

Tranquility Taught Here

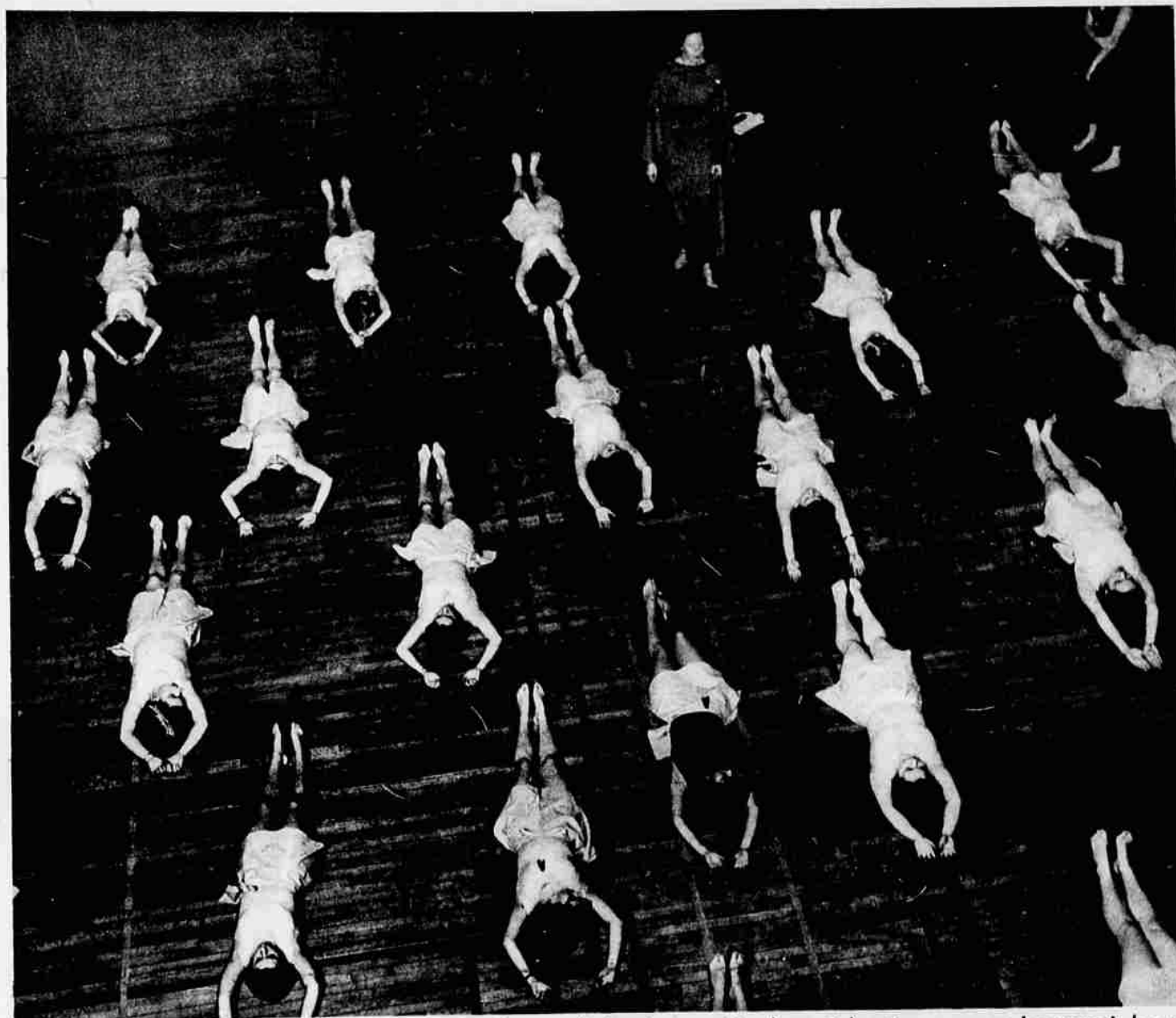
Photos: Orlando from Three Lions

IT WAS BOUND to happen.

Barnard College in New York City is teaching students to relax, something that's become increasingly difficult in this age of anxiety.

First the coeds relax one muscle, then another, until the whole student body is at rest.

There is a moment's peace—then a shrill bell sounds. Quick, girls! You have 10 minutes to make your next class and a surprise examination from a tension-ridden professor who plans to give you an assignment that will work you right through the week end!



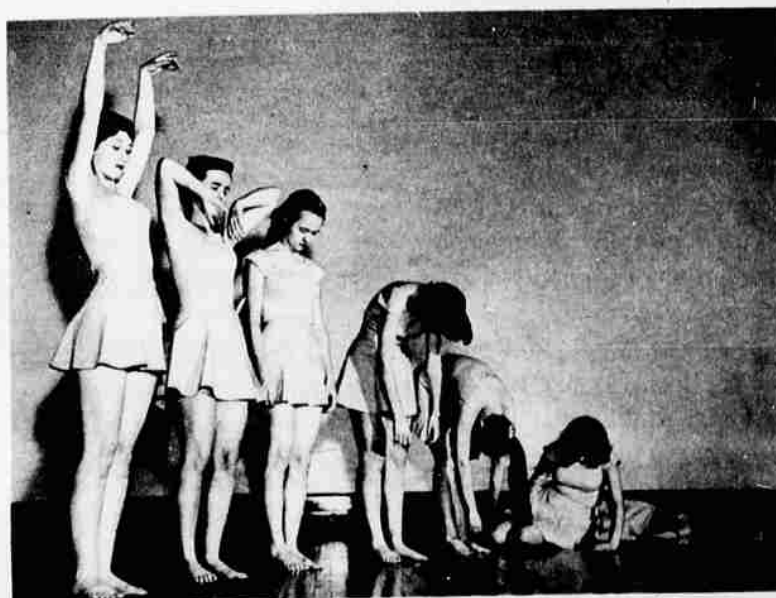
"By the numbers! Relax one . . . relax two . . . relax three . . ." has been put to sleep. Relaxation program, however, is based on theory that what goes up (tensions from homework and exams) should come down, in an academic way, of course.



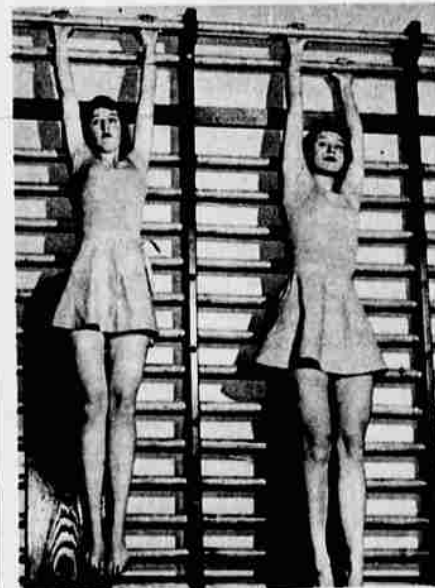
Picture of a proper Barnard girl: prim, poised and completely relaxed.



Girls are taught that posture is another key to easing tensions, and proper posture is maintained by building up back and abdomen.



Seven stages of basic "droop" exercise are demonstrated en masse: first the wrists give up, then, in sequence, follow the elbows, neck, shoulders, and hips. Finally the whole student body rests.



In corrective exercise for uneven shoulders, caused by slouching on one foot, girls hang in varied positions.