

**Beauty of figure : how to acquire and retain it by means of easy and practical home exercises / by Deborah Primrose.**

**Contributors**

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# BEAUTY OF FIGURE

HOW TO  
ACQUIRE  
AND  
RETAIN IT



DEBORAH PRIMROSE

Edgar F. Cyniat

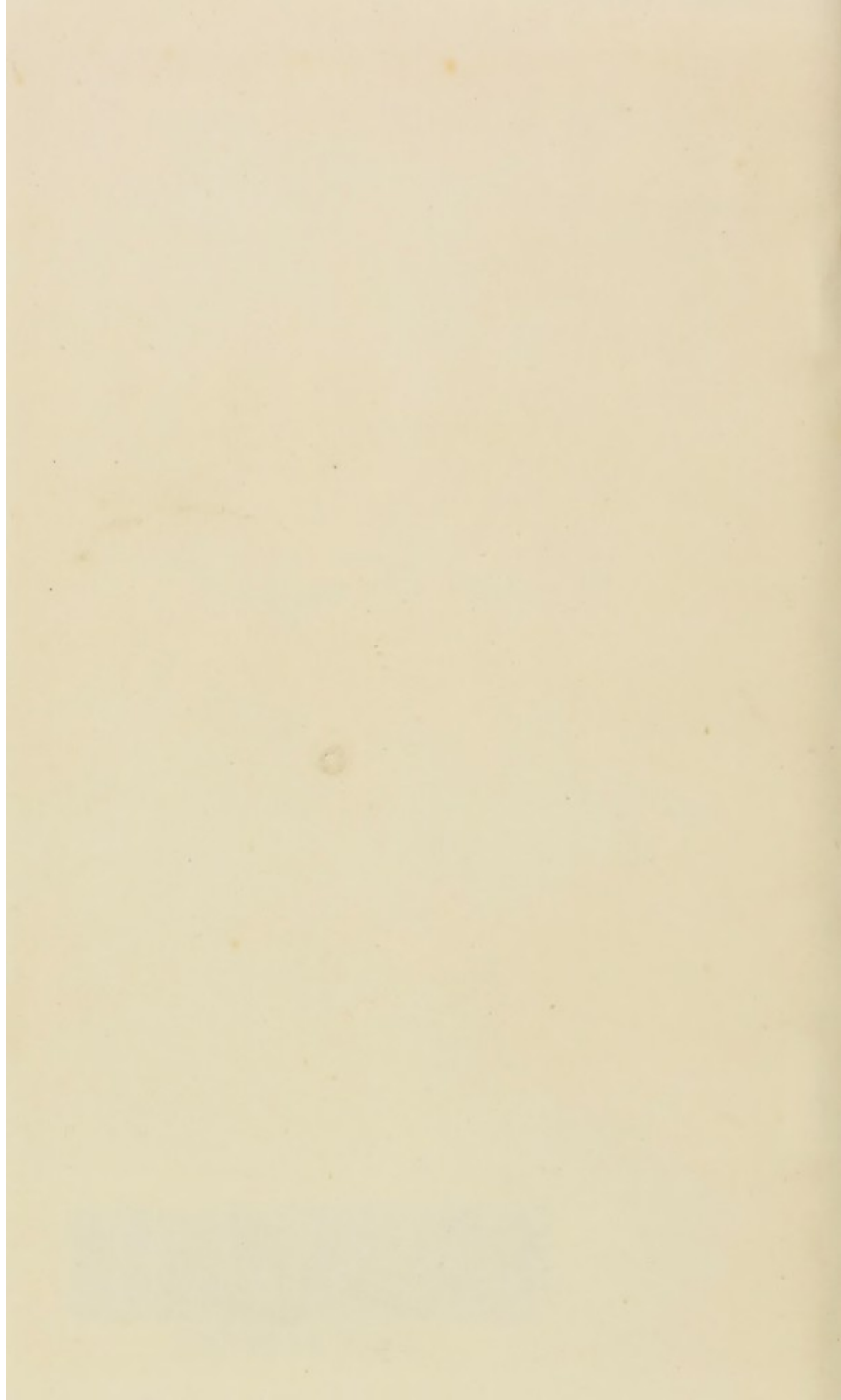
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BEAUTY OF FIGURE



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*Frontispiece.*

FIG. 1.—*Taking Breath Properly.*

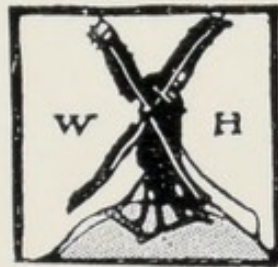
# BEAUTY OF FIGURE

*How to Acquire and Retain it by means of*

EASY AND PRACTICAL  
HOME EXERCISES

BY DEBORAH PRIMROSE

*Of "HEARTH AND HOME," "THE WORLD OF DRESS,"  
"MYRA'S JOURNAL," etc.*



*WITH 72 ILLUSTRATIONS  
PHOTOGRAPHS FROM LIFE*

LONDON  
WILLIAM HEINEMANN

MCMV

1952 641

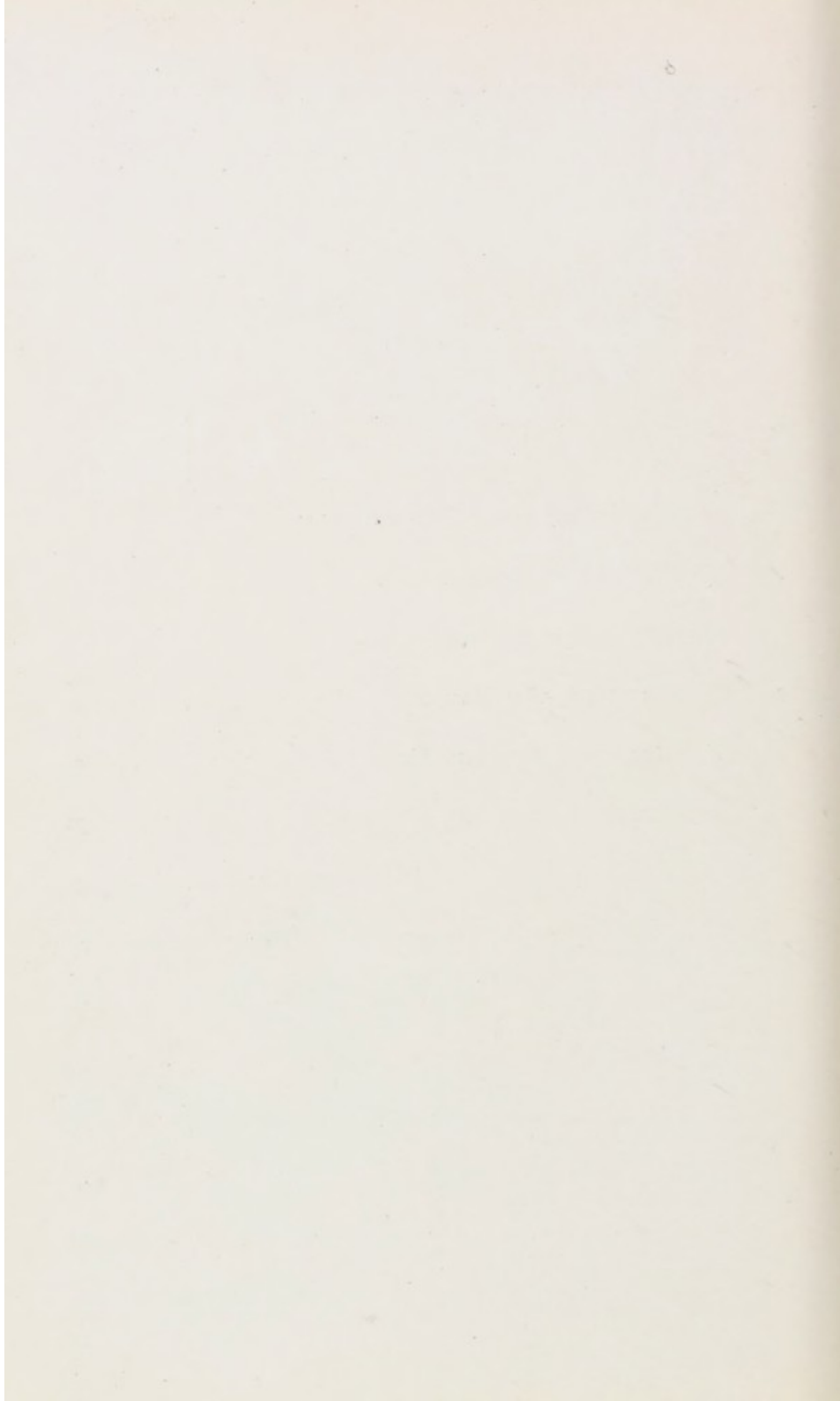


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## CHAPTER I

### PREFATORY BUT NON-ESSENTIAL

BEAUTY of figure or form, being the expression of perfect health and proper proportion, has been an ideal at which the thinking majority of the human race has aimed in all time, and those who try to show us that "physical culture," as we understand the phrase, is some cult of to-day and perchance of to-morrow, exhibit a very slight knowledge of the history of their forerunners on this little round earth.

True it is that people of different times and various lands have had and still hold divergent opinions as to what constitutes beauty of form. The ideally handsome man of that early period when there were no houses, and the dwelling or shelter consisted of natural caves or overhanging rocks, was a head elongated from before backwards, with prominent cheek-bones, deep-set eyes, and an

average stature of 6 ft. with a muscular development in which there was no superfluity of tissue. He found plenty of physical exercise in the necessary hunting for his food, and in combating his enemies, both animal and man, so that of the latter only the fittest should survive.

By the next epoch, the New Stone Age, the physical conformation of man had gradually changed, and the ideal became a broader type, with shorter stature, some 5 ft. being the height of the average handsome man. But as Age succeeded Age selective attractiveness, caused by superior physical conditions, tended to again improve the stature, and to give to men, and to a minority of women, the grand carriage of body which has been such a distinguishing mark of beauty from at least the ancient Greek times until our own.

Yet to-day, in this matter of stature there is, take the world over, a great dissimilarity of opinion as to what constitutes beauty of figure; the average Dane, for example, must be 6 ft. tall, with proportionate muscular development, while the pride of the Akkas of Central Africa averages 3 ft. 10 in. As to "form," especially that of the women, there is also a difference in ideals; for instance, the Arab, like the Parisian, admires a slender waist and wide or heavy hips, while the indispensable mark of beauty amongst the Hottentot women is enormous fatness such as we cannot tolerate at all.

But the beauty-culture, such as it was, of what

we call "those Savage times" was mainly concerned with men who early discovered that the cultivation of their beauty tended to promote health and vigour, and it was not until the early Egyptian days, some 7,000 years ago, that we find that a lofty standard of beauty of form, as well as of face, was aimed at by men and women alike.

The men of classic Greece lived practically in the open air, and daily indulged in systematised gymnastic exercises for the maintenance of the magnificent beauty and strength of their forms, and that so large a majority of them kept up to the ideal standard was in great part due to this, though in a lesser degree the fact that they refused to rear children who were found to be at all deformed had something to do with it, thus again promoting the natural survival of the fittest.

It was mainly this that gave the impetus to Grecian women not only to surround themselves with types of ideal beauty, but to make the cultivation of their own individual physical beauty of face and form a matter of daily treatment; they carefully studied and systematised the relations of the proportions of the human body, and erected thereon an ideal; and the direct importance of this to us is that the models that remain to us in statuary and painting of the women as well as the men of those classic days, representing the acknowledged loveliness of the living people of that era, show us the highest standard of beauty which the world possesses.

And, with certain modifications, that standard is the one we of to-day aim at for ourselves, and work for by means of physical exercises, to wit: symmetry, and roundness of form (as contrasted with angularity), delicacy, or gracefulness of outline (as contrasted with corpulence), due balance or proportion, fitness of every part for the work it is intended to accomplish, suppleness, beauty, health, life instinct throughout.

And this healthy physical beauty is so highly attractive that how women who cannot come to our cities for courses of instruction and practice in physical culture under the immediate direction of professional teachers, nor even attend the gymnasiums in their adjacent towns, may yet attain it shall be shown in the practical chapters that follow. The photographs which I shall use to illustrate the exercises have been especially taken for me, not from imaginary drawings, but from living models, so as to show that they are quite capable of accomplishment.

## CHAPTER II

### THE FIRST EXERCISE

ON our entry into this world the first thing we do is to take a breath, one that usually makes us cry, too ; and similarly, the first exercise we have to master when we seriously begin our course of physical culture is to take a breath, not automatically and carelessly as we usually do, but properly through the nostrils. By and by, when we have worked at it for some weeks, the correct method will become automatic, and the enormous benefit of this exercise to women and children with narrow chests, delicate throats, and rounded shoulders will be thoroughly appreciated after a careful look at the figure in my first illustration, which clearly demonstrates how the chest expands and the back straightens as the child slowly draws in and holds her breath.

For the stout woman, too, the value of proper

breathing cannot be over-estimated, for the more fresh air she is enabled to take in and retain the greater will the oxidation and consequent diminishing of her superfluous fat be.

And this is the way it should be done: The first thing in the morning, standing by an open window, with heels together, head erect, shoulders down, and the body practically presenting a straight line from neck to heels, the mouth must be lightly closed, and the breath taken deliberately and noiselessly through the nose while six is slowly counted (in the head, as the children say); this breath must be held in the lungs while twelve is mentally counted, and then it is to be quite evenly and slowly exhaled to a count of eight. The importance of doing this exercise in the fresh air, or, when this is impracticable, in a well-ventilated and airy room, cannot be too strongly urged, and if it is steadily practised during the essential daily walk, strength will be gained without the aid of tonics, because the full oxidation of the blood by the complete expansion of the chest is thereby effected; nerves will be forgotten because they will gather or recover their tone, eyes will be brighter, and the whole body will become straighter, and look taller, and so the foundation of the better figure the exercises are intended to build up will be laid.

But this exercise is not so easy as it looks; it requires an effort of will, at first, to keep the breath in, and an almost greater effort to let it go so

smoothly that there is neither jerk nor gasp to the very end of it. If the chest muscles are at all weak, and if the shoulders have been inclined to stoop forward, a few times of doing this exercise conscientiously will be enough at the beginning, because this, like all other exercises, to be of lasting benefit, must be stopped before fatigue point is reached. By and by the habit of deep nasal breathing will become second nature, and then instead of tiring us, it will invigorate ; but it must invariably be done a few times as the preliminary to each of the other exercises that we shall practise.

A second breathing exercise is frequently taught to women whose nerves are wanting in tone, and who have lost the litheness and springiness of their walk. This variation is done by placing the forefinger on the right nostril so as to quite close it, then inhaling a long deep breath through the left nostril ; when the lungs are fully expanded the left nostril is to be tightly closed, and the breath then slowly and evenly exhaled through the right nostril, from which of course the finger is now removed. The exercise is to be repeated on the other side by first shutting up the left nostril. This, by equalising the breathing through each nostril, strengthens the lungs, and makes the muscles of the upper half of the figure much stronger, at the same time developing its beauty. It is also an exercise that tends to make a nose that is rather "spread" become more classic in shape, and it is also calculated to improve



the acuteness of the sense of smell. Altogether it is one that it is advisable to practise five times on each side daily, for the first week ; during the second week the breaths may be taken on each side ten times ; and by the third or fourth week it will be possible to take fifteen such breaths without fatigue.

In consequence of catarrhal conditions in childhood some girls find it difficult to breathe through their nostrils, but this method of inspiration is so essential that if the attempt to practise it is accompanied by actual discomfort the advice of a medical man should be sought, because there may be an adenoid growth causing the obstruction which, for the sake of health as well as of beauty, should be removed.

## CHAPTER III

### THE SECOND EXERCISE

THE next exercise is another that comes to us in part "by nature," and is that of walking, easy enough as soon after we have assumed the erect attitude as our young feet have learned to support the weight of the body, and by the alternate movements of its lower limbs to carry us steadily, but, too often, unsatisfactory as an exercise in physical culture until our attention is awakened, and we realise that, to be of good service to us in the improvement of the figure, the effort must be made to carry the body well from the start; and it must always be remembered that there is an art and grace to be observed in walking just as much as in our more specialised exercises.

In standing, when ready for our walk, be it only to cross a room, to go into the garden, or miles out into the country, the body must be held in



FIG. 2.—*How to Stand.*

an easy and natural position as in Fig. 2, with the shoulders down, the chest expanded, the part below the waist kept in and flat, instead of, as with the careless walker, being allowed to thrust itself forward into prominence, which not only



FIG. 3.—*How to Walk.*

makes the figure inelegant and suggestive of corpulence, but tends to throw the vital organs out of position.

Fig. 3 well illustrates the correct attitude in walking, and when the feet are thus evenly and firmly but

lightly placed on the ground, the pressure being on the ball or broadest part of each foot, and the toes turned downwards and very slightly outwards, the active movements will only be those of the feet, legs, and hip-joints, while the shoulders with the rest of the upper part of the body will be kept quite still and simply allow themselves to be carried forward.

The exercise of walking should be practised conscientiously every day for at least an hour, and the early morning, when the outer air is comparatively pure, before the motors begin to foul it and stir up the dust, is the best time to choose. Properly taken, that is, with the figure carried as shown in my illustrations, and with the mouth always closed during the intake of the breath, so that the air may be warmed and filtered as it passes through the hairy nostrils, this exercise, by inducing a greater absorption of oxygen and expiration of carbonic acid, causes the figure to become upright and to remain flexible, and the whole poise to be distinguished for elegance; it will brighten the eyes, clear the complexion, and give tone to the nervous system.

An eminent Continental medical practitioner tells his women patients that they should walk more than they do, and make it a fixed rule of every day to go from five to ten miles (training to this by doing two miles a day for the first week, three miles the second, and so on by easy stages until a walk of ten miles is no more fatiguing than a walk round the

house), that they should go in all weathers, suitably dressed in clothes that permit of general play of all the voluntary muscles of the body and freedom in each movement. And a well-known writer on the subject of beauty, in suggesting reasons why some married women so early seem to lose their attractiveness, assures us that they too often get stout and clumsy, or thin and faded, simply because they neglect to walk out daily to get the fresh air and exercise which would preserve the graceful contours of their bodies, the elasticity of their gait, the beauty of their complexion, and the keenness of their wit.

During the walk the first exercise of nasal and deep breathing should be practised ; and this will so increase the lung capacity that the chest of the thin girl will be made wider and more arched, and she will gain strength in every muscle ; while, on the other hand, the woman who, by neglecting this exercise in the past or taking it in a more or less indifferent manner, has been laying on superfluous adipose tissue until her figure is in danger of that clumsiness which is so very unattractive and ageing, will find that proper walking and proper breathing will do a great deal towards restoring her early beauty of figure.

## CHAPTER IV

### SKIPPING AND DANCING

THE exercise of skipping is one that can easily be practised at home, in the oxidising fresh air too, by every woman who has even a back-yard, while those who can command a broad, firm garden path can skip with more freedom and to better advantage.

This exercise is of great value in calling into action every torpid muscle, invigorating it, and at the same time assisting it to regain its proper proportion in relation to the rest of the body, and to get rid of any superfluity of fatty tissue that is hampering its movements, and destroying its firmness, its beauty, and its health.

For developing the upper part of the figure where this is unsymmetrical, and, on the other hand, for keeping corpulence at bay, there is no single exercise (with the exception of swimming,

which in only a very few cases can be practised at home) to equal it, though dancing, as I shall presently show, would run it very closely if this could be done daily in the open air, on "the green" as in olden times, or even on our tennis-lawns.

The only appliance required for skipping is the right length of good and not too wiry rope, and this can be bought for a few pence at any ironmonger's. Having this, the exercise must be commenced by taking a store of fresh air into the lungs with full, deep inspirations (as if for singing) drawn through the nose until the chest is fully expanded, and the diaphragm is depressed, and so the space for the intake of air increased to its fullest capacity.

As in our first exercise, the inspired air must be retained as long as possible, for the longer it is so held the more will remain in the air-cells when the exhalation is made. The benefit of this "storage" will soon be felt when the actual skipping begins, for this exercise requires a lot of breath if it is to be continued steadily for say fifty to one hundred or more steps without a stop! I have seen skipping done to music, on a London stage, and in a provincial gymnasium, for fifteen minutes at a stretch without a break, all sorts of pretty "steps" being introduced, and it was one of the most charming and graceful "turns" ever performed in either place.

Curiously this exercise is one that, although requiring such command of breath, tends to prevent



lung trouble and "breathlessness"; but to ensure good results all the skipping must be "done backwards" (to quote the children), that is to say, with the rope swung from before backwards, the head being kept well up, the shoulders well down and held back to widen the chest and increase the lung capacity. Then the legs and back will be strengthened, straightened, and beautified; the upper part of the figure will be developed by the expansion of the chest; the muscles of cheeks, abdomen, and hips will be braced and strengthened in consequence of the "vibration" incurred in the exercise, so that in middle life these muscles will be firm and trim instead of pendulous, flabby, and obese.

Skipping exercise must not be taken immediately before, nor immediately after a meal, but at some convenient time between. It will be as well to aim, at least during the first week, at doing twenty skips with the simple jumping step, and then to rest by standing still and taking in three deep breaths; then the skipping can be resumed, but in every skip, whether the step be simple or "fancy," the body must always be kept upright as a dart, and the chin must on no account be allowed to "poke." To this end it is essential that the rope be neither too long nor too short.

Talking of finding a suitable time for this exercise reminds me of a practical illustration of the value of skipping in the promotion of beauty in the figure. A lady of my acquaintance, obliged by

the sedentary nature of her work to sit indoors many hours of each day, found herself becoming much too stout for comfort or elegance, and a kind and candid friend advised her to try a quarter of an hour's skipping once a day. Living in a neighbourhood where the barrel-organ is still appreciated, she, taking the advice in the kindly way it was meant, and the earnest way in which she does everything, so arranged her work that when the daily organ came to her end of the street she could take her skipping-rope into her paved back-yard, and she soon learned to skip in regular measure to the rhythmic sounds. She has encouraged her two daughters to join her in this exercise, and all are now slim, upright, healthy, and buoyant.

One more story: it is told of Dr. Abernethy, that particularly blunt and candid Scotch medical adviser, that when a lady consulted him as to a cure for dyspepsia he told her to live on sixpence a day which she had first earned by hard work for it; while for another who went to him for treatment for some nervous trouble his prescription was, "Go home and buy a skipping-rope, and use it three times a day."

DANCING, especially when it has been practised from childhood onwards, is an exercise calculated to give beauty to the whole figure, and where there are several girls in a family they should be encouraged to dance together for an hour every evening. It is an easy enough matter to remove

the chairs, and to dance the pretty Waltz Cotillion to the music of the piano, and this form of dance is as good a physical culture exercise as can be devised, for not only are the feet and ankles being used to good purpose, but when the arms are gracefully swung over the head in the "chain" the whole body is called upon to maintain a beautiful poise.

We have been told that in a modern English ball-room one does not see one girl in ten whose movements are a pleasure to watch as she dances; that the majority appear awkward when they waltz, and that they are altogether less graceful than their French, German, and American cousins. This accusation could not be truthfully uttered if dancing were a regular home exercise, not done in a slovenly or rollicking manner, but as a part of systematised physical culture, with the special purpose of developing grace of form and perfection of movement in every part of the body.

Women who wish to retain their slimness will do well to adopt this suggestion of a nightly dance at home when there is no evening function to call them out, for it has been calculated by a statistician interested in this exhilarating form of exercise that at a ball, or a series of balls lasting some seven hours, as balls still do in the country, no less than fifty-six thousand steps are taken by each popular dancer, this being equivalent to a walk of thirty miles; the steps taken in a waltz of average length are equal to

a waik of three-quarters of a mile, those in a set of Lancers equal half a mile, while those in a gallop equal a mile. If only this exercise could be taken regularly in a pure atmosphere, on a lawn in the afternoon for example, as a change from tennis, its benefits to health and the figure would be incalculable.

## CHAPTER V

### EXERCISES FOR THE NECK

WHILE the aim of the practical exercises in this simple manual is to promote proportion, beauty, and health in the figure as a whole, all women are not alike in their needs, and therefore special exercises for each part of the body will be given, and then can be practised by each individual according to her own requirements.

The neck, if left to itself, is, usually, the part of a woman that earliest begins to lose its natural beauty, and it either gets thin, wilted, stringy and brown, showing sharp outlines of muscles that should be hidden under a smoothly rounded surface, or it appears to get shorter and thicker, and by and by one does not know whether it is the neck or the chin, or both, that should be blamed for the deformation we designate a "double-chin." As a rule the neck and chest of a public singer are so beautiful

that it is a keen pleasure to look at them ; but sometimes in both singers and speakers there is an over-development of muscle that is the reverse of beautiful, and that makes the neck look short in proportion to the rest of the upper figure.

So here again, the regular practice of a few systematised exercises such as the following will be preventive of mischief, or will tend to set it right if neglect to exercise, or excessive use in one direction, has caused any ; but in any case such exercises will strengthen and beautify the neck, and make it a pillar worthy to carry the lovely face and the intelligent brain that surmount it.

It will materially assist the development of rounded contours if, before this set of exercises is commenced, the neck be well washed with warm water, and lubricated with a good tissue-builder bought from a reliable chemist, or the following skin food which can be made at home thus : In a white preserve-jar placed in a saucepan of water on the stove put one ounce of pure spermaceti, one of best white wax cut up into fine shreds, two ounces of lanoline, and two of glycerine of borax. When these, by gentle heat, are melted, blend them by stirring with an orange-wood stick from the manicure case ; then add two ounces of sweet almond oil, and again mix well. Take the mixture from the stove, and then beat into it, by slow degrees, one tablespoonful of orange-flower water, one of triple-distilled rosewater, and a teaspoonful of simple extract of benzoin. Beat until the



FIG. 4.—*Bring the Head Forward.*

mixture is a smooth white cream, and then put into jars for use.

Having spread some of the cream on the neck, bring the head forward as far as possible until the chin rests on the top of the chest as shown in Fig. 4,



FIG. 5.—*Carry the Head Back.*

being most careful when doing this not to elevate the shoulders in the slightest degree. Then, keeping the heels together and the body quite straight and still, slowly carry the head well back as far as it will go. These two exercises should be repeated several times,





FIG. 6.—*Put Head on Right Shoulder.*

then a deep breathing exercise taken by the open window, and after this the original position should be resumed, but this time the head must go as low down on to the right shoulder as possible ; then the upright position regained, and the head lowered to



FIG. 7.—*Carry Head to Left Shoulder.*

the left shoulder. It will be noticed that the head of my model goes to her shoulder, and that the shoulder does not rise to meet the head; also that her chin seems to follow her nose, and so this exercise serves a second purpose, for it prevents the doubling of the chin, and improves the neck as well.



FIG. 8.—*Look Behind You.*

In the next part of this exercise, the home pupil, still standing in the rigid position and sternly maintaining it, must try to look round to the back of her; and by this time, especially during the first week of practising these exercises, the muscles will probably be feeling a little tired and rather stiff, so



FIG. 9.—*Go Backwards from the Waist.*

they should again be lubricated with the tissue-building and skin-whitening cream.

Then, after another long breath has been taken, the position is to be altered, the hands placed as far back on the hips as possible, and all the weight of the upper half of the body made to rest just below the waist at the back, while the head and upper figure are carried back from the waist in front.



FIG. 10.—*Stand a Foot away from the Chair and place Crown of Head on it.*

This exercise and the two that follow it not only develop beauty in the neck, but straighten the back and strengthen the spine. Women who write or type gradually get an accumulation of muscle in the wrong place, just across the line of the shoulder-blades, and they will be greatly benefited and



FIG. II.—*Turn Round and place Crown of Head on Chair.*

rested by the practice of such exercises as these, when they have removed their corsets at night. The next is by no means so easy, but it will come with practice. In doing the special exercises for the neck (IV, V, VI, VII, and VIII) be sure that the neck does all the work, and do not bend the waist until Exercise IX.

The shape of the neck and the poise of the head will be improved by the next simple home exercise, which is one that can be practised at any time of the day : balance a small round basket containing apples on the fore part of the head. In such a position the basket will be bound to fall if the shoulders are not held down, and the neck held well up as a supporting pillar to the head. When the basket is in place put the fingers on the shoulders, stand with legs apart so that the body from the waist looks like the letter V inverted, and now go up and down several times, bending the knees, but keeping the upper part of the body erect. Rest ; take the upright position again, then stoop straight down as if you were going to sit on the floor, yet carry the basket on the head, and while in this position try to walk a few steps forward and a few backward ; then get up and take a rest by walking round the room, still carrying the basket !

To straighten the back, slim the waist, and keep the head well poised, and also to improve the shoulders, the above and the following exercise are strongly recommended : Take a little four-legged stool, or one of the old-fashioned round ones covered with wool-work which are to be found in most houses, turn it upside down, and with both arms lift it high above the head ; then put it on the crown of the head in the same position as the basket was placed, and in the hollow between the feet of it put a round kitchen weight, say a 2 lb. one.

Try to sit well on a chair with this on the head ; then get up and walk with it in the same position round the room. These are not very easy exercises to do at first, but the constant practice of them for a few minutes daily will conquer their difficulty, and the result will be improved beauty of the upper figure and a better carriage altogether.



## CHAPTER VI

### EXERCISES FOR THE SHOULDERS

IF one studies the ideal English figure of to-day one realises that the shoulders, while wide across, must be sloping, because the whole body must taper towards the waist. If we are squarely built it will not be easy to get this tapering effect, but a good deal will be done towards it if we arch the chest, keep upright in walking, and set the shoulders well back, so that we seem to rest the weight of the upper figure down in the waist at the back.

To enable us to do this we must practise exercises that will give play to the muscles of the arms, shoulders, and back, and those in the next series are well calculated to do this. It will be seen in the first of them, Fig. 12, that a wand is to be used in doing these home exercises; but any straight



FIG. 12.—*Attention. Hold the Wand in Front.*

stick, or a sufficient length of brass or wooden curtain rod, will answer the purpose admirably. Begin by standing at ease, take a long nasal breath,



FIG. 13.—*Raise the Wand High Above the Head.*

then slowly raise the wand above the head, and bend backwards as far as possible, looking upwards in the direction of the wand as shown in Fig. 13.



FIG. 14.—*Let it Rest on the Shoulders.*

Now arch the chest, and carry the wand down to the back of the shoulders, let it rest there a moment, as in Fig. 14, then carry it steadily down in a



FIG. 15.—*Carry the Wand Low Down Behind.*

straight line as far behind as you can. This exercise is rather difficult to do without poking the chin, but the effort must always be made to avoid this error.



FIG. 16.—*Keep the Knees Stiff.*

Next, raise the wand again high above the head, as in Fig. 13, keep the knees stiff, and endeavour to bring the wand slowly down, until it rests in a straight line just above the ankles in front.



FIG. 17.—*Swing to the Right.*

Return to the first position, as in Fig. 12, raise the wand as high as possible above the forehead, swinging to the right as you do so. Bring it back to the first position, but swing to the left this time, lunging out with the foot each side as you swing round, as you see the model doing in Fig. 17. The

“lunge” proper is a splendid exercise of itself, for in it the physical powers of the whole body are brought to act in one line at the same instant and in perfect accord. From the “first position” the body is pushed forward to its fullest extent by straightening the left leg with the utmost rapidity, but keeping the left foot flat and firm on the ground. The right foot, raised not more than one inch, is now advanced in a straight line in front, and brought sharply and firmly to the ground with a stamp. The weight of the body, thus inclined forward, will rest almost entirely on the right leg, and the left hip must neither be raised nor depressed. For this exercise, the wand should be grasped by the hand as if it were a sword, and, when the “lunge” is made, its point (which will have to be imagined for this occasion), the arm which is thrusting it forward to the fullest extent, the head, shoulders, right foot, and left heel, should be in one vertical plane, while the right leg, below the knee, is perpendicular to the ground. The whole muscular system will be brought into play and be braced by this exercise, and it is one that with advantage might be practised for five minutes every cold and frosty morning to send a glow of warmth right through the body, especially into its extremities.

If two sisters have been practising the exercises with the wand, after the lunge they should indulge in a friendly “tug of war,” again on the





FIG. 18.—A *Friendly "Tug of War."*

lines of the "lunge" as shown in Fig. 18. This playful exercise is useful in beautifying the shoulders, and in strengthening the muscles of the upper



FIG. 19.—*Stand Straight and Hold up the Arms.*

arm, while the last exercise of this series, shown in Fig. 19, will serve the same ends, and at the same time strengthen the back.

## CHAPTER VII

### EXERCISES FOR THE ARMS AND HANDS

As the exercises in this little manual are intended to promote the symmetrical development of the whole body, it will not be well to pay great attention to any one set of muscles to the neglect of another, and those who depend solely on the very necessary health-giving walk in the morning, or the pleasant dance in the afternoon or evening, for their daily physical exercise, will find that their arms are not developing in tapering and rounded beauty in proportion to their legs. Within physiological limits, the more frequently and vigorously any member of the body is exercised the more well-oxidised blood will flow to that member, and therefore the greater will its strength and beauty become ; and on the contrary one knows that absence of due exercise leads to wasting, and that when, for example, an arm, being broken, is kept in splints to

prevent its movement, its muscles become attenuated and enfeebled, and all its rounded beauty is lost for the time being.

So, as we want symmetry and "balance" everywhere, the hands and arms should have a proportionate share of the physical culture every day, and it is essential that this share of exercise should be employed equally on both sides. As things are at present very few women are able to use both hands equally in the ordinary business of life, though when educated by special and systematised studies, the left hand proves itself to be as capable as the right, as, for example, in organ and piano-playing and typewriting. At handwriting, tennis-playing, and ball-throwing, the work is, as a rule, most clumsily done when the left hand tries any experiments in these directions; but there is no doubt that if we would early train ourselves to be ambidextrous, it would be to our great advantage.

The arms can be strengthened and beautified by a variety of exercises, and those for the shoulders must naturally tend to have this effect. We can use the wand in many more ways than those shown in that series of illustrations: for example, we can (*a*) take it up over-head, bring the right arm round to the middle of the waist, and let the left take its end of the wand as straight up as possible behind the head. This must be repeated on the other side, putting the left arm behind the waist. (*b*) Holding it at the same width as our shoulders, we can thrust

it forward in front, and bring it back to the chest. This is a splendid exercise for the arms, and should be repeated several times. (*c*) Carry the wand to the right as far as it can go in a direct line with the shoulders, stretching the right arm to its fullest extent, and letting the left arm follow it across the chest. Next (*d*) shoot it out in a line with the left shoulder, taking the left arm as far as it will go on that side. (*e*) Shoot the wand up in front of the chest, first with the right hand, and then with the left, so that one point rests nearly on the chest in the middle line of the bust, while the other end points to the sky.

Exercises without the wand that will strengthen and beautify the arms are such as the following: (*f*) Raise the arms sideways as high as possible, and bring them down again without bending the elbows; (*g*) put the hands on the hips and then endeavour to make the elbows touch behind, keeping the back perfectly straight, but taking a deep breath each time the elbows are bent backwards. (*h*) Straighten the back, stretch the arms as low down behind as they will go, point the hands downwards, then lock the fingers while they are in that position; bring the backs of the hands with the fingers so locked as high up the spinal column as possible, rather sharply exhaling the breath each time this exercise is repeated. (*i*) Take a long breath; place the hands lightly on the hips, thumbs forward; then shoot the arms down by the sides as far as they will go. (*j*) Stand straight

up, take a long breath, and shoot the right arm out as far behind as possible, then shut the fist, and give the middle of the back a gentle thump. Repeat with the left arm and fist. (*k*) Close the fists on the centre of the chest, then throw them widely apart in a straight line with the shoulders. (*l*) Twist the arms round in circles, backwards, making the joint of the shoulder the centre of each circle. (*m*) Move the wrists in circles, as if describing figures of 8, keeping the arms in a straight line with the shoulders always. Repeat this, first turning the hands inwards, and then outwards. A practical but homely exercise for the same purpose is grinding up sugar or anything that may be necessary, in a mortar, in which "exercise" always grind with the inward turn of the wrist, as you will then be "going with the muscle" and not against it, and can keep on grinding much longer. (*n*) Put the arms straight down by the sides, and twist them at the wrists and elbows as if boring imaginary holes in the ground with some long tool to be re-grasped at each semi-rotation.

The effect of the last two exercises of this set will be to taper the fore-arm, and to render the wrist supple and slender. All these exercises should be repeated from ten to twenty times, beginning slowly, doing a few at first, and gradually, day by day, as strength is increased and dexterity comes, practising them more quickly, and for a greater number of times, always remembering to let the left hand and arm work at least as much as the right does.

## CHAPTER VIII

### EXERCISES FOR SLIMMING THE WAIST AND HIPS

THAT there are fashions in figures as well as fashions in clothes is a truth that wants no demonstrating. We have, in our minds, our own ideals, but still we are only mortal, and when *Madame la Mode* tells us that our waists must taper more than they do, and that while our chests may be fully developed our hips must be slender and sloping, those of us who have neglected to take regular systematised exercise from our youth up find we have more inches than we like to see, and that therefore we must now set to work in earnest to effect the necessary reduction by common-sense yet efficient means.

The evils of the tightly laced corset have been so forcibly demonstrated by our medical men, that no wise woman resorts to its help in her present dilemma, though she will, of course, if she feels she has a tendency to *embonpoint*, see to it that her corsets are especially well cut so as to give her "line," and cut low at the bust and under the arms so as not to push her superabundant figure up, and so make it more obvious than it need be.

The following is a set of exercises that, done daily for a few minutes until they become quite easy of accomplishment, strengthen the muscles in every part of the body, make them firm instead of "floppy," and slim both the waist and the hips.

The apparatus may be the wand we have used for the shoulder exercises, or better still will be a



FIG. 20.—*Ready to Begin.*

walking stick, and in the gymnasium the exercise is known as “walking through the stick.” To do this properly a good store of breath must be laid up, and then, standing well, as my model is doing in Fig. 20, and never once letting go of the stick until





FIG. 21.—*Bringing the Right Leg round the Arm.*

the whole exercise has been done, begin by bringing the right leg round the arm so that it comes between it and the stick, as shown in Fig. 21. Then raise

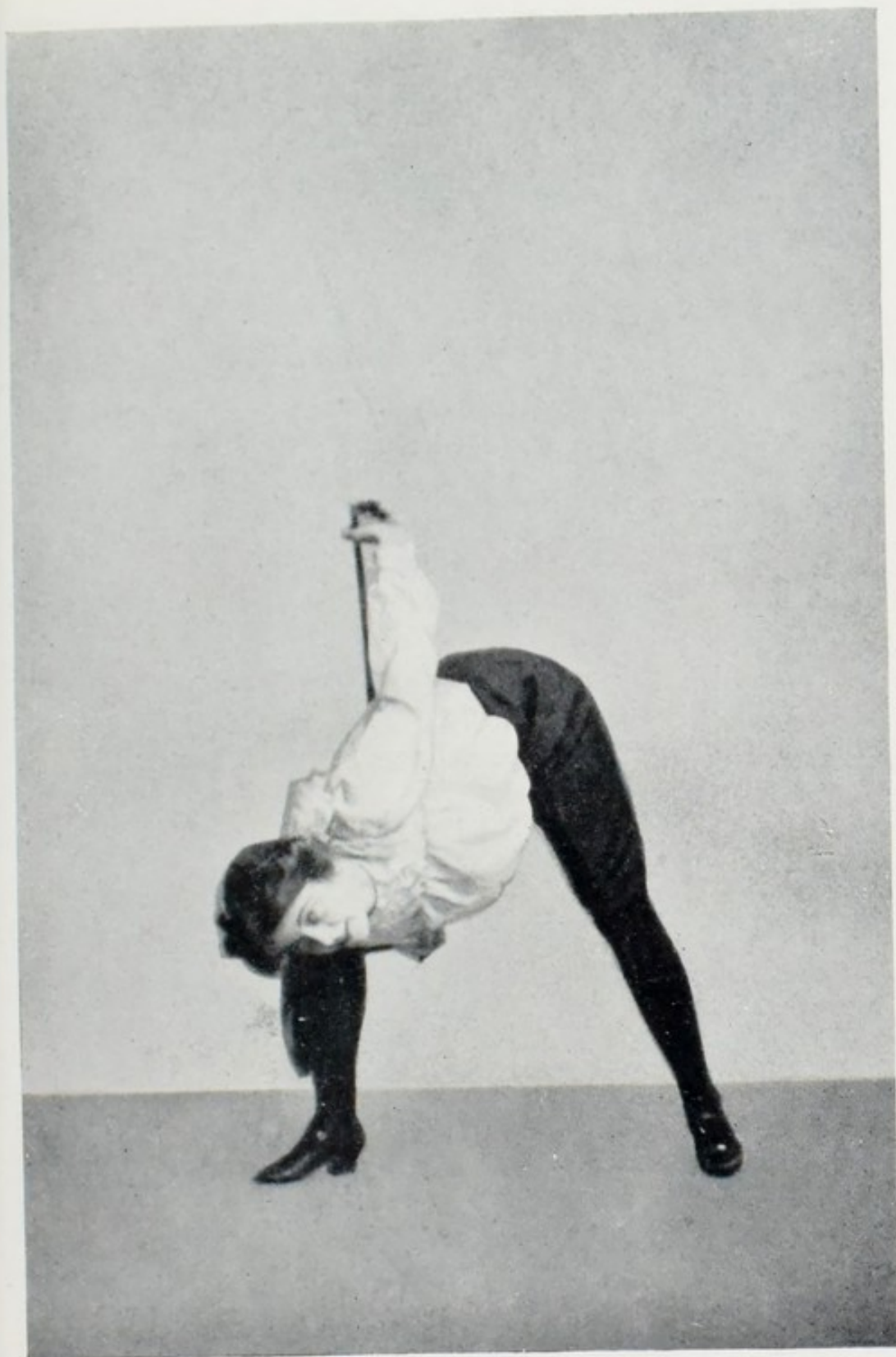


FIG. 22.—*Get the Stick Behind You.*

the left arm so as to get the stick uprightly behind you as in Fig 22, and now force the stick down over



FIG. 23.—*Walking Out.*

the back of your body until it is at the angle shown in Fig. 23, when you will find that by lifting your leg backwards you have easily walked out.

Repeat by bringing the left leg round the left arm, which is by no means so easy as doing it on the right side. It is a set of very pretty movements, and most interesting to do, but corsets and skirts will rather hamper the nice performance of it.

#### MORE WAIST-REDUCING EXERCISES

A little time spent daily in doing the following set of four exercises will also be a sensible means of reducing the number of inches at the waist if these are superfluous, and this way of achieving slimness without any compression will commend itself to all right-thinking women.

As before, a store of fresh air should be taken into the lungs, and therefore, as a preliminary, a few minutes should be spent in deep nasal breathing before an open window. This done, put the hands on the hips, with thumbs pointing towards the back, raise the right knee high above the waist, keeping



FIG. 24.—*Step High.*

the toes pointed towards the ground, as in Fig. 24. Then take a step forward with the raised foot, at the same time bringing the whole of the body forward so that when that foot is placed on the ground its weight rests on the right leg, as shown in Fig. 25. Next relax the arms at the sides, take a deep breath,



FIG. 25.—*Put Weight on Right Leg.*

place the hands again on the hips, lift the left leg until its knee points rather above the waist, and repeat the first movements on the left side. Take a deep breath and walk round the room, stepping thus high first with the right leg and then with the left as in Fig 24, and this while reducing the waist will



FIG. 26.—*Force up the Arms.*

make the hip-muscles firm and reduce any superfluous fat there.

Lastly, again relax the arms and take a deep breath ; then force the arms as high as possible above the head, lifting the eyes to the hands as in Fig. 26 ; then, keeping the legs perfectly rigid,

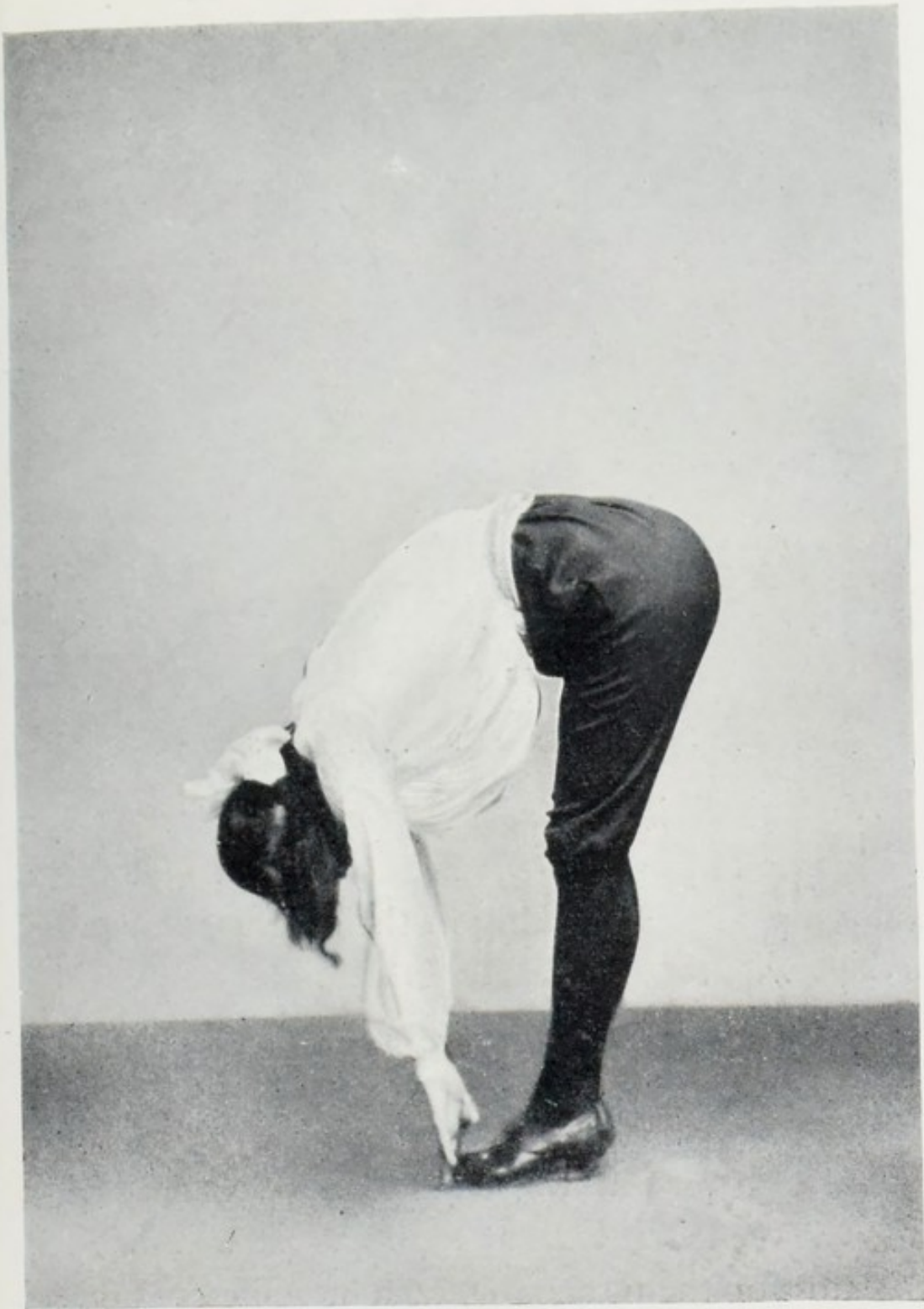


FIG. 27.—*Fingers to Toes.*

quickly bring down the fingers to the ground in front of the toes, as in Fig. 27.



## CHAPTER IX

### EXERCISES FOR THE LEGS

WHILE walking and dancing certainly strengthen the legs, and promote the health of the whole body, as do skipping and skating in their turns, there may be days when the weather is so absolutely forbidding that even the walk will not be undertaken, and for those days the next set of exercises will prove an efficient substitute, especially if the preliminary deep-breathing exercises be taken by a window opened at least at the top. It will be seen that most of them necessitate a certain amount of careful balancing of the body, and this of itself makes these and similar exercises most valuable. Take Fig. 28 and in like manner stand straight, first with heels together, put hands on hips, thumbs forward, lift the right leg until it is as nearly as possible in a straight line with the hip-joint, point the foot downward, then walk forward. Now stand



FIG. 28.—*Walk Round with a High Step.*

on the right leg, lift the left, point downward, walk forward, and continue these high steps, right and left, until the tour round the room has been made. The stouter the pupil the higher the step should be.



FIG. 29.—*Lift the Leg Behind.*

This is all a "forward motion," and it will equalise matters now to stand on the left leg, and shoot the right out in a straight line behind as high as ever it can be lifted, as shown in Fig. 29, then bring it to place, heels together, resuming the erect position. Next stand on the right leg, lift the left, and send it out behind, and repeat these alternate movements several times. This exercise will make the waist more supple and soon reduce its size to pretty proportions if there are any superfluous inches there.

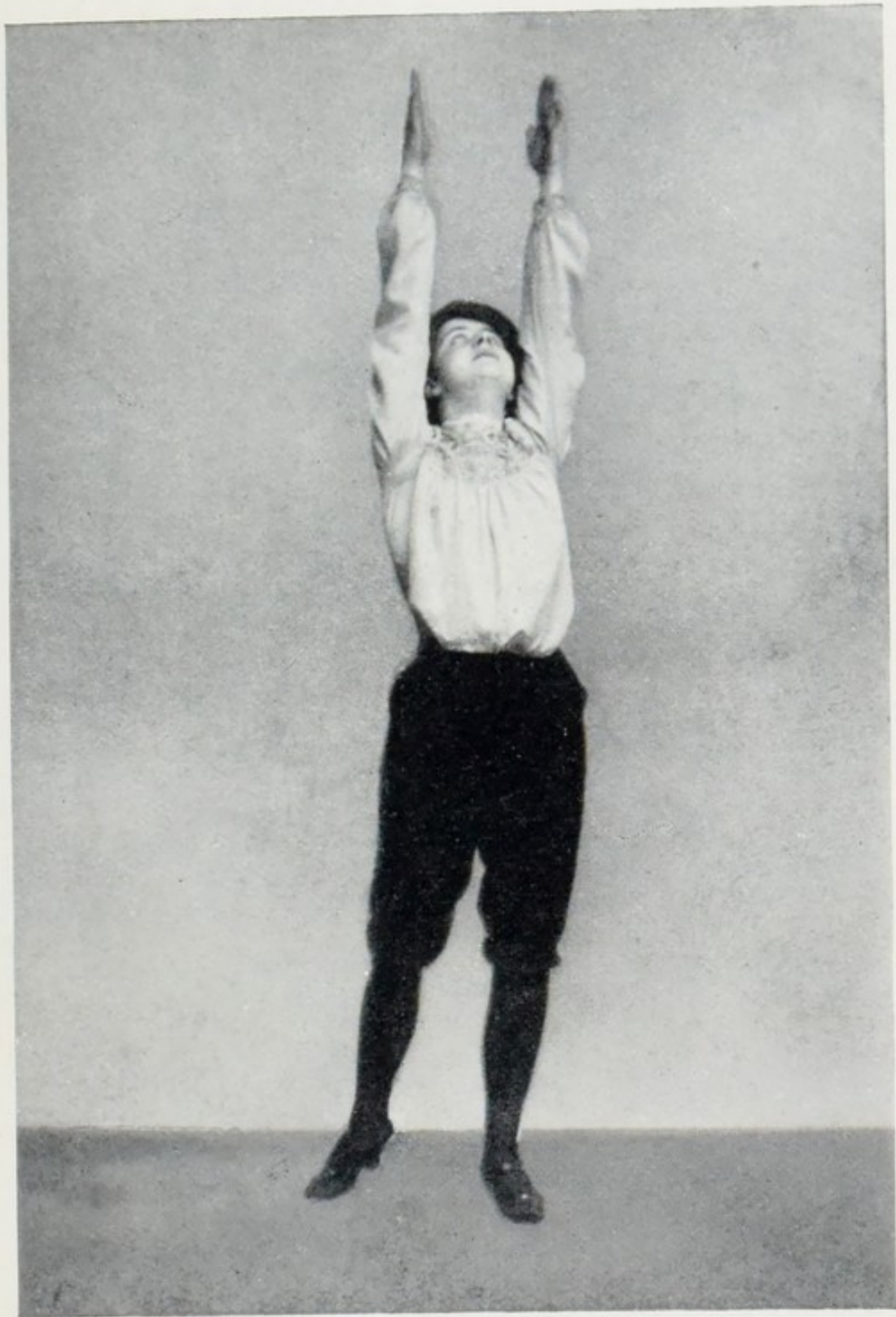


FIG. 30.—*A Combination that Rests.*

As a rest take a nasal-breathing exercise, step out backwards, lift the arms as high as they will go quite straight up, and look at the finger-tips as in Fig. 30, and here we have a combination of the



FIG. 31.—*Point the Hands Down.*

exercises already done, and the "change will be as good as a holiday," to quote a time-worn saying. Especially will the women who have been sitting at their desks for some hours enjoy doing this exercise, for they will thereby rest both the neck that has had to bend forward, and the tired wrists and fingers.

Again assume the ordinary "first position," heels together, shoulders down, head up, and chin in; raise the arms slowly until they are in a line with the shoulders, point the hands downwards as in Fig. 31, and in this position walk round the room, with the chest arched, the abdomen kept well in, placing the weight on the front part of each foot, and never letting the heels touch the ground except in standing, altering the position, and taking breathing exercise.

The body must be held erect, and all the work done with the legs; then strength will be developed in their muscles, the "calves" will become firm and rounded, and the ankles slender, and in time there will be something of the same difference seen in them that there is between those of a cart-horse and an Arab steed.

Next place a chair against the wall, put the hands on it, stand away from it as shown in Fig. 32, and while pushing at the chair stand as high on tip-toes as possible. In this position vibrate the abdomen several times, retracting its muscular walls and relaxing them quickly without moving the rest of the



FIG. 32.—*Strengthening Legs and Lengthening Waist.*

body. Sufferers from indigestion and constipation (this being one of the greatest foes the stout woman has to deal with) will find this a useful daily exercise,



FIG. 33.—*A Good Balance.*

In the next exercise, Fig. 33, another member of the family circle should sit on the chair to keep it quite steady. If there is no one available to exercise with (and here be it said there is far more



pleasure as well as profit when two or more work together) the edge of the table can be used ; then, the erect position having been taken at a sufficiently long distance from the chair or table, one hand is to be placed on the hips, the leg on that side lifted to the chair or table, and the foot kept there while the body is bent on the opposite side until the hand can rest on the floor. Repeat with the other leg and hand.

The practice of this exercise will benefit the whole body, and, like all exercises requiring a nice "balance," will educate and strengthen the nerve centres of equilibration in particular and the whole nervous system in general, and while producing an ease and grace of movement in every part of the figure will tend to improve digestion and to prevent, or where unfortunately necessary, cure the nervous affections from which so many of the women of to-day suffer. In Exercise XXXIV we have another more or less general exercise, being really No. XXXII done in another way, for here, while the toes are over the rung in the back of the chair and the weight of the body is resting on the hands on the floor, the muscles of the legs and back are being strengthened, and by vibration of the abdomen in the attempt to raise the body, while still the weight is on the hands, to the level of the chair-seat, its muscular walls will be strengthened ; waist and hips, too, will become more supple if this movement is regularly practised.



FIG. 34.--*Vibration Again.*



FIG. 35.—*Measure Distance and Take Hands.*

The last of the leg-exercises of this series is one that will strengthen them, especially at the knees and above. Of course, as shown in Fig. 35, two girls must join in doing this exercise. They must "measure distance," so as to stand just as far apart as they comfortably can when they have locked into each other's fingers; then Rose must place her



FIG. 36.—*Go Down Gracefully.*

right leg in a straight line with and beside Daisy's, and with their legs held rigidly so and fingers all the time locked, they must try to go down gracefully and very gradually until they nearly sit on the floor in the attitude shown in Fig. 36. It is a very pretty and fascinating exercise, but it will take a lot of practice before it can be done elegantly!

## CHAPTER X

### ANGLO-SWEDISH EXERCISES

THE most valuable exercises are always those in which the greatest number of muscles are called into action at the same moment ; hence, as we have seen, the great value of skipping. Women who live in the country and have gardens would be wise to dig, and plant, and weed them themselves, and even to roll the lawns regularly, putting both their hands as near to the centre of the handle as possible, and of course not pushing the roller but drawing it behind them. Old-fashioned mothers used to tell their girls that the best way to strengthen and beautify their arms was to well shake up all the beds daily, and that sweeping the carpets would ensure fine figures. Alas, we have few beds left to shake now, and we rarely use a broom of the old pattern in sweeping our carpets ; but the principle they tried to inculcate was much the same as our own with

regard to the value of exercising many muscles for the improvement of the figure.

As another example that may be more practical, take ball-throwing, as in the old game of bowls, in which eyes, arms, hands, and the waist and leg (in the lunge forward) are all employed as we endeavour to send that big ball to keep close company with the little one. This is a home exercise that can, with great advantage, be practised by our girls and women who have a sufficiently long lawn, and it will do them great good, especially if here again they strive to be ambidextrous, and to throw the ball with right and with left hand in alternation when not playing the strict game with their men-folk.

But indoors it is quite easy to exercise hands, eyes, brains, and legs, too, at once, with a couple of tennis balls, or any other ones about that size, in such ways as the following : (*a*) Take one ball, and, standing upright, throw it with the right hand straight up into the air, looking up after it as it goes ; catch it, as it falls, with the same hand. Throw it up with the left hand and catch it with the same, and as this, at first, will be no means so easy, do it twice to every once that it is done with the right hand.

Now (*b*) throw it up with the right hand and catch it with the left ; then throw it up with the left, and catch it with the right. Repeat this several times ; then (*c*), keeping the upper part of the body erect, bend the knees as if going to sit on

the floor, but keep really about a foot off it, and then throw the ball straight up with the right hand, and catch it with the left, and *vice versâ*. This will want a lot of "balance" everywhere to do it properly, and there will be a good deal of frog-like hopping back and fore if the ball is not to be dropped on the floor. As dexterity grows use two balls, or as many more as can be gracefully managed.

The Swedish exercises, so wisely taught in many of our schools, aim at making arms and legs practise at the same moment, usually without apparatus (so as to strengthen the will), some of the simplest movements being similar to the following: Rise on the toes, at the same time stretching out the arms in a line with the shoulders; come down again on the heels, and at the same moment clap the hands together in front of the chest; (*b*) stand on an imaginary chalked line, stamp with the feet, right and left as if marching, at the same time swinging the arms from the shoulders back and fore in rhythm, both together forward and back, and then one backwards and the other forwards as some men swing them in walking. This is an excellent winter exercise for those who suffer from chilblains. Exercises such as those shown in Figs. 30 and 31 are of this class, and always, when the arms are thrown up over the head, or into a line with the shoulders, a deep nasal breath should be inspired.

The following set of Anglo-Swedish exercises,

if practised at home systematically, not all in one day, of course, but a few thoroughly mastered at a time, and practised for a quarter of an hour morning and night until all are perfected and easy of graceful accomplishment, will certainly tend to improve the general health, the beauty of the whole figure, and of the complexion; they are calculated to tone the nervous system, and will certainly have a bracing effect on the mind.

The best time for such exercises is immediately before the bath in the morning and after the corsets have been removed on retiring at night, when the body is not hampered nor easy respiration restricted by more clothing than one loose garment. If it is not convenient to have a full bath immediately after the exercise, the whole body must at least be well sponged down quickly, and frictioned with a perfectly dry towel. If special exercises for reducing any part of the figure have been practised, it will be well to tone the skin over that part by sponging with astringents such as Eucalyptus vinegar and water, American Bay Rhum, or a lotion consisting of two ounces of distilled extract of witch-hazel in four ounces of elder flower water, with a few drops of simple tincture of benzoin added to make it very pleasant.

The pretty illustrations (Figs. 37 to 43) speak for themselves, but I will briefly describe the way they are to be carried out in order that they may be employed to the best purpose.



EXERCISE XXXVII.—(*a*) Take a long breath, bring the right knee smartly up to a line with the waist, and at the same time carry the hands up to the back of the head; (*b*) put the foot down with a stamp, so as to bring heels together, and bring the arms down at the same time, letting them lie fully relaxed at the sides. (*c*) Lift the left leg to line with the waist, raising arms to the back of the head as before; (*d*) bring foot and arms down again. Repeat this alternation a dozen times, then walk round the room, lifting first the left knee and then the right to the waist, and carrying the arms to the back of the head at each step, bringing them down with the foot each time.



FIG. 37.—*Knee to Line with Waist.*



FIG. 38.—*Leg up, Hands in Line with Chin.*

EXERCISE XXXVIII.—Next (*a*) stand erect as possible, with heels together ; (*b*) then lift the right leg as high as it will go, stretch it out in front, (*c*) and at the same time fully extend the arms, and clap the hands together in a line with the chin. (*d*) Bring heels together, relax arms and let them drop to the sides, then (*e*) raise left leg and repeat.



FIG. 39.—*Swing Arms and Leg Back.*

EXERCISE XXXIX.—Then (*a*) raise right leg, and both arms, as in Fig. 38, (*b*) and from this position swing the leg and arms at the same time back as far as possible, as in Fig. 39. Repeat this exercise six times with each leg.



FIG. 40.—*Lunge out Well.*

EXERCISE XL.—Take a long breath, then lunge well out, keeping the left leg straight and rigid, with the body pressing forward, with the right knee bent, the arms extended, and the hands crossed in a line with the chin.



FIG. 41.—*Bring Arms Smartly Back to Line with Shoulders.*

EXERCISE XLI.—From position shown in Fig. 40, (*a*) while bringing the arms smartly back into a line with the shoulders, rigidly brace the right knee, and the whole of the body. Look up, and keep the palms of the hands down. Repeat these combined exercises a dozen times.





FIG. 42.—*Put Thumbs on Shoulders and Spring up.*

EXERCISE XLII.—Stand straight up with heels together, take a deep inspiration, bring the arms into line with the shoulders, bend the arms, and place thumbs on shoulders, jumping straight up and down on to the same spot while doing this.



FIG. 43.—*Expanding Arms and Crossing Legs.*

EXERCISE XLIII.—(*a*) Expand the arms until they are in a straight line with the shoulders, and (*b*) cross the right leg over the left. (*c*) Double the arms, bring the hands to the shoulders, (*d*) expand arms again, and (*e*) cross the left leg over the right. Do this alternate crossing with each leg, and expanding arms, six times.

The exercises in this series are general, for the thin girl who wishes to develop her chest, or the stout one who aims at reducing herself, and they are conducive to the health and beauty of everybody who practises them daily.

## CHAPTER XI

### SPECIAL EXERCISES FOR STOUT WOMEN

THOUGH a stout woman can as a rule dance as lightly as a thin one she is more apt to get breathless when she dances, and also when she walks, and she should therefore pay even more attention to the regular practice of those deep-breathing exercises to which such constant reference has been made. She will also find herself gradually getting more rigid at and below the waist unless she keeps herself supple by constant movement there. Such exercises as the following will be of especial service to her, and if she practises some of them in turn, after a good breathing exercise night and morning, she will soon find that she is getting slimmer, and that she can bend about into any position with less detriment to her corsets, and much more facility and elegance than formerly.

The model, being in a photographer's studio, is sitting on the arm of a chair, but for the practice of



FIG. 44.—*Bend from Waist and Pick up Ball.*

this exercise (see Fig. 44) a high office stool is better, and on this a stout student of physical culture should sit, then plant her feet firmly on the floor, put a ping-pong ball in front of her toes, and, keeping her knees rigid, she should bend only at the waist, and pick the ball up with both hands, first together, and then with each hand separately.



FIG. 45.—*Bend Waist and Hips and Pick up Ball.*

EXERCISE XLVI.—Sit up, keep shoulders down, and do a breathing exercise, and now place the ball at the side of the stool on the floor, and bend the body sideways for it. Pick it up first with both hands, then with the right and left hands alternately.

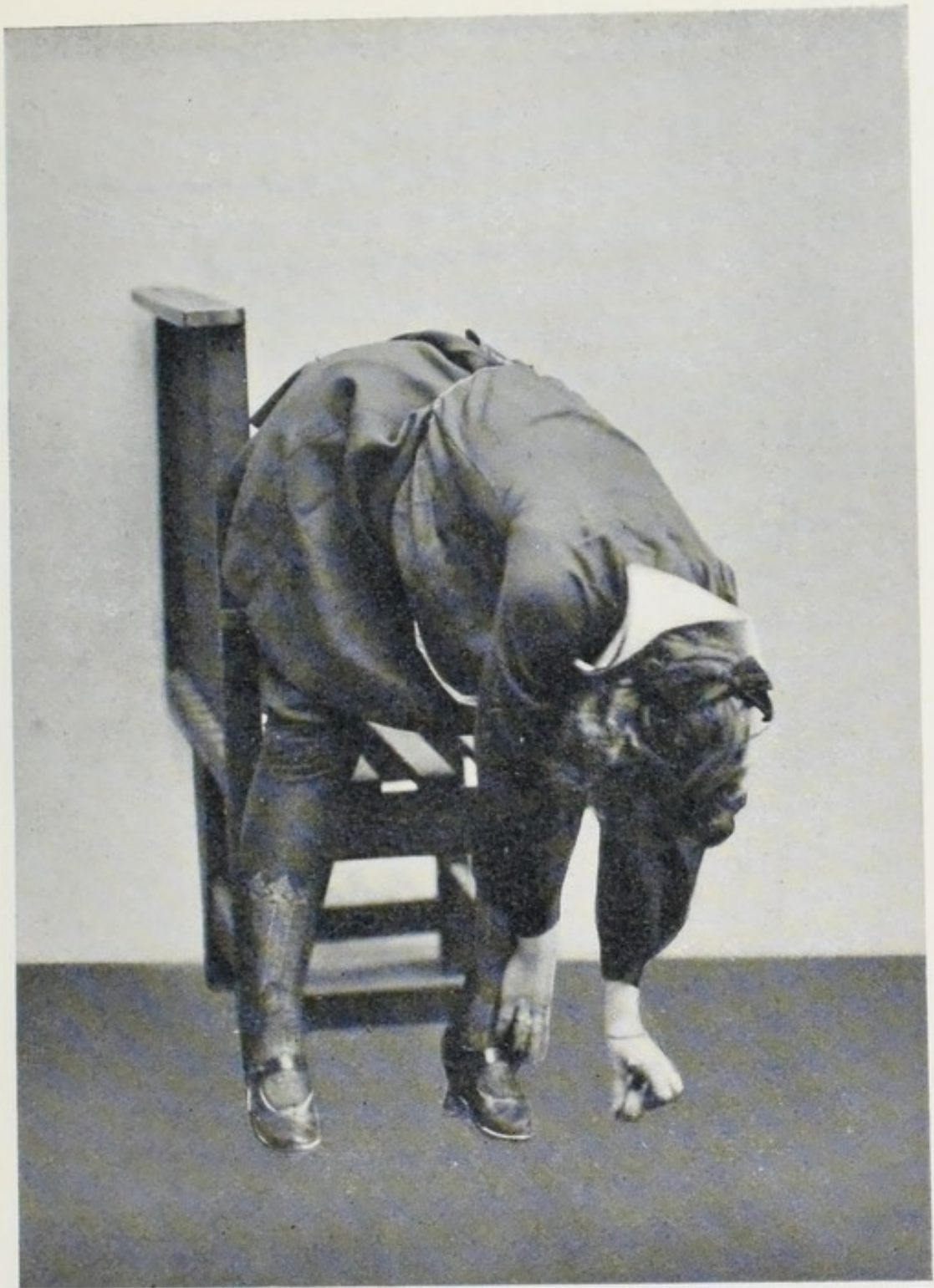


FIG. 46.—*Pick up the Ball Sideways.*

The object of using a ping-pong ball rather than any other is that it easily slips away and evades the grasp, and hence in part the difficulty of this most useful exercise. Repeat on the other side of the stool, bending the other side of the body.



EXERCISE XLVII.—Take a deep breath, stand straight up, cross hands behind ; then bend forward from the hips, keeping the upper and lower halves of the body so straight that from the head to the groin looks like one line, and from the groin to the ankle like another straight line. Return to the erect position, and repeat four times.



FIG. 47.—*Bend from the Hips.*



FIG. 48.—*Bend Backwards from the Waist.*

EXERCISE XLVIII.—Breathe deeply with the arms loosely relaxed at the sides, then cross hands low down behind, and bend the body from the waist backwards as far as it will go, letting the heels cling well to the floor, and keeping the knees rigid. This exercises the neck and back as well as the waist.

EXERCISE XLIX.—Take the old-fashioned “first position,” with the heels together and shoulders down. Then keep the legs rigid, and bend the upper part of the body to and fro from left to right, taking it down as far on either side as it will go. This will teach a stout woman how stiff she is at her waist, but it will tend to make her quite supple if she will practise it daily when she has no corsets on.



FIG. 49.—*Bend Sideways to Right and to Left.*



FIG. 50.—*Look up to the Ceiling.*

EXERCISE L.—Stand erect, quickly throw up the hands to the position shown in Fig. 50, lift the chin and look up to the ceiling, and while in that position take a long, slow inspiration.



EXERCISE LI.—From position L, stoop and let the fingers touch the toes; then throw the arms upwards and backwards until with clenched fists they meet a few inches below the waist behind. Resume the erect position, take a breath, and repeat Exercises L and LI. Repeat six times, standing well up, and taking a deep inspiration between each repeat. For the stout woman, who is usually more or less breathless and nervous, this is an excellent exercise, and she will find it strengthening in every way, as well as manifestly improving to her figure, if she does it just a few times every day.



FIG. 51.—*Arms Behind.*



FIG. 52.—*Turn the Body on its Axis.*

EXERCISE LII.—Brace up the body to its full height, put the heels together, arch the chest, lock the hands lightly behind, and then, while in this rigid position, turn the body on its axis towards the right without permitting any movement from the waist downwards to the heels.

EXERCISE LIII.—From position LII, swing the body on its axis to the left, then again to the right, still keeping the lower half of the body well braced, and this exercise will strengthen all the intercostal muscles, while making the waist more slender. Repeat from right to left a dozen times.



FIG. 53.—*Keep the Body well Braced.*



FIG. 54.—*A Resting Exercise.*

EXERCISE LIV.—This is one that will be especially useful to women of sedentary occupation, particularly to those who find a difficulty in keeping their backs straight, and their shoulders from stooping when they write or type, or do any kind of work at which they must look closely. Such women-workers have positive need of exercises of this sort daily, for the purpose not only of straightening and strengthening their figures, but of animating their organic activities, improving their breathing and their blood circulation, which have been seriously interfered with and impeded during the hours they have been compelled to sit at work indoors. At the same time this is a good exercise for the stout woman, whether she be a worker or not, and this is how it is to be done: (*a*) Lie flat on the floor, let the heels touch the ground and appear to dig into it, then (*b*) raise the arms, and place them under the head at the back of the neck.



EXERCISE LV.—From lying flat as in Fig. 54, (*a*) still keeping the hands locked on the nape of the neck, (*b*) gradually sit up, and then (*c*) make an attempt to spring up into the erect position without getting any assistance from the hands, which are to remain locked on the neck. Repeat six times.



FIG. 55.—*Gradually Sit up.*



FIG. 56.—*Arms up Level with the Shoulders.*

EXERCISE LVI.—Stand straight and stiff as a telegraph pole, take a long breath, raise both arms in a line with the shoulders, and hold them well out in front of the chest, so that the hands with their palms downwards are a foot apart.

EXERCISE LVII.—From position LVI, swing out to the right, keeping the heels together and the knees braced up.



FIG. 57.—*Swing out to the Right.*



FIG. 58.—*Swing out to the Left.*

EXERCISE LVIII.—At once, from position in Exercise LVII, swing right round to the left as shown in Fig. 58, keeping the body straight and erect all the time, and letting the movement only begin at the waist. Repeat a dozen times.



EXERCISE LIX is intended especially for the woman whose hips are out of proportion and too massive for beauty. Take a long breath, go down gracefully on to the floor, and let the left side of the body lie at full length with its weight on the hip, and having the arm outstretched, with the head resting upon it ; lift the right arm, and roll over to the right side, so that the right hip is on the floor, and the body's weight on it. Roll from side to side twenty times.



FIG. 59.—*Roll on your Hips.*



FIG. 60.—*Raise the Body on One Hand.*

EXERCISE LX.—After the rolling, place the left hand on the ground, and with no help from the knees, which must be kept well up off the floor, try to raise the centre of the body. Turn round, put the right hand on the floor, and endeavour to raise the body on that side. Repeat six times.

EXERCISE LXI.—Grasp any heavy and steady piece of furniture, stand well away from it, and slowly lower the centre of the body and raise it again, several times. This is a variation of the abdominal vibration exercise No. XXXII, which has already been practised, but which is so good for women who suffer from abdominal stoutness that it will benefit them when done in every possible way.



FIG. 61.—*Grasp a steady Piece of Furniture.*



FIG. 62.—*Elbows Out.*

EXERCISE LXII.—Now grasp the marble pillar or whatever it may be, in such a manner that the elbows are kept out in the angles shown in Fig. 62, and again pump the centre of the figure up and down several times.



EXERCISE LXIII.—Take a long breath, place one hand firmly on the pillar (or grasp the edge of a steady table), put the other hand on the hip, and then slowly lower the body on one leg, extending the other leg straight out in front, but keeping the foot well off the ground. Repeat three times on each side. This will want a lot of practice, but it brings so many muscles into action at once that it is well worth the work it entails.



FIG. 63.—*Lower the Body on One Leg.*



FIG. 64.—*Throw Up the Arms.*

EXERCISE LXIV.—Throw the arms smartly up, palms forward, and at the same time spring the legs about twelve inches apart. Well expand the chest, and bend the head backwards so as to look up at the ceiling, and at this moment take a long breath.

EXERCISE LXV.—From position in Fig. 64, swing the arms down until they nearly touch the floor. The knees, though wide apart, must be kept rigid, and the shoulders must be swung as far between them as possible. This again is an exercise that will slim the waist and tend to keep the front of the figure flat.



FIG. 65.—*Swing the Arms Down.*



FIG. 66.--*Walking with the Body at Full Stretch.*

EXERCISE LXVI.—Walk round the room, with the arms stretching up as high as possible, and working one after the other as though progressing along the rungs of an imaginary ladder laid horizontally near the ceiling. The walking must be done on the tips of the toes so that the whole body is kept at full stretch. Once round a fair-sized room will be enough of this at a time.



EXERCISE LXVII.—Stand at ease; take a long breath, close the fists, and extend the arms in a line with the shoulders.



FIG. 67.—*Stand at Ease.*



FIG. 68.—*Encircle the Waist.*

EXERCISE LXVIII.—From the position in Fig. 67, wrap the arms round the waist as far as possible, the left arm encircling the front of the body, and the right arm the back; exhale the breath sharply while so wrapping. Return to position LXVII, take a long breath, and now let the right arm fold itself round the front of the waist, and the left hold the back of it tightly, and as the arms are flung round, exhale a breath sharply.

EXERCISE LXIX.—Lunge out with the right leg keeping both feet well on the ground, the left leg straight at the knee, the right bent over the instep, and bring the closed fists down as near to the right ankle as possible.



FIG. 69.—*Lunge to the Right.*



FIG. 70.—*Pull the Body Smartly Up.*

EXERCISE LXX.—From the stooping position in Exercise LXIX, pull the body smartly up, brace the leg muscles, pull the elbows well into the hips, and hold the head proudly up. These two exercises, LXIX and LXX, which form part of the old “Sailor’s Hornpipe” exercise, are to be repeated several times, for in them, as will be realised when they are properly done, a great number of muscles are called into action at the same moment.



EXERCISE LXXI.—Hop round the room six times with one leg, and then six times with the other, keeping the leg that is off the ground rigid, and well out at the back.



FIG. 71.—*Hop Round the Room.*



FIG. 72.—*Maintain a Steady Balance.*

EXERCISE LXXII.—“Control Exercises,” as they are sometimes called, and such as this one, tend not only to keep the figure in proper proportion, and to give an elegant poise to it, but they have a most beneficial effect on the nervous system, and hence, as another rest from the more strenuous exercises, the one shown in Fig. 72 is an excellent one, so try to send one leg out at the side, raising it as high as it will go, while standing perfectly still on the other foot. Repeat on each side of the body alternately, a dozen times.

## CHAPTER XII

### SUGGESTIONS

WHILE these physical-culture exercises are intended for women of all ages, and such of them as best meet each case should be performed with regularity and earnestness of purpose every day in order that they may have the desired effect on the figure and the health, it is advisable that, up to twenty years of age, girls should practise steadily but progressively, working daily at a few of the simpler exercises until they are perfectly done, but never continuing them until the muscles feel fatigued. Walking, and all the exercises that can be done in the fresh air, should be encouraged, but with the above limitation.

Between the years of twenty and thirty the exercises that require skill and quickness, in which the brain plays its part as well as the muscles, should be regularly practised, and tennis, especially if played

with either hand, so that there shall be no risk of the "playing side" being exercised out of proportion to the other, is excellent, as also is a "bout" with the "Single Stick" or the "Fencing Foil" or even a game of billiards. Skill and judgment will then develop side by side with beauty and gracefulness of form.

After the thirtieth birthday-anniversary all the exercises practised should be those that tend to increase strength and endurance, and that assist the body in oxidising its surplus fat so that obesity may be entirely prevented, and that in actual "middle-age" there may be none of that "spread" in the figure which formerly used to characterise that period in a woman's life.

The daily practice of some such exercises as those illustrated in this little Manual would, too, go a long way towards preventing those ailments from which so many women of to-day suffer, and then instead of hysteria, want of self-reliance, nervous headaches, dyspepsia, depression, torpid liver, general malaise, insomnia, and other troubles due to want of tone in the nerve-centres, there would be vital force, muscular activity, buoyancy and beauty of figure, and we should carry sunshine and optimism into everything.

## CHAPTER XIII

### REST

BUT, while it is most important that systematised, active physical-culture exercises should be practised night and morning for the beautifying of the body, the strengthening of all its muscles, the toning of its nervous system, and the relief of the tension of the brain that is in so many cases engaged for several hours of each day in responsible and arduous work, it must always be remembered, no matter how keen the anxiety to become elegant of figure, that these exercises must never be carried to extremes.

Rest is as much a law of Nature as activity, and perpetual motion or activity would be as bad for the body as would perpetual laziness, were it possible for a normally healthy person to attempt either. Fortunately it is impossible, and even the involuntary action of the heart and lungs, which we commonly suppose goes on unceasingly, is slackened

to take a relatively large amount of rest during each twenty-four hours while the repair of the waste necessarily caused by activity goes on, and the organs and the tissues of which they are composed re-energise themselves, and thereby postpone exhaustion and death.

And this principle applies equally to our voluntary muscles and the work that we call upon them to do in our physical exercises. Every form of work, bodily and mental, can only be effected by the expenditure of energy, and this means body-waste, which in its turn demands a proportionate amount of "rest" for recoupment. Therefore, while the over-stout woman should allow herself no self-indulgence until she is reduced to her normal measurements, thin girls, in doing their exercises for the fuller development of their beauty, must take this suggestion well to heart, and between their exercises, as well as after each of their meals, they will do well to recline in the horizontal position, so that they may gain a fresh store of vital energy, while each of the actual exercises should only be continued to a point that is short of fatigue, for fatigue is the commencement of exhaustion.



## CHAPTER XIV

### LAST WORDS

HIGH heels and the slender waist usually return to favour together, and to-day in all our fashion plates small waists are indicated as being the English ideal in "figure" for the time being. We have seen that we are to effect the reduction of our waists to legitimate proportions by means of exercises, and partly to show that these can be done even when high-heeled shoes (which I am not going to defend) are worn, partly because several of the exercises are done with the heels raised from the ground (to strengthen the toes and ankles, and make the latter more slender) and the support of the artificial heel makes it easier to maintain the absolutely steady pose a sufficiently long time for the photograph to be taken, my models, who usually practise in perfectly flat "sand-shoes," are in some of the exercises wearing high-heeled slippers.

Then, partly that stout women, in their eagerness to recover their youthful slenderness, may not go to the extreme of attenuation, I will here quote the measure which a premier man-dressmaker of to-day has given as those of "the perfect figure" in the world of fashion: "Height should be eight times the length of the head from the chin to the crown; neck of the European woman of average height, say 5 ft. 4 in., should be  $12\frac{1}{2}$  in.; the bust 36; the waist 21; the hips 37; round the biggest part of the upper-arm 13; round largest part of fore-arm below the elbow 11, gradually tapering to 6 in. round the wrist."

In this ideal I think the neck is small in proportion to the bust and to the upper-arm, and that one measuring  $13\frac{1}{2}$  inches would be a more lovely pillar for that head, and that altogether the measurements given by a well-known Doctor of Science in the following paragraph as the "Proportions of a Perfect Woman," in a leaflet recently sent to me, more nearly approximate the true ideal of a perfectly healthy and beautifully formed woman:

"I have often been asked for the measurements of a perfect figure. As you know, artists have accepted the Greek proportions as those of the ideal figure, and, according to this model, a woman's height when fully attained should be 5 ft. 5 in.; her waist should measure 24 in.; the bust under the arms 34 in.; and over the arms 43 in. The circumference of the upper arm should be 13 in.; of

the wrist 6 in. The thighs should measure 25 in., the calves of the legs  $14\frac{1}{2}$  in., the ankles 8 in. each. And the weight of this ideal figure should be 138 lbs."

If there are any questions that readers of this little manual would like to ask me concerning the appropriateness of certain groups of the exercises in it, or any others that they may have been practising, to their own special requirements, I shall be pleased to answer them in the Health and Beauty columns of that most popular weekly journal for gentlewomen, *Hearth and Home*.

And my last word is to remind all women that the poet Thomson, in the year 1700, said:

"Health is the vital principle of bliss,  
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"Frankly," she said, "I had very little faith in the fashionable doctoring up of your complexions that you think so much of in England. It was quite true that I had gone to pieces, as it were; I am not a young woman, and the dry climate of Victoria does not leave us much in the way of lilies and roses after many years, and, personally, I believe that people think more of their looks in England than we do out there. Anyway, I never meant to spend a minute of my precious time visiting a beauty specialist on my own account. Why did I go then? I went with a friend of mine from the States, whose little girl was delicate and awkward and overgrown, and I believe I meant to have a little laugh at beauty doctors and their methods in general afterwards. But what wonders she worked on that child! The woman was as clever and genuine as she was handsome and charming. The girl had developed the habit of breathing through her mouth instead of her nose, and Mrs. Adair set to work to remedy that with her Ganesh Chin Strap, which materially improved her health in a very short time. It is this particular strap which has driven away that common enemy of her sex, a double chin, and after seeing what it did in one way I was quite prepared to look kindly upon it in another. But she did not stop here either. It is only six months since the child began her course of physical and breathing exercises with Mrs. Adair, but the round shoulders have straightened in a wonderful manner, her general health has improved *à merveille*, and to-day she walks like a little princess, and is as bonny and vigorous as one could wish. But you want to know my own experience as well? You know the old French proverb, *Bien commencé, c'est demi fait*. Once I had begun to believe a little, fresh evidence followed thick and fast. I began to notice that women who paid their periodical visits to Mrs. Adair, 90 New Bond Street, W. (over Walpole Bros., Oxford Street end), for treatment or exercises, were fresher and younger looking and better altogether than the good people who scorned a little help in season. All the great philosophers, Emerson especially, are inclined to be down upon a servile consistency, so I trampled my own colour underfoot and went over to the enemy." DAME DEBORAH PRIMROSE recommends pupils who require lessons in the exercises explained in this book to go to Mrs. Adair, of 90 New Bond Street, London; 5 Rue Cambon, Paris; and 52 West 35th Street, New York.

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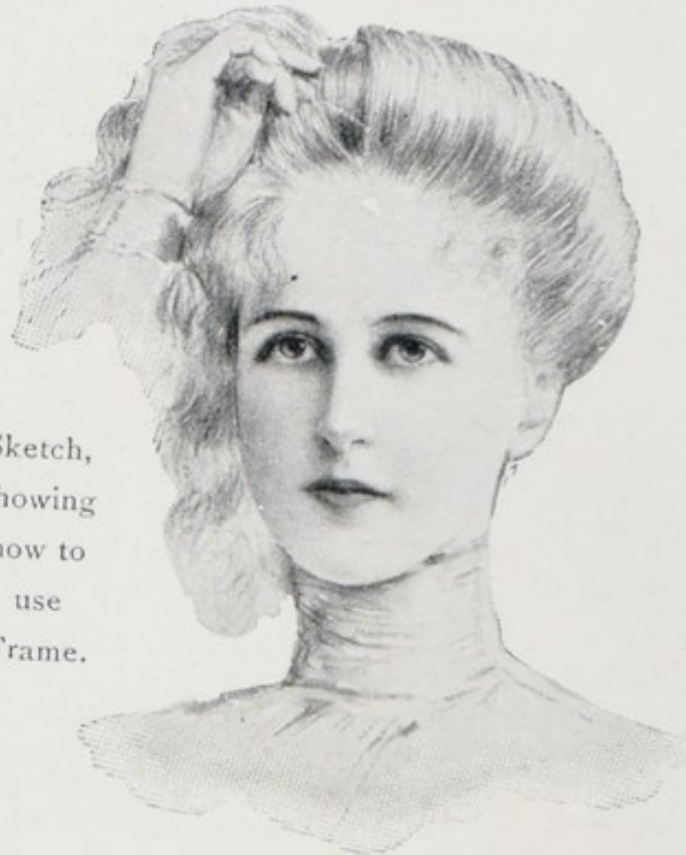
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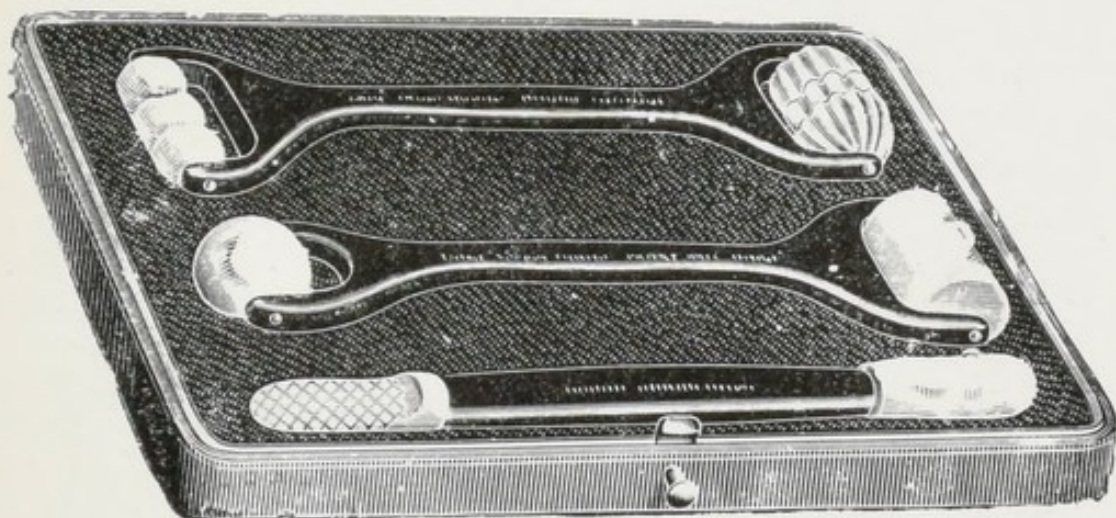
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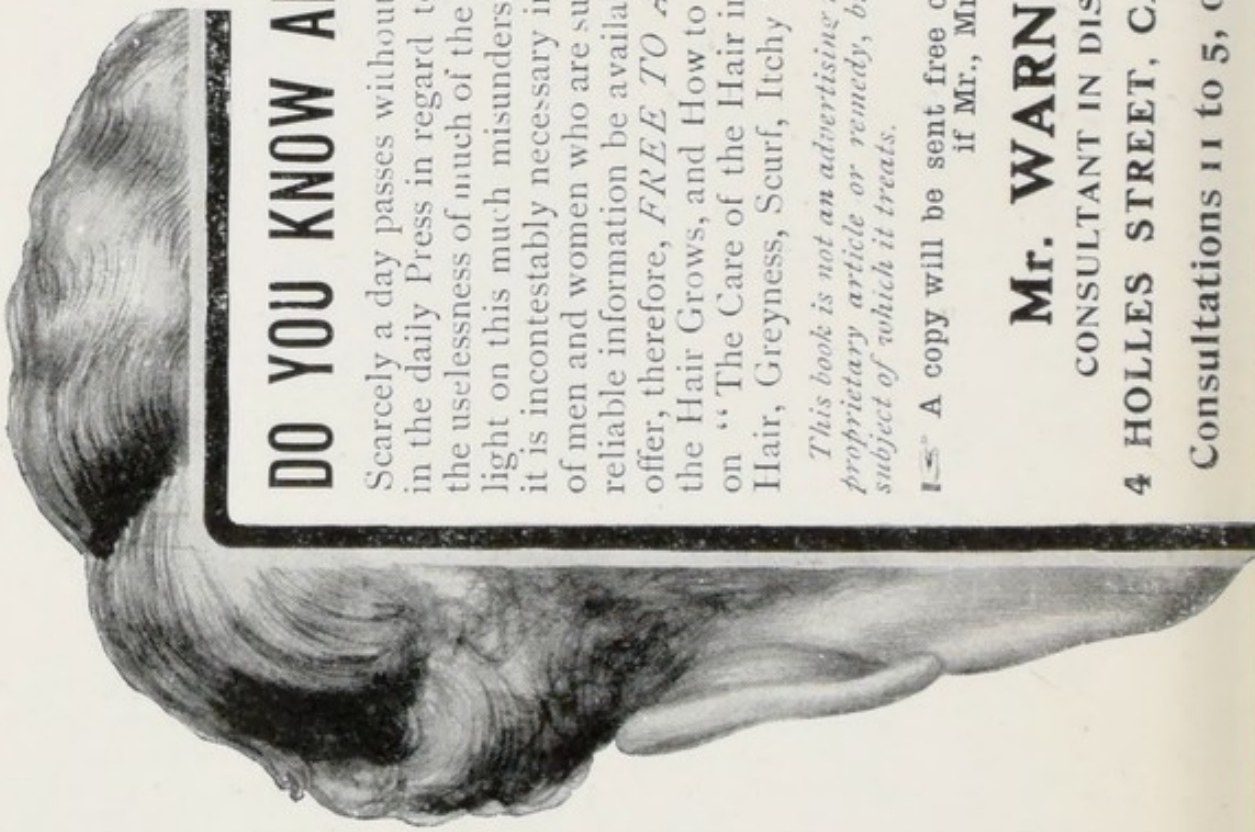
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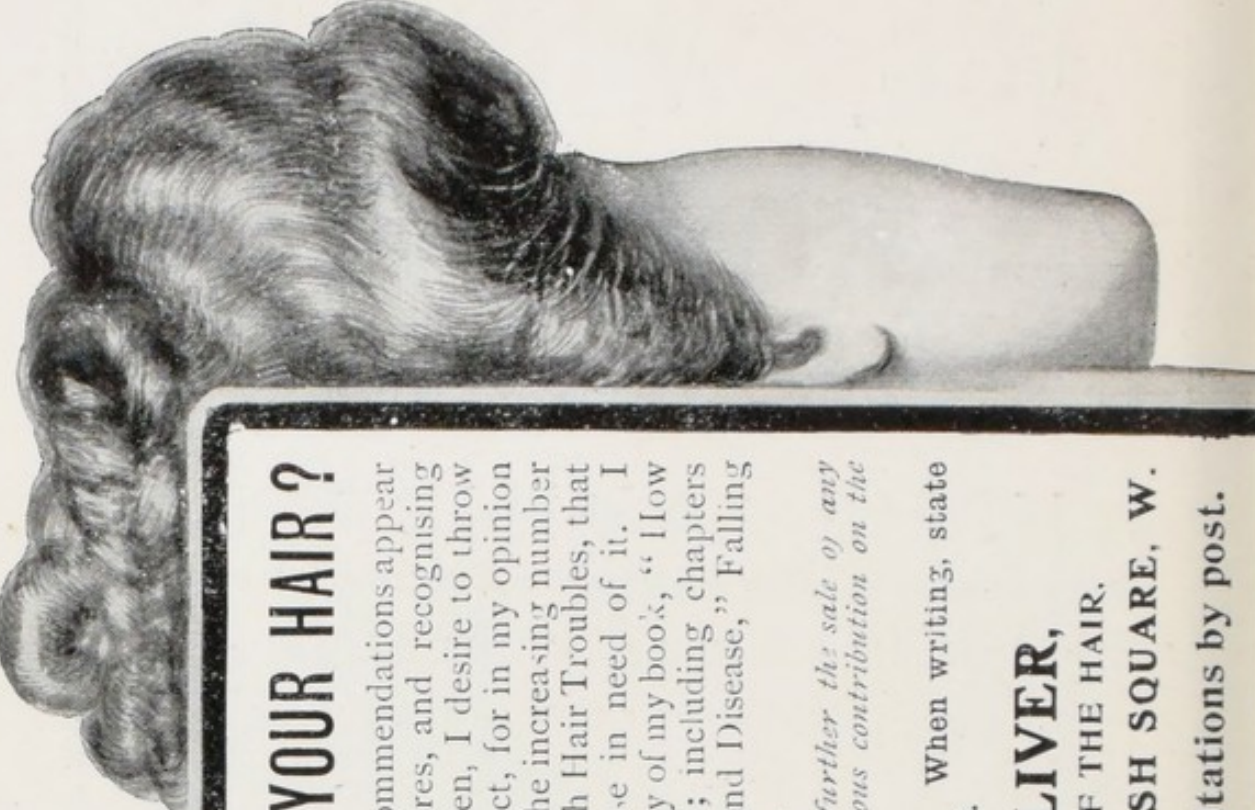
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