavlova, the Greatest Living Premiere Danseuse. (Copyright, 1913, by Max Rabinoof.)  
(2) Turn Left Leg a Bit to the Left With Toe Well Out, Leg Straight, Right Leg Back About 18 Inches, Toe Touching the Floor, Incline Torso to Right. (Copyright, 1913, by Dover Street Studio.)  
(3) Stand Firmly on the Flat of Both Feet, Heels Together, and Rise Slowly to the Extreme Tip of the Toes. (Copyright, 1913, by Max Rabinoof.)  
(4) This Movement is Started on the Right Leg, Which is Kept Straight, Muscles Are Tense; Incline Torso and Shoulders, Head and Neck Forward; Bring Up Left Leg Backward, Almost Right; Depress Toe and Hold the Position. (Copyright, 1913, by Max Rabinoof.)  
(5) Turn Right Foot Slightly Outward, Stand Firm on Flat of Foot, Leg Held; Bring Up Left Leg and Hold in Straight Line; Depress the Toe. (Copyright, 1913, by Max Rabinoof.)

**WHO Mlle. PAVLOVA IS.**  
A Russian unmarried woman 29 years old who caused a sensation in the United States when she made her debut at the New York Metropolitan Opera-house in 1910. Pavlova has been the dancing idol of Europe for the past five years—ever since she first appeared at the Paris Chatelet Theater in 1908. In England and on the continent Pavlova is regarded by the public and the critics as in a class by herself; the most distinguished artist since the days of the celebrated Taglioni.  
Pavlova was the originator of the Russian dancing craze that has swept this country, for it was her company that first presented to the United States the ballet of today, at its highest state of efficiency, and Pavlova's dancing and ideas that prompted the Metropolitan Opera Company to improve its own ballet and to install its own ballet school.  
A woman of ideas, Pavlova has personally prepared and supervised the material for the Sunday Oregonian series of illustrated articles.

provide sufficient cause to see to it that they retain their desirable contour and their efficiency. Efficiency in this respect refers not only to grace of movement, but also to reasonably endurance.  
How often do we hear some women saying: "I am so tired. Why, I have walked nearly a mile." Such an admission reflects carelessness upon the one who makes the utterance. It is a confession of physical unfitness, a danger signal that the body is being neglected, and a sure advance indication that the services of a physician are likely to be needed in the course of time.  
I remarked in my preceding, and first, article of this series, a properly formed and cared-for torso is essential to grace of body in motion. But I doubt if this can be any more important than sound limbs—"sound" usually being synonymous with shapeliness. Therefore I counsel such exercises for our engines of locomotion as will keep the flesh at its right proportion and promote a healthy condition of the muscles and tendons.  
Walking, dancing and specific movements that call into action the muscles of the thighs, calves and ankles invariably yield results that will ordinarily be approved by the physician. Often the sculptor will give an opinion artistically gratifying.  
I have emphasized the importance of this development for what I consider excellent reasons. In London, where I have the honor of knowing many titled society leaders, the attention that is now being given to walking and dancing indicates an awakening to the laws of nature. As my old ballet master used to say: "The Creator gave you all your limbs for a purpose. Use them. I can render no better service to those of my sex than to pass on these words of wisdom."  
As I suggested in my introductory article on "How to Develop a Beautiful Figure," before commencing to exercise it is well for the woman to slip into something loose and flowing that



or less mechanically. After a week's faithful daily exercising the time can be lengthened to 15 minutes, and finally to approximately half an hour, which is all that is needed to execute every movement I shall cover in this entire series of five articles.  
Let us now start with Exercise 1: Stand firmly on the flat of both feet, heels together, and rise to the extreme tip of the toes. It will be found easier to maintain the balance of the body by raising the arms slightly from the sides. One can even reach the point of the toes, as shown in Figure 1 of the accompanying photographs, which will tend to promote grace. By inclining the body a trifle backward you will discover that the pose can be easily maintained without dropping to the flat of the feet to keep from toppling over.  
Upon reaching the maximum height possible turn the left heel a bit toward the instep of the right foot, still standing on the flat of the foot. Hold this attitude about two seconds, then drop slowly to the flat of the feet. Repeat the movement again, slowly as before, and upon reaching the point of the toes incline the heel of the right foot toward the left instep. Again hold this position for a brief moment and resume the first position once more.  
This is a noticeably fatiguing exercise and should not be performed more than eight to ten times at the start. It develops the muscles of the calves, of the fore part of the lower leg and the ankles. I know of nothing that will more quickly take off superfluous flesh or add lines in the portions of the body affected by this exercise. Moreover, it imparts control of a character that will ultimately help to bring grace of movement.  
**A Difficult Exercise.**  
Exercise 2 is extremely difficult, but a marvelous help to both beauty of line and suppleness of the lower limb. Look carefully at the photograph and

**BY Mlle. ANNA PAVLOVA.**  
**SECOND ARTICLE.**  
A PART from the question of esthetics there is another factor decidedly more vital in considering subject of shapeliness of one's means of locomotion. It has directly to do with the ease and celerity of motion we have available. To walk gracefully with a pair of over-large or under-developed limbs is next to impossible. To dance with credit to oneself and one's partner under such physical handicaps is a still greater feat. All this being true, it would seem to

will not interfere with perfect freedom of movement. A pair of soft shoes of flexible leather and without heels is also necessary. Before beginning the exercises take care that the windows of the room in which the exercises are to take place are open, and before starting fill the lungs several times with fresh air, hold it a moment before expelling the breath and then you are ready.  
At the beginning I advise not more than 10 minutes' exercise, and it should be devoted to a single set of exercises until they have been so mastered as to permit one to go through them more

the longest lived. Brain workers who take a moderate amount of mild exercise have the best prospect for living to a ripe old age.  
**Vitality and strength of muscles are two different things.** A frail little woman hardly able to keep out of an invalid's chair may live 70 or 80 years after enduring all kinds of sickness, and a strong muscular man falls a prey to pneumonia. Women physically are weaker than men and yet they can endure more pain, more exhaustion, more loss of blood, and recover from all infectious diseases better. It is vitality that furnishes resistance to disease, and not size of body nor large muscles. There is a woman in Philadelphia who has been in a hospital 50 years. It takes more than one degenerative disease to kill some people.  
Often we read an obituary in the papers to the effect that Mr. Blank died at the age of 90 and used alcoholic drinks and tobacco all his life. Again, Jones here, has used these things ever since he was ten years old and now is hale and hearty at 85. There are men and women in the world with so much vitality that in spite of the abuses and misuses to which they subject their bodies they continue to live on. The interesting question is, how long would they have lived had they made a good use of their physical and mental powers and had conserved their forces.  
**Disease Cuts Many Down.**  
Never in the history of man has the close relation that exists between maximum vitality and maximum efficiency been so forcibly demonstrated as in the present age. In the keen competition in the business world, in the professions, in all the pursuits of life, the man or the woman with vitality, with vital force, wins in the long run. Those who do not possess this valuable asset go to pieces, have to give up, cannot keep in the race when success seems to be almost in hand. Some realizations that they can not keep the pace, supplement their efforts by stimulation, and so burn the flame of life at both ends. Men right in their prime, and when their lives are most valuable to the state and to society, are cut down by heart disease, Bright's disease, nervous diseases, or other degenerative diseases.  
The practical problem is to conserve the vitality by right living, to do everything "with all thy might," fight disease as well as the battles of life, with hearty mental co-operation, and never in any case be a quitter.  
Recent reports from the Department of Public Health indicate that coppers in cigar stores serve more than the simple purpose of offering a convenient

place to nip off the end of cigars before smoking.  
A large number of men from habit, moisten the end of the cigar with saliva before lighting the paper. This is a biological examination of these public cigar cutters shows that this simple device readily may be a menace to the health of the smoker. The mouth is the habitat of at least 30 different varieties of germs, hence this practice of putting the cigar in the mouth before using these public cutters is not only a filthy habit but a dangerous one. It is not an assuring thought to think that perhaps the man that used that cutting device had syphilis, with mucous patches in his mouth, or perhaps tuberculosis, or infected teeth, and he has just cut the end of the cigar.  
In addition to this, most men after moistening the end of the cigar with saliva roll the end with the thumb and index finger. These implements are only wiped on a filthy towel and sent back for the next guest. Forks and spoons not properly washed are fully as dangerous as the cigar cutter.  
**ANSWERS TO CORRESPONDENTS.**  
**QUESTION:** "Do you consider it a good plan to require children who are left handed to use the right hand for writing?" Mrs. A. H.  
**ANSWER:** No. There is no more reason why a left-handed person should write with the right hand than a right-handed individual should write with the left hand. The latter is no more unnatural than the former.  
A child that is naturally left-handed has a brain that is organized to do things with the left hand. There is an intimate and definite relation between the hand and the center in the brain controlling the power of speech. In the right-handed person this center and relation is on the left side of the brain, in left-handed people it is on the right side of the brain. No person is born ambidextrous, but one may become so to some extent by training. While a left-handed child may be taught to write with the right hand it requires years of diligent effort not only on the part of the child but also on the part of the parent, and this time can be passed far better in other things. The best work can always be done with the hand that it is natural

to use. Left handedness is just as natural as right handedness, and such a person appears awkward simply because we are more accustomed to seeing the right hand used for special purposes.  
**Mother Goose on Health.**  
I sail to the sea,  
A-sailing on the sea;  
And I'll be a-laden  
With better health for  
There were tonics in the cabin,  
Restores in the hold;  
These public cutters  
In sicken letters told.  
The four and twenty sailors  
Were rollers round their necks  
Till they were all  
From being awful wrecks.  
The captain looked a dunn,  
He had no square a back,  
Be it said he was a quack.  
—M. H. R.  
**FORCED FEEDING PAINLESS**  
English Doctors Contradict Rumor Commonly Reported.  
LONDON, Aug. 9.—(Special.)—During the annual meeting of the Medical-Psychological Association in this city, Sir James Crichton-Browne said:  
"There is one subject that has become of great public interest lately, and which concerns nearly all our medical brethren, that is, the subject of forcible feeding. On that subject the members of the association will agree that something should be done to correct the erroneous and exaggerated notions on the subject which are prevalent and to strengthen the hands of the Government in its very difficult task of feeding the recalcitrant suffragettes."  
**AMERICAN HAS IRISH BRIDE**  
Massachusetts Representative Will Pass Honeymoon on "Ould Sod."  
DUBLIN, Aug. 2.—(Special.)—The tendency of Irish politicians to other distinguished Irishmen to go to foreign countries for their brides has excited much criticism of late. It is, therefore, somewhat consoling to find an American citizen coming to Ireland for a wife.  
Killarney has recently been the scene of one of the prettiest weddings that has been celebrated in this picturesque locality for a number of years, the contracting parties being Joseph Murphy, one of the State Representatives of Massachusetts, and Miss Julia O'Malley, who claims descent from one of the oldest families in what historians like to call the "Kingdom of Kerry."  
By way of setting example to others who may come along to patronize the Old Country in a similar capacity, Mr. Murphy decided to spend his honeymoon in Ireland, ignoring the attractions of London, Paris and Switzerland, which the Irish moneyed classes are so fond of exploring when they go out on pleasure tours.

## VITALITY IS INHERITANCE AND IS NOT SYNONYMOUS WITH STRENGTH

Strong Men May Quickly Die When Stricken, While Weak Women Live to Old Age—Practical Thing Is to Live Correctly and Conserve Forces, Says Dr. Frederick M. Rossiter.

**VITALITY** is the capacity to live. It is the measure of the power, or of the energy, or of the inherent ability to continue to live. We hear of race vitality, in which there is the ability to perpetuate itself perhaps along some distinctive line. This especially is so with the Jewish nation of men. For 3000 years before Christ they were most of the time the prey of other nations, and for the past 2000 years they have been scattered among all nations, and as yet at the present day the hardness of this people, in many ways, is in marked evidence of their great vitality.  
We hear much in these days about "National vitality." At the present time there is a National-wide movement to conserve the vital resources of the people by preventive measures and by making prominent the benefits of the simple life. By the elimination of certain preventable diseases, some 14 years would be added to the average longevity of the present generation of the Nation.  
But, after all, the matter of National vitality purely is a question of individual vitality, for the sum total of the individuals make the Nation.  
**Vitality is inherited.**  
Our capacity to live in this world is determined by the measure of vitality we inherit and by the use made of the "bullet" taken from the spark of life. The man born with the capacity to live 70 years will live 70 years, providing his ability to live is not interfered with by others or by himself. We might say that vitality is the energy, or the dynamic force, behind the individual at birth to push him through life. The powder behind the bullet will, when exploded, liberate a certain amount of energy, and the conditions being equal, this energy imparted to the bullet always will send it a certain distance—we will say three miles. If the bullet meets with mild resistance, it will fall short of the distance it otherwise could go and fall at two miles. It meets with hard resistance and goes only half a mile, and then again it meets with such hindrance that it may not go more than 100 feet. The same degree of energy started the bullet each time. This, in a way, represents the relation between the capacity to live and the duration of life. The bullet, after it starts, does not have any more energy imparted to it to make it go farther; neither does

tion now lives in the cities and towns. The percentage is increasing every year. Everything connected with city life today is characterized by intensity, and with a consequent wear and tear on the nervous system. Children coming into the world from a parentage several generations from the soil are more than likely to have a feeble inheritance of vitality. Those coming from several generations of ancestors using tobacco, drinkers, or of extensive users of tea and coffee are endowed with a low vitality, and are always delicate and nervous—easily left behind in the competition of life. Again, a stream cannot rise higher than its source, and it is just as impossible for a new life to possess more vital energy to live than did those that were the cause of the new life that comes into the world.  
It is in this connection that eugenics assumes great importance. The word eugenics comes from two Greek words and means "well born." It is the right of every human being to be well born, and if the boy or girl could select their grandparents much would be accomplished to this end. But unfortunately this cannot be done. We must be satisfied with what vital energy is given to us as we start in life. We have to recognize the limitations and do the best we can with what we have.  
**Life Continually Loses.**  
It is said that vitality diminishes in a definite ratio to the number of years that the parents have been away from the soil, about 51 per cent of the popu-

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