

The art of figure culture : a series of practical lessons on the cultivation of the human figure in health, strength, and symmetry, for the use of women of all ages / by Anna Leffler-Arnim.

Contributors

Leffler-Arnim, Anna.

Publication/Creation

London : Metropolitan Printing Works, 1893.

Persistent URL

<https://wellcomecollection.org/works/yzgmqjwc>

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

FIGURE CULTURE.

W. H. D. D. D.

Edgar F. Cuyler



22101452977

Med
K9805

THE ART OF
FIGURE CULTURE.

LONDON :
THE METROPOLITAN PRINTING WORKS,
DEAN STREET, FETTER LANE.

THE ART OF
FIGURE CULTURE:

A SERIES OF PRACTICAL LESSONS ON THE
CULTIVATION OF THE

HUMAN FIGURE

IN HEALTH, STRENGTH, AND SYMMETRY,
FOR THE USE OF WOMEN OF ALL AGES,

BY

ANNA LEFFLER-ARNIM,

Author of "Health Maps," "Wrist and Finger Gymnastics," &c., &c.

London:
METROPOLITAN PRINTING WORKS,
DEAN STREET, FETTER LANE.

1893.

[All Rights Reserved.]

21681745

WELLCOME INSTITUTE LIBRARY	
Coll.	weIMOmec
Call	
No.	QT

P R E F A C E .

Not long ago, I heard an eminent man say, that the progress of humanity was built up by, and depended upon three elements : Work, Co-operation, and Righteousness. And by righteousness is meant I suppose, right thinking and right acting.

I could not help feeling, on pondering over this truth, that progress, in the small but important sphere round which this books centres, demands precisely the same three conditions, and that it will fail or succeed in the proportion to which they become factors in the sum total of its practical life.

I would venture to hope, with great diffidence, that the thought or idea which is at the foundation of its teaching—and which is but a practical adaptation to a particular end of the laws laid down by Ling—is right. I say so, because the whole subject has been so carefully weighed in its different bearings, so often regarded, now from its social, now from its healthful aspects, and with such a great desire to harmonise the two ; that I have some excuse for thinking, and hoping that my view is a correct one, and that others

will, in time, also come to look upon the whole question of figure culture from my standpoint, and will thus help to establish its general acceptance, in practice as well as theory.

Supposing then the idea to be correct, we still require the elements of work and co-operation. No one will advance a single hair'sbreadth by reading this book, if the reading of it is not followed up by real systematic, patient, and earnest work; and that, each reader must do for herself. I can but indicate the lines upon which the work should be begun, and the directions towards which it should tend. But I can truly promise that no work carried out on this method, will be time lost. If the reader will but devote 15 or 20 minutes a day to the exercises, the results, as my own experience has proved, will come as a gratifying and delightful surprise. So that work is what will be required of each individual.

But, as we are all more or less the victims or slaves of circumstances, I feel that any success of a wider kind will depend upon the co-operation of two very important but widely different classes of society. Firstly, the medical profession; secondly, the arbiter, or arbiters—whoever they are—of fashion.

We want the encouragement of the Doctors. We want their instruction rendered in language which the simplest can understand, but backed by all the science, knowledge, and patient research which give a doctor's teaching so much weight.

We women are, as a rule, eager to receive accurate information of all kinds, and our apparent indifference to it is often caused, more by our inability to make use of the

information acquired, owing to the tension of circumstances which we are powerless individually to alter, than from any real want of appreciation.

Judging by the lecture I had the pleasure and privilege of listening to the other evening by Dr. Wilberforce Smith; I think that the Doctors will help us more, when we show more appreciation of their kindness. I believe when we show ourselves willing to learn, they will be willing to teach, but it must be with some kind of belief that their words of counsel and warning will not fall upon empty air.

With the leaders of Fashion however it is quite another matter, and from them we have all to wish for. If they could or would but consent to look upon the question from another point of view than the one they have hitherto adopted, if they would but remember that we are not lay figures, but living bodies; and if they would not forget, or would take the trouble to learn, a few of the simplest and most indispensable laws upon which health depend; I believe there would be no question of an early acquisition of their valuable aid. It would, I think, be impossible for them to know, and not to bring their knowledge to bear upon their work in a beneficent manner; impossible then to indulge in follies which may, for the sake of an idle fancy, be the forerunner of enfeebled health and disordered conditions which may last a lifetime. Fashion, then, might consent to give us room to grow properly, to breathe properly, and to move healthfully.

I see no reason why we should not be as beautifully, as tastefully, and as richly dressed under healthful conditions, as we are at present.

I appeal to the Autocrats of Fashion to help us ; and I appeal to all girls and women to help themselves on this important question of Figure Culture, independently of external constriction. I ask my readers to begin at once, and if they get puzzled over anything which they do not quite understand, I shall be glad to hear from them, and happy to help them. I am so much in earnest about this question that I would not willingly leave anything undone which might assist in the realization of one of the great Ideals of my life, and, as I believe, one of the imperative necessities of the age we live in.

ANNA LEFFLER-ARNIM.

2, HINDE STREET, W.

March, 1893.

FIGURE CULTURE.



THE culture of the figure by exercises, especially chosen and adapted to that specific purpose, has, as far as the writer is aware, never been attempted before, in the manner about to be set before the reader. Yet, like most other things in Nature, certainly like all other attributes of human nature, the figure may, without much difficulty, be brought to a state of ideal perfection by using the correct methods of training, and by careful and systematic cultivation.

Ordinary physical exercise is not sufficient for this. It lacks directness of purpose and unity of aim. It may expand the chest, give tone to the muscles, and develop the physical powers generally, but it will not suffice, unless carefully directed to that end, to train the figure to that degree of excellence which it is capable of attaining; in the same way that ordinary walking exercise is insufficient of itself, to correct certain bodily failings which may be easily reached by special exercises prescribed for the purpose.

Few people are aware that the figure can be cultivated by any other method than by the steady application of outward pressure; a method altogether unworthy of this era of

advanced thought. Every woman should now be enlightened enough to know that the small waist, and the hour-glass proportions which are the result of the persistent and relentless use of corsets, are obtained only at a terrific cost to health, and a general enfeebling of powers which it should be considered a first duty to keep in the highest state of excellence and working order.

Most of the principal organs engaged in the various processes by which life is maintained, and health secured, come within the boundary lines of the ordinary corset. These organs need all the space allotted them by Nature for the normal performance of their functions—all the healthful stimulus afforded by the varied and infinite number of postures assumed by the body, unconsciously, during the common daily routine.

Nowhere does the ill effect of figure culture by external constriction show itself more plainly than in the premature ageing of those who resort to the practice of tight lacing; and anyone may easily prove for themselves, by a little observation, that there is no comparison as regards complexion and the general air of youthfulness, between persons who do, and those who do not wear corsets. This is easily explainable. In the first place tight lacing oppresses the heart, and most probably interferes indirectly with the peripheral circulation. In the second, the constriction of the lungs, only enables the wearer to take enough air into the system to *exist*, but scarcely sufficient to *live* and keep well upon. Consequently the blood is never properly oxidised, and deep breaths are an im-

possibility. Anyone who knows the luxury of taking deep breaths and has felt the sense of quickened energy and general well-being that follows will understand what a loss that must be to the system; to the health of heart, of brain, and of digestion.

Thirdly, owing to the pressure upon the digestive organs and liver, food is imperfectly digested and assimilated. The functions of the liver are not fully exercised, and waste tissue, instead of being eliminated by the natural channels, remains in the blood, interferes with health in a variety of ways, and certainly takes its part in the development of a sallow complexion, and a premature exhibition of the lines of age.

If we wear stays for vanity's sake, ten times more for vanity's sake should we shun them; but this is a fact which is still waiting general recognition. Dr. Wilberforce Smith maintains, that one very probable reason of the difference in size between the male and female brain, may be traced to the fact of the insufficient amount of blood that is sent to the brain, and its consequent want of nutrition, owing to the pressure of the corset upon those organs upon which the brain depends for the supply of nutrient material. And it is a well-known fact, that real earnest students of our sex, very soon come to find that hard mental study and corsets are quite incompatible, and soon divest themselves of them if not entirely, at any rate during the hours of study.

It is the same with most, if not all kinds of physical work. All women who work, who have to do a certain amount of bodily labour, would be fifty-fold more comfortable, more capable, and less easily fatigued, could they be persuaded or

permitted to divest themselves of the corset. Indeed the work would soon become a source of added health instead of the reverse, if it could only be pursued under healthy normal conditions. But it is very sad to see the voluntary torture that many girls and women will undergo in order to "keep their figure," and who suffer from palpitation, anaemia, and congested liver, when from the very nature of their occupation they should be pictures of health.

Taking, then, the two important demands of health and appearance into consideration, and giving each their due importance; the question of how it will be possible to formulate a method of figure culture even in the modern acceptance of the term, on foundations, in which these demands will not encroach upon one another, must become a serious endeavour for those, who would wish to do anything towards bringing about a practical reform which is so much needed at the present time.

It has been amply proved by careful practical experiments that it is possible to cultivate a fine well-proportioned figure by means which will respect the first laws of health, instead of violating them; which will give tone, vigour and elasticity to the muscles, instead of rendering them dull, flaccid and feeble, and which will stimulate the healthy action of all the vital organs, and encourage them in the willing performance of their several functions, instead of rendering it almost impossible for them to fulfil their duties. This method is embodied in the exercises which form the subject matter of this book, which have been carefully

chosen, modified and developed on the principles of Ling, the Swedish pioneer of the Science of Exercise.

The more the nature of these exercises are tested and investigated, the more emphatically will this double purpose be demonstrated—that of cultivating the figure, and of building up physical health. The two aims should never be severed, for, from their respective standpoints, they are almost of equal importance.

All reforms for personal health should be guided and modified by the claims of appearance; all fashions should be determined and developed with a proper regard to the first great and indispensable demands which are due to health. This constant modification of action in these two fields would, if properly recognised and acted upon, be a greater safeguard than anything against the lamentable rush to extremes which one has so frequently to deplore in the present day. And nothing but a friendly taking of the hand, and a careful mutual consideration each for the requirements of the other, will eventually set this vexed question at rest.

How do matters stand at the present moment? Fashion—by which is understood that mysterious law which determines the size of waist, the length of gown, the colour of hair, the height of bonnet—seems to make its calculations for lay figures, instead of for human beings, who have to be kept warm, who have to move, and who should have some slight consideration paid to the fact that they are not wooden models, but most exquisite, beautiful and wonderfully complex machines, machines which are as magnificent in the modesty of their demands as they are wonderful in

their superb construction. All they ask of fashion is to be allowed to pursue the even tenour of their way without being fretted and hampered by external constriction, and to be given the chance of doing their grand work silently and well.

Instead of this, personal appearance as dictated by these imperious laws, is often purchased at a terrific price. Health, strength, temper, and, indirectly, beauty, are willingly laid upon the altar of the fetish; and people who think, and who know what is going on, stand appalled at the outrages that are done to nature; at the wrongs that humanity is indirectly made to suffer, and at the thoughtless vanity of of persons who dare to play pranks with the trust which has been reposed in them, who dwarf their own capabilities, and submit to the fetters of a thralldom which is none the less severe because it is voluntary; none the less barbarian because it is a custom of the 19th century.

As a contrast to these extremists we have the Hygienists who seem to make it their duty to differ from the side they condemn in every possible particular. It almost would appear as though they had for ever laid aside the claims of appearance, and contented themselves with paying the duty they owe to health, in a clumsy, and somewhat aggressive fashion. The small claims that are admitted to that mysterious word "style," the indifference which seems to prevail upon every other consideration beyond that of health and comfort, prove a deterrent to many who might have been won to follow; and renders the breach between the two parties more markedly pronounced than ever.

Yet in the Hygienists we cannot but recognise the pioneers of future perfection, for which we shall in years to come give

them all the grateful recognition they deserve. They have, as it were, opened up the country and cleared the ground. It is for others to sow the seed of a wiser, better, and more truly beautiful harvest; the harvest that shall ensue from a just and harmonious co-operation, and together working, of hygiene and fashion, and in which health and beauty shall be firm allies, and almost inseparable from each other.

Until this question is given its proper place in education, and its due importance as a factor in our lives, we cannot hope for much real progress in the matter.

A woman should always be encouraged to look her best, without being charged with vanity—but considerations for appearance should ever be determined and modified by the claims due to health. We should be thoroughly impressed with what might be termed the “religion of health,” should find out what we may and may not do, what freaks and fancies of fashion are likely to interfere with health, and what not—the observance of a very few simple rules would suffice for that—and having satisfied our minds and our consciences, on these points; we might then plunge into the mysteries of fashion, and admit the claims of appearance should we choose to do so, with all the zest and interest possible only to a mind that is free from misgiving, and wise in the observance of its own well-defined limitations.

When, therefore, fashion presents to us some charming novelty or some foolish fancy, let us ask ourselves how it will affect our health. Put the test questions to it. If it can pass them, let the fashion be adopted by those who choose. If it cannot, let it be quietly ignored. In time the pro-

moters of fashion, themselves women of adaptability judging by their works, will fall in with a law which is as necessary as it is neglected, and which cannot fail to invest the whole question of fashion with the added interest which is always imparted by a touch of science.

It may seem perhaps that we are diverging from our subject; but it is not so. On the question of corsets and compression of figure, fashion has been, and is, a very tyrant; and one of the worst foes of women. Take a glance at any journal of fashion at the present day, and one is overwhelmed with methods of "reducing the figure." Strong steel supports here, double bracings there, and a hundred other artificial props and devices, to perform the offices which should be filled by the muscles themselves, and which interfere unwarrantably with the normal health of organic life. So long as women willingly subscribe to these mistaken means for improving their figures, and for enhancing their appearance, they are their own worst foes; the higher, nobler part of their lives becomes subservient to the lower and more trivial, and all the grand possibilities of a woman's existence are often stultified or never see the light at all. We should demand no freedom from legislature, or insist on no "rights" until we can prove that we do not withhold justice from ourselves in one of the very primary claims of nature.

Yet no one is more aware of the difficulties which lie in the direction of practical reform than the writer of these lines, who has endeavoured to look at both sides of the question dispassionately, and without prejudice. No one, she thinks, has set about more earnestly in the endeavour to introduce

reforms which can be readily grasped, and made available to everyone. To disentangle cause and consequence, and to meet plausible objections with practical remedies.

This is said in no boasting spirit, but because we recognise that no true and earnest reformer should attempt to pull down one edifice, without providing another that has more to recommend it from all points of view, than that which has been demolished. It is for this very reason, we think, that corsets still hold their own so tenaciously; not because of any obstinacy in their wearers, but simply because the latter have never been told *how* to learn to do without them. When a habit has been handed down from generation to generation, and become a very part and portion of a woman's social being, it must produce a regular revolution in a small way, when that habit is broken through. It requires forethought, care, and education, and submission to a certain amount of temporary discomfort.

The first thing therefore that we should like to effect and hope to succeed in, is, to impress upon every woman by any powers of argument and demonstration which we possess, this one fact—that to resort to external pressure of a mechanical nature for the purpose of cultivating the figure, is harmful, is wrong, is unjust to herself and to those around her, and is as short-sighted a piece of vanity as it is possible to conceive. When we are at one upon that matter, we shall meet with more eagerness in the consideration and adoption of those reforms which will tend to raise the whole question of Figure Culture upon a more natural and healthful basis.

When a physician with a stern unflinching sense of duty bids his patient "go home and take off her corsets," he is prescribing a remedy which is itself in need of a remedy to make its effect as potent as it should be. People have ere now tried and tried again to discard the corset, and have found it interfere almost at every turn with the settled order of things. The improvement in health has been so dearly bought they say, that they return to their corsets (and draw them in too), again at the first opportunity. They think all their discomforts arise from having left off corsets; but what they cannot and will not realise is, that their troubles first and foremost are the fruits of that long tenure of the corset, and of the ills which were developed and nurtured by years of compression of the body. Nature has been deeply offended at the treatment she has received, and it is not to be expected that she can re-accommodate herself at a bound. She requires care, coaxing, and much wise solicitude, ere she can be won to pursue her normal path with her accustomed cheerfulness and integrity again.

Imagine a child, of, say, twelve years of age, being suddenly placed in irons from the hip downwards. Imagine that child as it grew up always being propelled by the elaborate springs of this machine, resting upon it, instead of standing upon its own feet, and never being permitted to fully exercise its limbs or to use them to any appreciable extent. What would be the result? The muscles would grow feeble and thin, or they would grow feeble and stout, but feeble and wanting in fibre at any rate. But as one can get used to everything in time, so the child would even

get used to the irksomeness of this useless and unnecessary arrangement of steel, the muscles would become more and more feeble, more and more devoid of healthy fibre, and more and more dependent on the external props in which the limbs were immured.

When, in compliance with skilled medical advice, the irons were removed, and their late wearer told to run about and use her muscles, she would be as helpless, as thankless, and as rebellious as is the young lady who has just had a veto put upon her corsets. She ought then to be put through a most careful series of scientific exercise—exercise which would bring the muscles into refined and dexterous play, exercises carefully prescribed to counteract the lamentable defects engendered by the mistaken policy of “support” to which the extremities had been subjected. Failing this, she would walk indeed; but she would never walk straightly, would never manage to regain that exquisite muscular balance and compensation, which is the basis of a correct and elegant walk. She would acquire bad habits which later on it would be most difficult, if not impossible to counteract efficiently.

Now it is something very equivalent to this which happens when a person who has for years been immured in a corset, is suddenly told to give them up; only it is ten, twenty times more serious, because here we have not only wasted muscle to contend with, but half dormant organs. It is a very serious matter, and deserves all the thought which can be brought to bear upon it. The muscles of the spine, instead of being strong props and dependencies, are so feeble, so sickly, and so impoverished; that there is absolutely no power

whatever of retaining an upright position. There is a sense of "sinking" just above the waist, and the figure, released from the mechanical control, bulges out in all untoward directions, and is a matter of the deepest distress and concern to the patient. None of her dresses will fit her; she loses her neat trim appearance, she grows stout, and her waist, which she had kept so slim in stays, is a thing of the past, her back aches terribly, and altogether she is miserable. Of course she is. Who can wonder at it? It is cause and effect. Nobody who has not actually been in her position can realise what she suffers. No one with strong useful muscles which are alike innocent and independent of "support" can for a moment put themselves in the place of a person who is for all practicable purposes devoid of these indispensable possessions. Can she, should she then be condemned for again seeking refuge in the corset. "It may not be good" she urges, "but it is far better than the discomfort and worry I have had to put up with."

No one can condemn her, for there is no practical way apparent to her in which all these troubles may be met—one edifice has been pronounced unfit for habitation, but no other has been provided. Just as the individual who has been encased in a steel walking apparatus requires special training, so does the body, released from corsets, need careful, specific direction. It needs to be made strong and independent of outer support. It needs to have the means of preserving its due proportions, and of checking the undue accumulation of useless bulky tissue. In specific exercise we have the sovereign remedy, and in exercise we have the key to the solution of the whole difficulty. It is exercise

which will strengthen the muscles, and properly distribute the circulation, and exercise which will disperse and disengage those fatty and serous deposits which add bulk to the figure without improving its appearance. Exercise will effectually refine the waist muscles; and in exercise too is to be found the means of controlling any tendency to redundancy of form. It is in fact only a matter of the choice, degree and duration of the exercise, and that these should be properly understood and intelligently practised. And it is in exercise that a most effectual substitute will be found for the old injurious methods of compression—a substitute that will carry health, strength, beauty and youthfulness in its hands, and which will bless in as many ways as the method it is intended to displace has been fraught with mischief, disease and ill-health.

I am well aware that sensible people are apt to regard the “waist” as a useless piece of vanity, a folly of fashion, and a whim which is not worth consideration. “People,” they say “cannot be healthy if they are vain, and vanity it is to give a thought to such a thing as a waist. “The bigger the waist the bigger the brain” is a very favourite saying, and the inquirer is sent on her sad way trying to digest this cruel piece of information.

But let us see if it is really so. If we can keep our waists by fair and proper means; that is, by employing no method which shall do ourselves or others an injustice, shall we not be justified in using those means? And if the means employed, instead of detracting from health, or at best playing but a negative part in the matter, are as useful in

the promotion of health, as in the cultivation of the figure, I think there need be no second question upon the subject.

This argument respecting the waist, has long been a matter of serious consideration to the writer, and the more it was brought under the lens of thought and reason, the more convinced she became that the whole formation of the torso—the shape and size of the organs, the proportions of the bony structure, as well as the peculiar construction and build of the muscles round about the gastric region ; demonstrate that each woman possesses the natural elements of a waist, which may be brought to a high state of perfection by using the correct methods of cultivation. And she has proved, that by the daily use of a very moderate amount of properly selected exercises, a well-proportioned waist may be secured and retained—the idea of proportion here, being a circumferential difference between bust and waist measures of ten inches.

As it is with proportion, so it is with strength. The muscles of the spine are both varied and numerous, and are crossed and recrossed, balanced and counterbalanced in a manner which excites wonder and admiration of Nature's perfect handiwork. Give them but a chance of fulfilling their destiny, keep them strong, refined, shapely and slim by intelligent exercise ; and you have the strongest, finest and most reliable "support" it is possible to imagine.

It would be very tempting to dilate upon this question at much greater length ; but to do so would bring this book far outside the limits that have been laid down for it. All that is expected and desired here, is, if possible, to awake an interest in this most important subject. Once the train of

thought is taken up, it will not be difficult, by means of the many handbooks of physiology and anatomy that exist, to follow it up to the same conclusion as the writer has come to upon the matter, and which have been touched upon briefly in the foregoing lines. On the other hand, no pains have been spared to make the practical teaching in this book as clear, precise and comprehensible as possible. The fact that those who may turn to these pages for instruction and help, may never have the assistance that oral guidance and advice affords, has been very carefully considered. The difficulties to be encountered, and the strangeness, and in many cases the awkwardness with which the subject will be approached have not been forgotten. And if, in the explanation accompanying each figure, there should sometimes appear to be symptoms of a wearying repetition, let it be always remembered that the book is intended to be, before everything, a practical self-help, and that repetition is often a necessity for the due observance of indispensable rules which would otherwise be overlooked.

No exercise has been set down here which has not been tested and proved most carefully, and no unnecessary work has been recommended. The exercises have been pruned of all superfluities, and brought well to bear upon the end in view. A somewhat lengthened and observant experience in this branch of special training, having enabled the writer to make judicious selections of exercises, and in those selections to feel that most, if not all of the varied requirements of various persons will be met satisfactorily. It has been thought advisable, too, in a popular work, to discard all scientific terms, and to make

the language as plain and comprehensible as possible to the general reader.

The pupil then is advised to read through, and make herself mentally acquainted with both the illustrations and explanations of the exercises, two or three times, before she attempts to practise any of them. She should then divest herself of all tight clothing, and don a jersey garment, so that there may be no kind of mechanical impedimenta in the way of following the directions. The exercises should then be practised before a looking glass, slowly and deliberately for about fifteen minutes twice a day. Or, if it can be done without fatigue, for half-an-hour, with slight intervals between each exercise. The choice of exercise must be left with the pupil, who must select for use, those, which seem most fitted to her particular requirements. As a general rule it may be inferred that those exercises which are the most difficult to accomplish, are just the ones which will be most needed.

When the figure has attained its full degree of power and elasticity, all the exercises will be found easy to perform. When this is the case too, it will not be necessary to practise them for more than five or ten minutes daily, either morning or evening, or both. They will be found, in addition to keeping the figure in order, to be an excellent tonic to begin the day upon, will dispel heaviness and languor, give lightness and bouyancy to the step, and, with the addition of a few foot exercises (those given here will be sufficient repeated about twelve times in succession) will set up the circulation for the day, and give a hearty edge to the appetite.

It was intended at first to arrange the exercises into progressive groups, so that the pupil might master each one successively ; but, considering the wide extent of ground, and the varied requirements it is intended to cover, as well as the number and variety of individuals whom it is hoped will turn to these pages for help ; that idea has been abandoned, as not being so practical as it at first appeared to be. The plan which has therefore been adopted, is, to group together all the exercises of a kind, commencing from the simplest and easiest, and advancing to those which are more complex and difficult. Thus it will be seen that most of the arm exercises are grouped together. The head and body exercises are then respectively considered. The pupil is advised to select from these different groups four or five to practise upon. Some persons will find themselves able to progress at a rapid rate with one group, whilst with another they may be compelled to remain persistently at the primary exercises for some time, until they are mastered.

As a rule, adults and older pupils, who have got into stooping habits, and whose joints have become "set," will find the most difficulty, and tardiness in progress ; but they are *not* on that account to be discouraged.

No one is too old, or too "set," to benefit by these exercises. Let them persevere, read carefully the directions given with each exercise, and work calmly and patiently, for a certain number of minutes a day, and they will not fail to be satisfied with the result.

Above all, AVOID ANYTHING APPROACHING FORCE, that is, forcibly placing the body or limbs into the position shown

in the engravings. Remember that *nothing* is gained by force; everything by perseverance and patience.

LET THE PUPIL BE VERY CAREFUL INDEED ABOUT THE INITIAL POSITION; that is to say, the position from which the exercise is begun. To stand correctly, to place the hands or body exactly in the attitude described, and then, if only quite a small amount can be done, to be satisfied; so long as it tends to the right direction. For instance: in all the arm exercises, it is imperative, that the shoulders be kept well *down*, whilst the arms, or elbows, are being raised (see Fig. 1). Now, this at first is difficult to do with stiff shoulders; but the pupil will find that, by ignoring the instructions, and raising the shoulders a little, she will soon be able to raise the elbows to the point shown in the engraving. But, as surely as she does so, the value of the exercise, as a means to an end, will be lost. Better by far to keep rigid watch over the shoulders, and only raise the elbows a little way, until custom and practice enable her gradually to gain her end.

As it is in this instance; so it is with all the exercises; and the pupil will have to be very watchful over herself; and, until she is sure of working correctly, should always practise before a looking-glass, or a long mirror.

Let it be a fixed resolution, then, amongst all those who practise these exercises, firstly, to be most careful respecting the initial position; and, secondly, not to use force of any kind,—never to carry an exercise further than can be done with ease and comfort.

There are several methods in which the exercises might be practised, so as to sustain the interest, and gain the most use from them. In country places, where there is more sociability and leisure, it is very desirable for six or eight ladies to work together, *i.e.*, to meet once a week, and compare notes, and exchange suggestions, and friendly criticisms. One amongst these might even be chosen as the director and leader of the others, and having digested the previous remarks, might explain them orally, always a more satisfactory method, when possible.

Waists and chests should be measured; breadth of back and chest, etc., so that improvements might be noted each week.

A difference of ten inches between waist and bust measure is the correct one, and can easily be secured and maintained by the use of the exercises.

The difference between chest and back measures from the arm-pits should be from two to three inches. In some cases it is even more than this, though three inches is a fair average. The length of the back from the first dorsal vertebra to the waist should be the same as the length of the front of the figure from the top of the sternum to the waist line. The latter measurements may vary a little in different persons, but it should never be by more than an inch either way.

It will be seen that two exercises are shown for the feet. One or other of these should be frequently used for health's sake. Most of the exercises for figure culture are done with the upper half of the body, and it is imperative that after every one or two of these, the feet

should be exercised. Whatever the exercises the pupil intends to practise, those for the feet should never be omitted; and it will not be wise to grudge the necessary time required for them.



RULES TO BE OBSERVED IN PRACTISING THE EXERCISES.

1. Be very particular about the position taken up at the commencement of the exercise, which is styled the "initial position."
2. Never use force. Perfection is gained by repetition and attention to details.
3. Always practise, until the exercises are perfect, before a looking-glass.
4. Always try the simplest form of the exercise first, and perfect yourself in it before proceeding to the more intricate one.
5. Never practise two exercises consecutively for the same part of the body.
6. Exercise the feet after every two or three exercises and where special directions are given for one of the foot exercises to be used.
7. When difficulty is found in keeping the arms in the position shown, during the performance of the body exercises; the hands may be placed upon the hips until the pupil has made the arms sufficiently amenable by the use of the arm exercises.
8. Persons who are very stiff, or rather delicate, may perform the body exercises at first seated upon a stool or the end of a sofa, or any seat without a back. (See rule 2.)
9. Always practise in easy-fitting garments, without stays.

N.B.—These Rules should be written out legibly on cardboard, and placed in front of the student every time she is practising, ready for immediate reference.

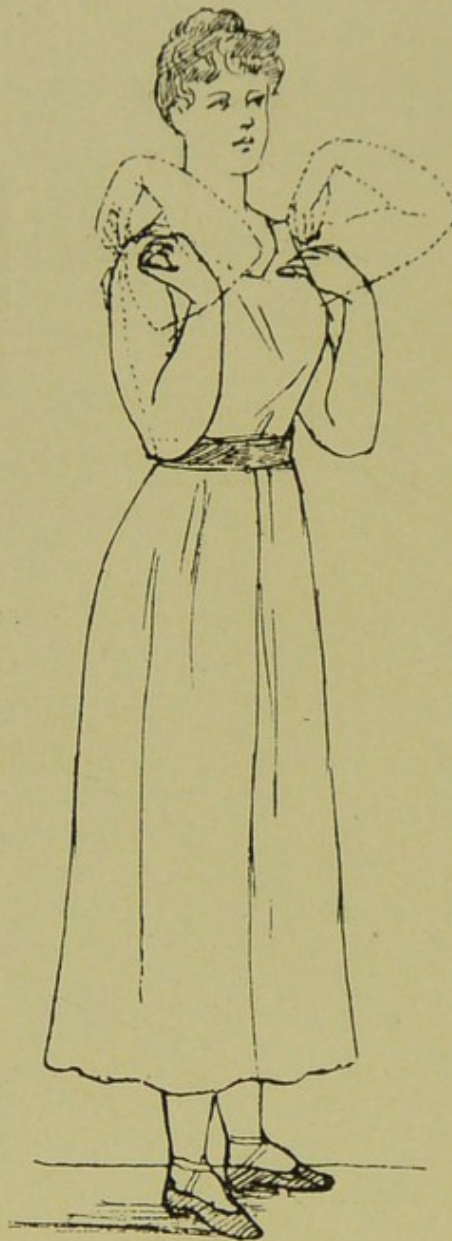


FIG. 1.

The first great essential in figure training is to secure independence between the arms and shoulders. This will be done by practising the arm exercises shown in Figures 1 and 2. It will be seen that in the first figure the arms are doubled upon themselves in front, the back of the hand being in front, and the fingers resting upon the shoulder joint. The elbows are then raised and lowered five or six times in succession *without lifting the shoulders, or moving the head*. This will be found difficult at first but will grow easier each time it is practised. The action of this exercise will be felt in the shoulder-joints, and across the shoulder-blades and back of arms down to the elbow.



FIG. 2.

Fig. 2 shows the same exercise with the elbow raised sideways, and brought in the primary position again. After the first few times it should be practised with the chin raised (see engraving) it then extends its usefulness by strengthening the spinal muscles generally, and the rhomboids* especially. Care should be taken that the elbows are kept in a line with the shoulders, and not brought forward. The exercise should be felt in the shoulder-joint and between the shoulder-blades.

* Muscles which draw back the shoulder blades.

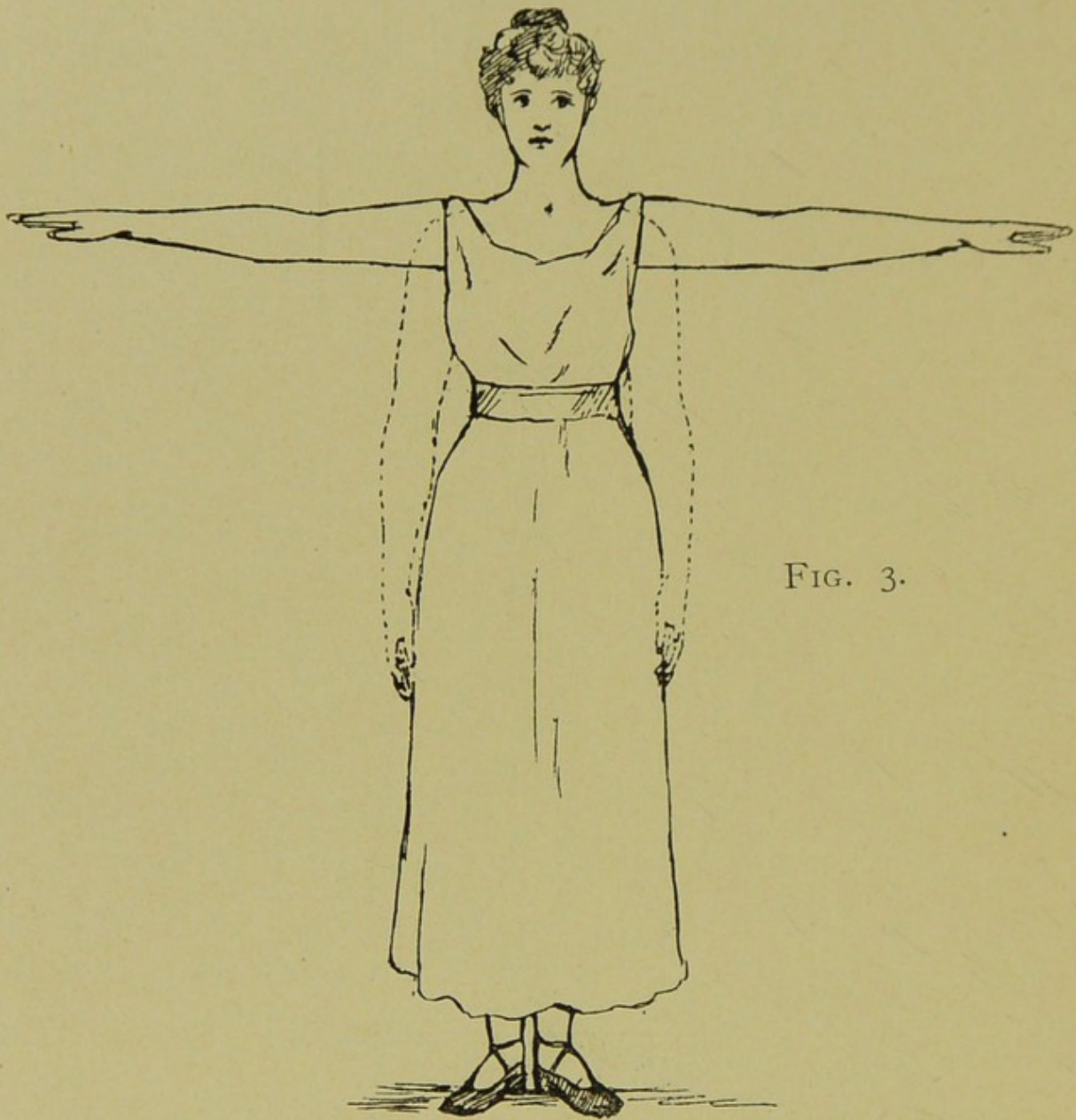


FIG. 3.

Fig. 3 shows the arms raised from the sides into a horizontal position, with the fingers straight and the palms downwards. The arms are then allowed to *drop* from this position to the sides again (dotted lines). This is to be repeated five or six times, and must be done without raising the shoulders, and while keeping the shoulder-blades well drawn back.

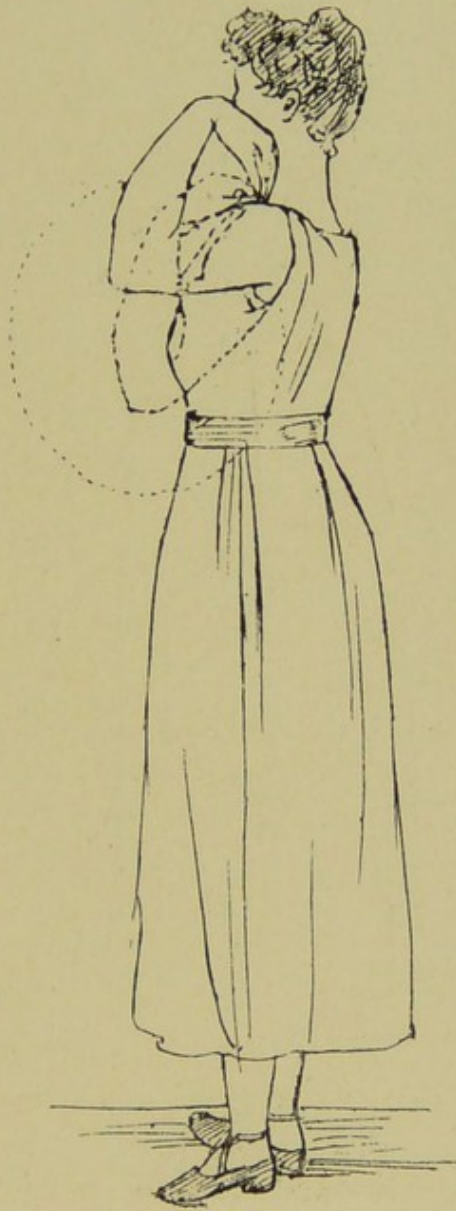


FIG. 4.

Fig. 4 is to be done when the former ones are perfect. The arms are doubled upon themselves and the shoulders kept immovable. The elbows then describe a circle as shown in the engraving. This exercise is also useful for widening the chest and contracting the shoulders, and is in addition a very useful exercise for strengthening the lungs and heart. To be felt in, and all round the shoulder joints.

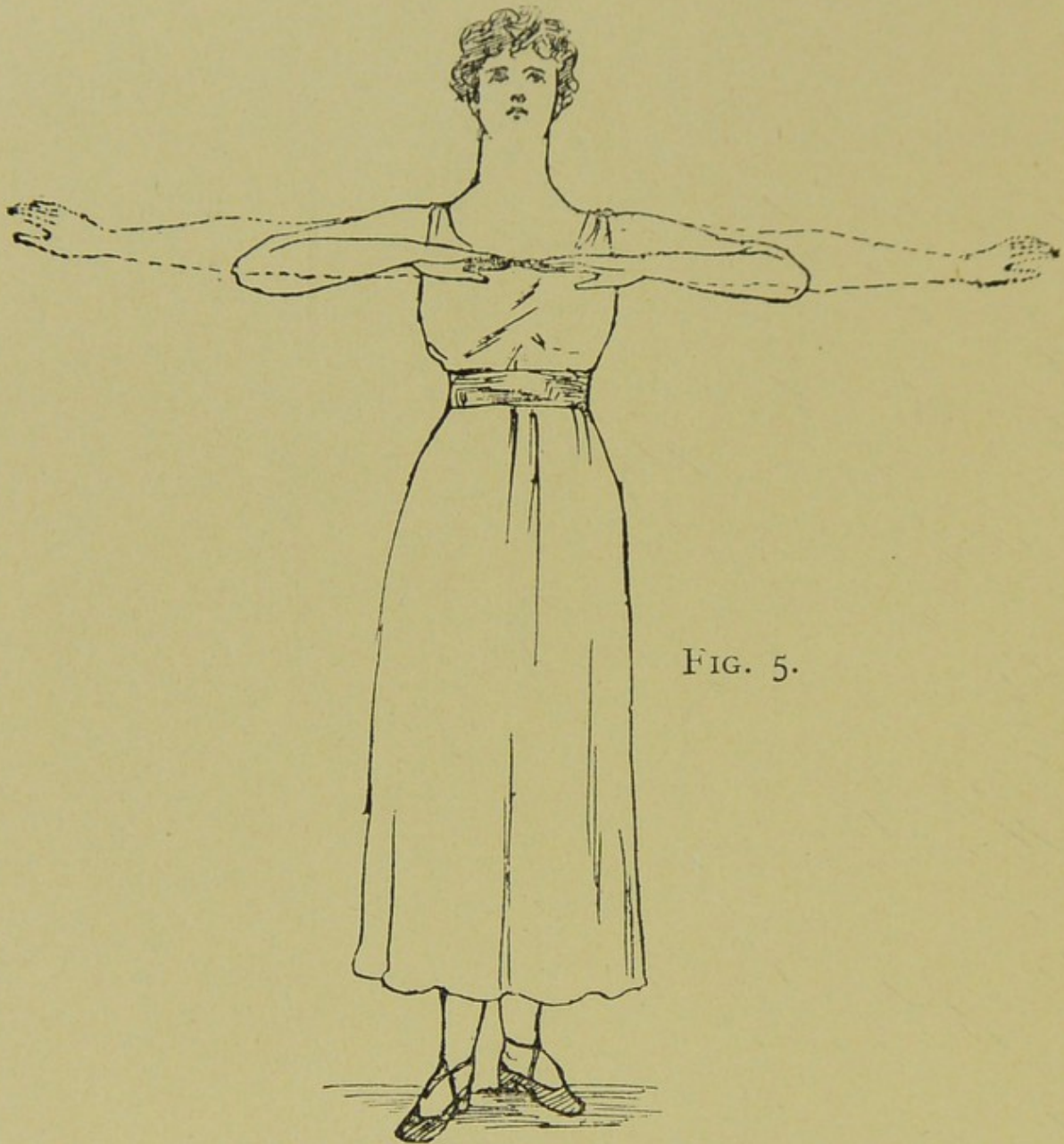


FIG. 5.

Fig. 5. The chin is raised and the arms are doubled across the chest as shown in the engraving ; the right foot slightly in advance of the left, the palms down, finger tips straight, and just meeting. From the primary position the arms are extended (dotted lines) and the foot drawn in, and from thence folded again across the chest with the left foot advanced. Repeat five or six times.

This exercise may at first be practised with the arms alone ; but the combined movement of hands and feet accentuate its effect, which is to widen the chest and strengthen and knit the spinal muscles generally. Its action will be felt across the chest and down the spine.



FIG. 6.

In Fig. 6 the feet are slightly apart, the chin slightly raised, the arms are extended with palms upward, from which position they are bent at the elbow, the upper half of the arm remaining perfectly horizontal, the lower perfectly vertical. The arms are thus extended and bent five or six times. To be felt across the back, and along the sides of the upper half of the arms.

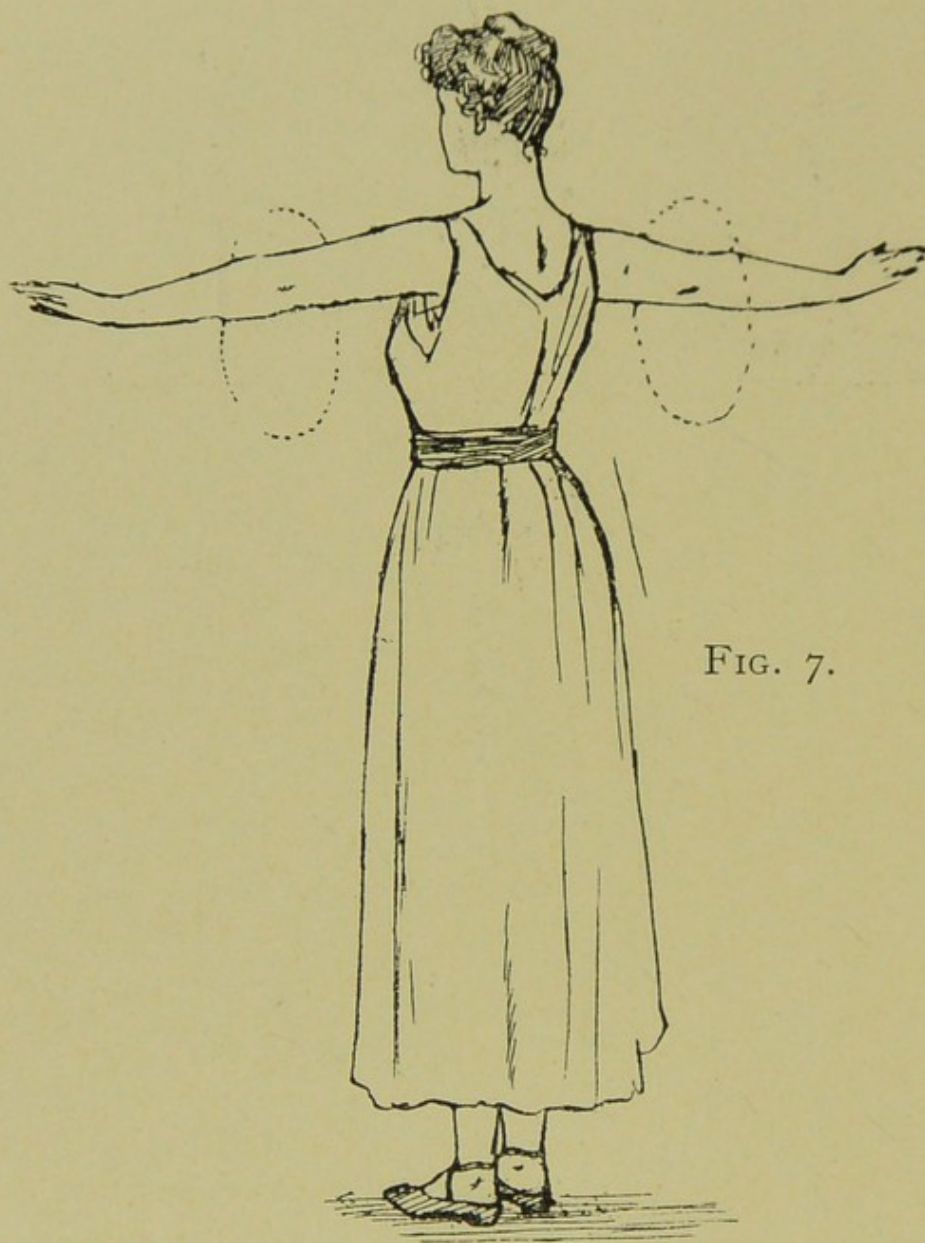


FIG. 7.

Fig. 7. After the previous exercise has been well practised this one may be attempted. It is a rotation of the arms at the shoulder joint, and is intended still further to secure independence between arms and shoulders, which, as has already been said, is one of the fundamental points of a graceful bearing.

The arms must be held perfectly straight as shown in the engraving, and the rotation must be performed without moving the head or any other part of the body excepting the arms. It will be found difficult to do with both arms at first, and may be done with each arm singly in turns of five or six rotations each, the inactive arm being allowed to rest by the side of the body. To be felt all round the shoulders and in the upper part of arm.

HEAD EXERCISES.



FIG. 8.

Fig. 8. The pupil stands upright with the shoulders well back, the chin down, and the arms by the sides. She then slowly turns her head (without raising it) until the chin is almost, or quite above the right shoulder. From this she returns to a front-face position, and then slowly revolves the head to the left in the same manner as before. This should be repeated five or six times, and should be immediately followed by one of the foot exercises. To be felt in all the muscles of the neck and throat.



FIG. 9.

Fig. 9 is somewhat similar to the preceding exercise only the chin is raised in turning the head. The best plan for the pupil will be to raise the whole face upwards, and allow the eyes to rest upon the point of juncture between the ceiling and the wall of the room. This, unless the room be an exceptionally low one, being generally a sufficient guide in securing the correct angle. To be felt mostly at back of neck through contraction of muscles.



FIG. 10.

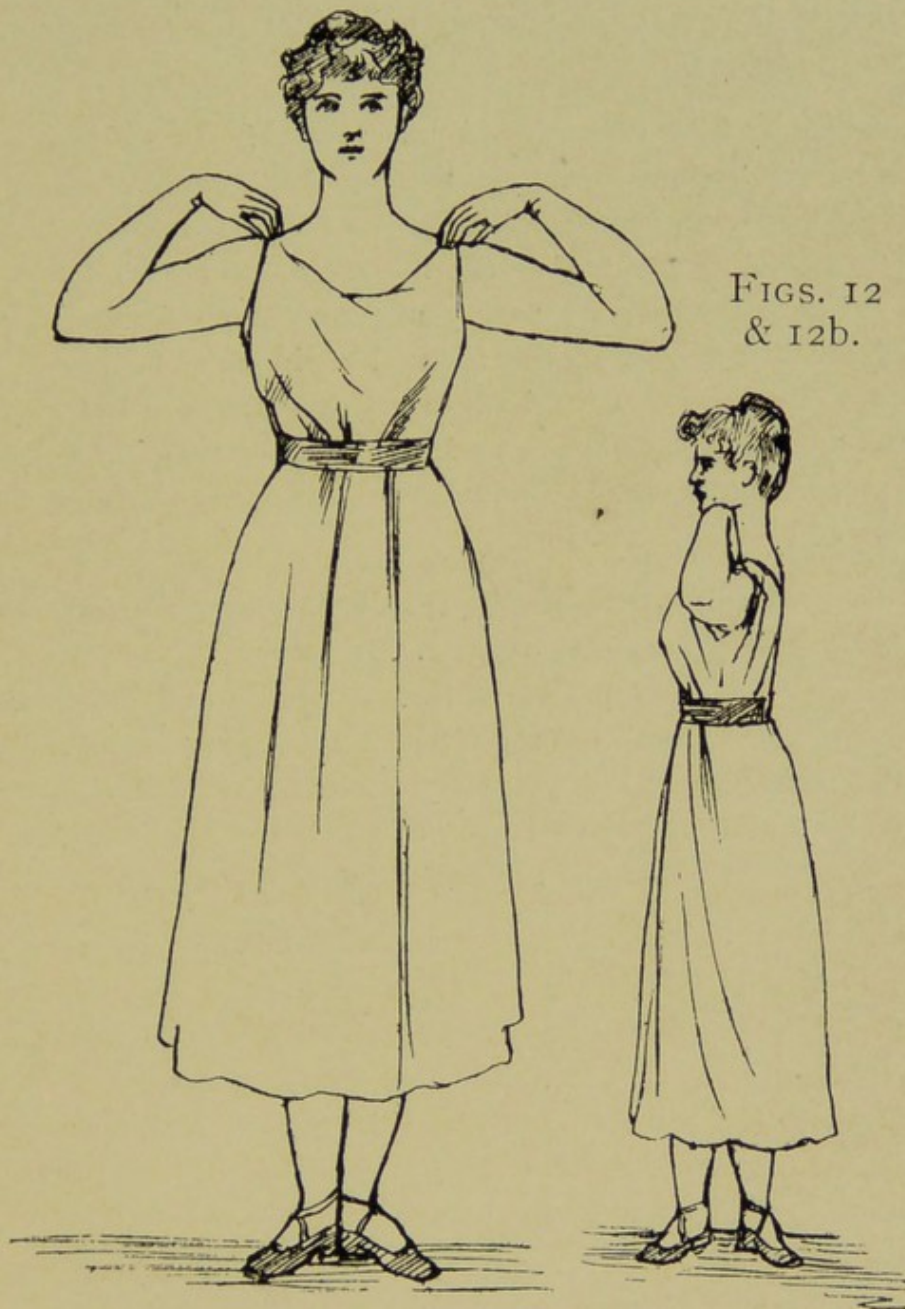
Fig. 10. In this exercise the chin is brought well down, and allowed almost to rest upon the chest (but without deviating from the upright position of the spine and the expanded chest before alluded to). The head is then revolved first to the right, then to the left, as in the previous exercise. To be felt in back, and sides of neck, through alternate extension and contraction of muscles.



FIG. II.

Fig. II is a rotation of the head. The shoulders are held well back and kept perfectly immovable, while the head describes a perfect circle. This exercise differs from the others, in that the eyes and chin are always kept to the front. In the figure we see two motions of the head—forward and backward. The sides of the circle are gained by bringing the right and left ears respectively as near as possible to the shoulders (without raising the latter). To be felt all round the neck and throat.

These four exercises are very useful in securing independence between the head and shoulders. They are *not* to be done in succession, and each one should be instantly followed by a foot exercise. (See page 17).



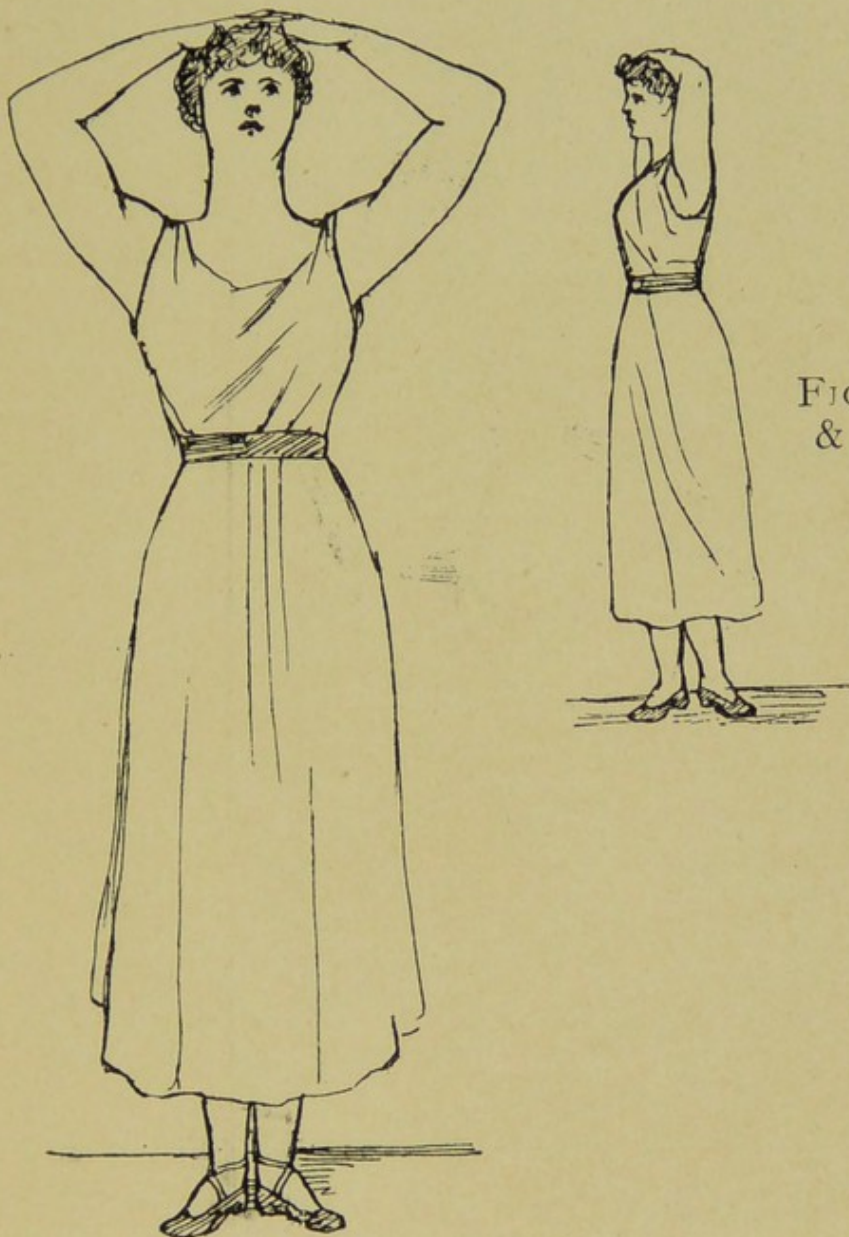
BODY EXERCISES.

Fig. 12. The feet are closed at the heels and the fingers are placed upon the shoulders as shown in the drawing. The pupil then turns the body, keeping the feet immovable (Fig. 12b) so that, if an imaginary vertical line were drawn upward from between the feet; and slightly

in advance of the pupil, the elbows would alternately touch, and recede from, the line (see rule 7).

The body is to be then turned alternately five or six times, first bringing the right elbow front, then the left, then the right again, and so on. It should be performed very slowly and deliberately, and great care must be taken not to *jerk* the body. At first it will be found too great a strain (excepting by very young and supple figures) to revolve the whole way indicated in the figure, but the pupil will soon find out how far she can approach the limits set down and will not go farther than she comfortably can at first. Each day she will find the muscles become more pliant, and the exercises more advanced towards perfection.

This exercise is useful in too many ways to be set down here. In conjunction with the other exercises, it helps to secure a general lightness of the body and a buoyancy of step. It prevents the waist muscles from getting "set," and preserves their elasticity and tone. It gives alertness and vigour to all the muscles of the body, and is an impetus to assimilation and circulation generally. For its full healthful effect it should be both preceded and followed by one of the foot exercises. This exercise will be felt all round the waist and hips, but more at the back than front.



FIGS. 13
& 13b.

Fig. 13 is the same as the former with the hands folded on the head, and is not to be practised until the pupil is perfect master of the previous one, as it becomes then a much more powerful exercise. It is very useful in strengthening the spine about the lumbar region, and in invigorating all those muscles by the aid of which sitting upright becomes a pleasure instead of a fatigue. But it is NOT to be done if there is any abdominal or lumbar weakness nor unless the student is feeling quite fit and well.



FIG. 14.

Fig. 14. The pupil stands with the left hand balanced upon the back of a chair or upon a mantelpiece, and the right fixed on the hip. Keeping the upper part of the body perfectly erect she raises the right leg backwards from the body, keeping the knee

and the hip-joint quite straight. She will maintain that position for about five seconds, and then place the foot by the side of the other one. The other hand is then balanced, the left being placed upon the hip, and the same exercise is passed through with the left leg. It is to be repeated three times with each leg.

The exercise is to be felt all down the back of the leg, but especially in the lumbar muscles. The leg need only be SLIGHTLY RAISED AT FIRST, but the initial position and the general rule for keeping the leg and hip-joint unmoved must be carefully adhered to.



Fig. 15 is the same kind of exercise as the preceding but more powerful, and not so easy to perform. It requires more balancing power, and in addition to strengthening the lumbar muscles, it acts upon the whole of the spine, particularly if the arms are held well back, and the chin is slightly raised. It must however not be attempted until proficiency is attained in the former one. To be felt same as preceding, and all down the spine, and between shoulder-blades.



FIG. 16.

Fig. 16. The pupil stands with the hands on the hips and the feet slightly apart. Keeping the knees straight, the body is bent forward as shown in the engraving and then raised to the vertical position, a slight inward arch being given to the back of the waist. This is to be repeated six times. To be felt back of waist and back of knees.

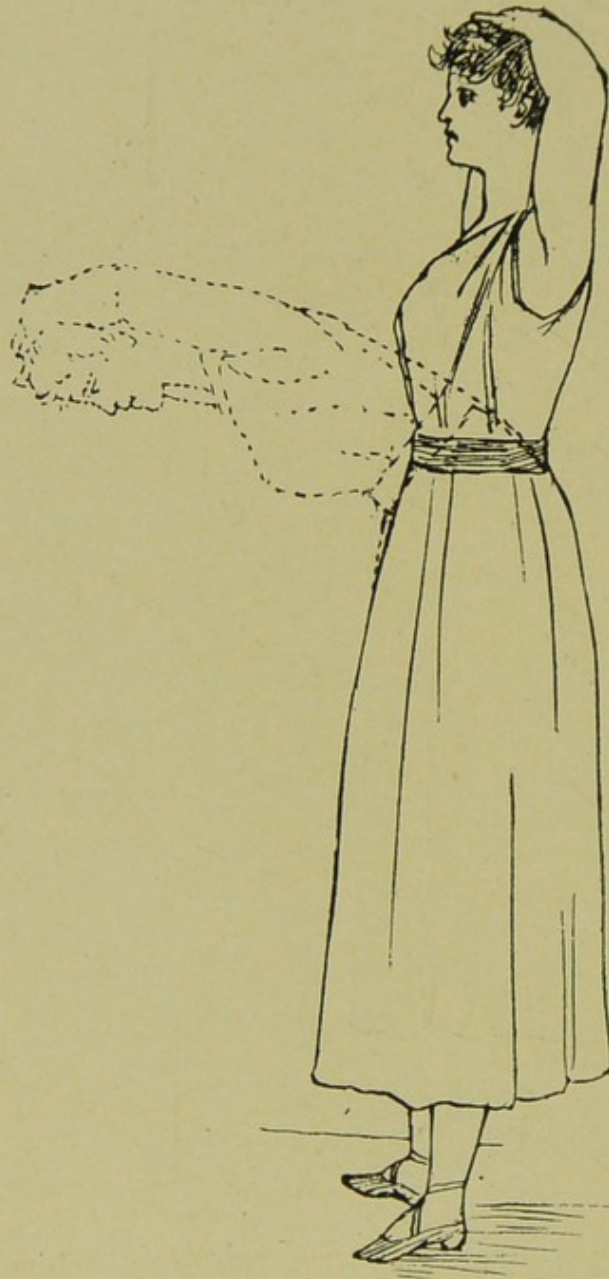


FIG. 17.

Fig. 17 is the preceding exercise rendered more powerful by the raised hands which are folded on the head. It may be used when the other has been well practised.

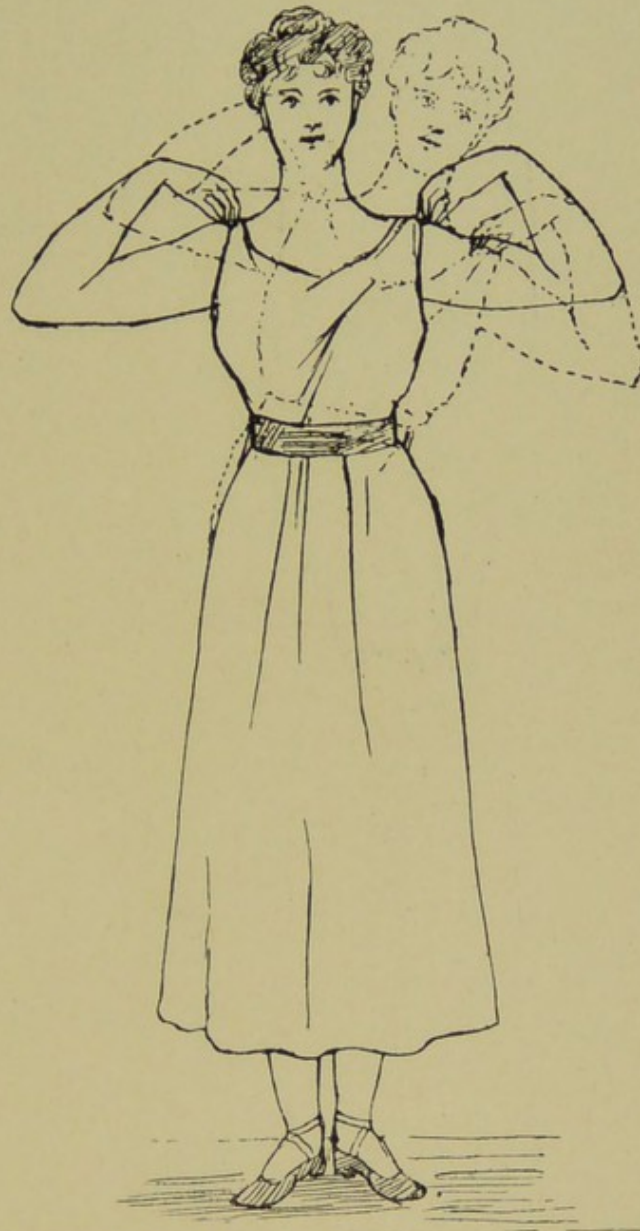


FIG. 18.

Fig. 18. The pupil stands with the feet very slightly apart, the fingers resting with their tips on the shoulder points and the elbows raised. Keeping her body in that position she bends the body sideways; the line being broken only at the waist. The muscles of each side of the waist are alternately relaxed and extended, the sub-lying organs stimulated and strengthened, superfluous adipose tissue is set free, whilst the natural curve of the waist is carefully preserved.*

* Beginners and ladies who have finished growing may perform this exercise first in the sitting posture similar to that shown in Fig. 22. The same exercise may also be further simplified by placing the hands upon the hips instead of upon the shoulders.

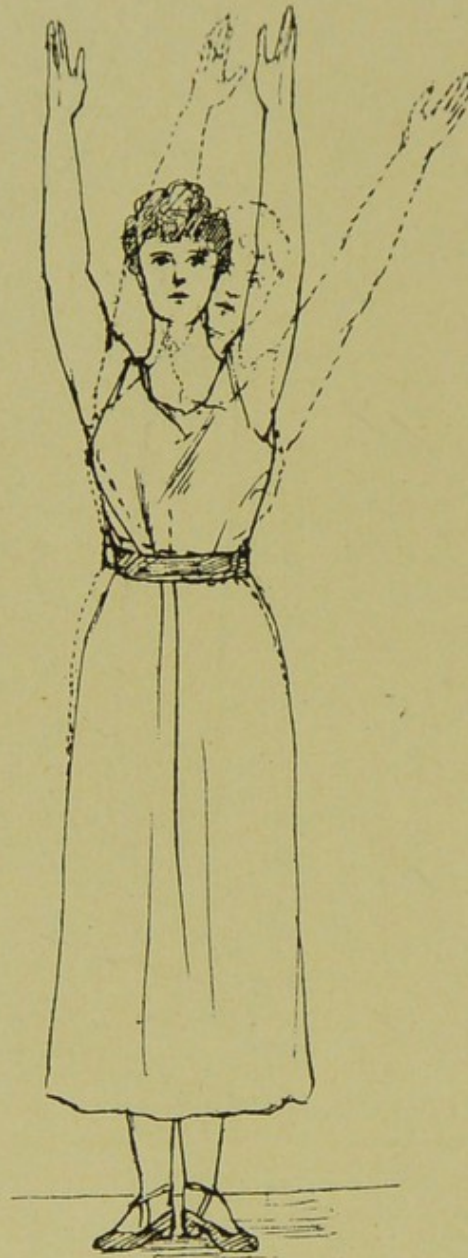


FIG. 19.

Fig. 19 shows the exercise in a still more powerful form. It is not to be ventured upon until the previous exercise has been well practised, and if the slightest strain is felt, the flexions must be modified. The arms must however be kept quite straight from the very beginning, with the palms facing each other.

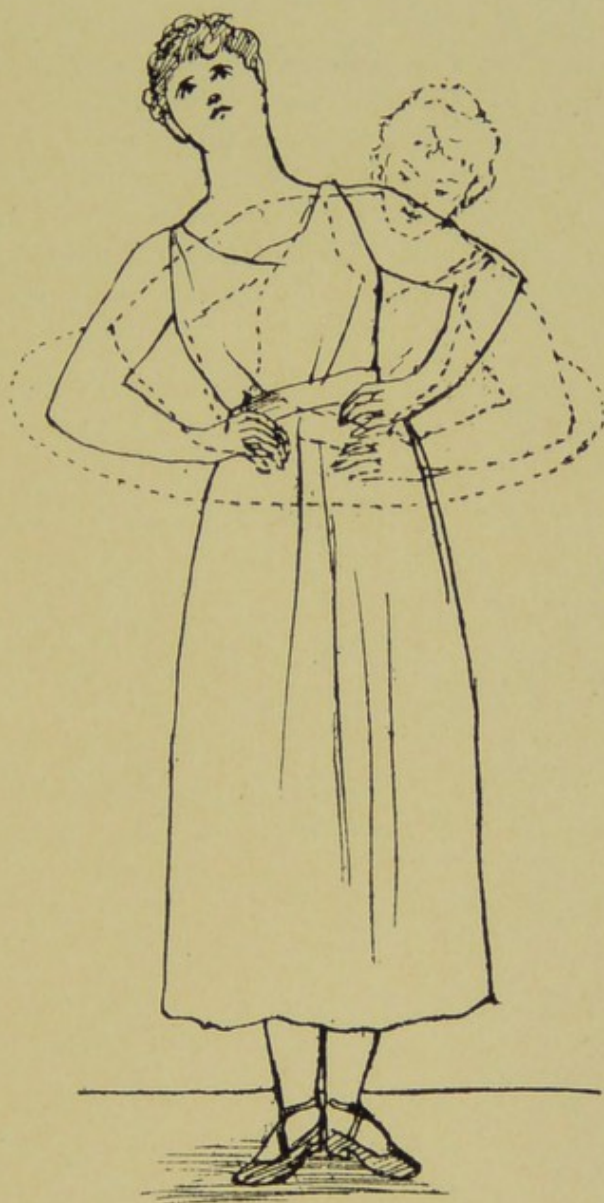


FIG. 20.

Fig. 20 is a rotation of the body at the waist, and in conjunction with the other tonic exercises is the specific for keeping the waist slim and mobile. The hands are placed on the hips, the heels are together, the body above and below the waist is kept perfectly immovable, and the rotation is confined entirely to the waist. The pupil will feel the

muscles alternately stretching and relaxing under her hands as she describes the circle. To be felt chiefly in the waist muscles, slightly in the lumbar region.

It will be found rather difficult to perform the exercise correctly at first, but after practising Figs. 16 and 18 a little perseverance is all that is necessary. Begin by first bending to the right, then bring the body forward (slightly contracting the waist muscles) then bend to the left, and complete the circle by straightening the body and slightly arching the waist. Practised as four distinct postures following rapidly one upon the other, the circle will soon evolve of itself; but great care must always be taken with the initial position, as the efficacy of the exercise will depend largely upon its correct fulfilment.

N.B.—This exercise may be modified by sitting instead of standing, and may be practised thus first if desired.

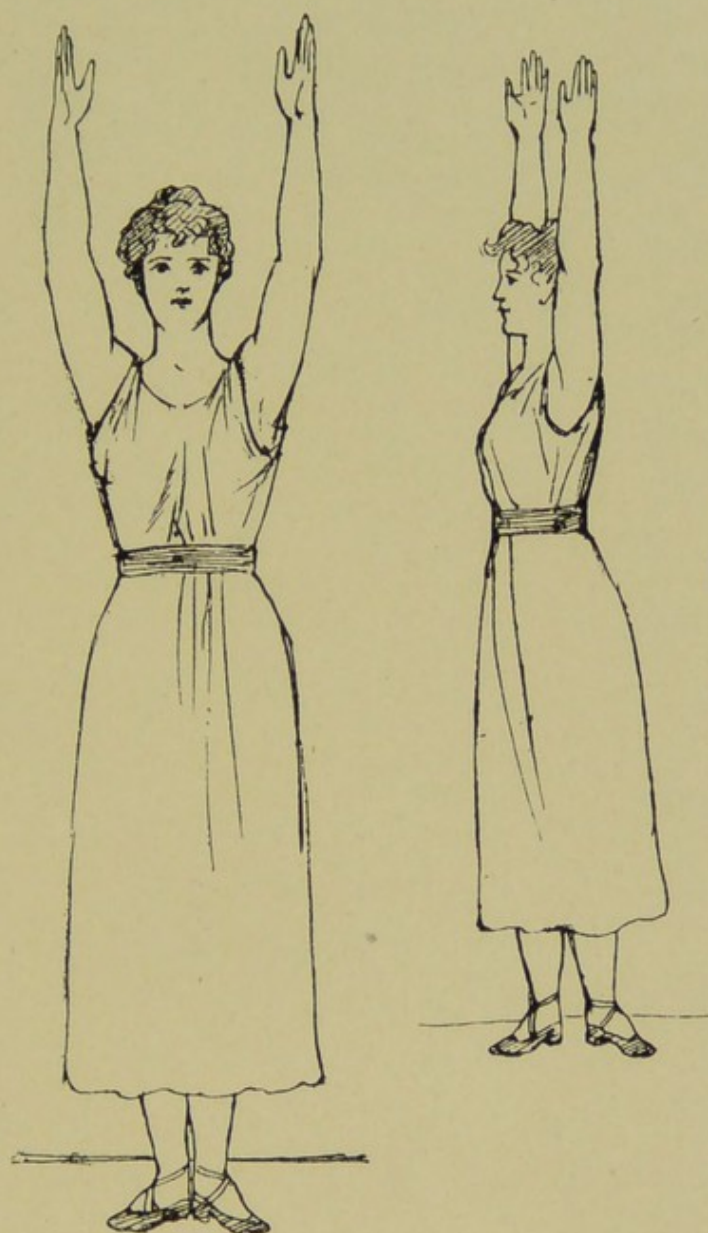


FIG. 21.

Fig. 21 is a further development of Fig. 13, and is carried out with the arms straightened upwards from the body with palms facing. Care must be taken to keep the arms and hands in position during the exercise. It should be done alternately three times to the left three times to the right.*

* This exercise may be much modified and its effect localised to waist and the upper part of the spine by sitting instead of standing. It will then not be found possible to revolve so much as in the standing posture.

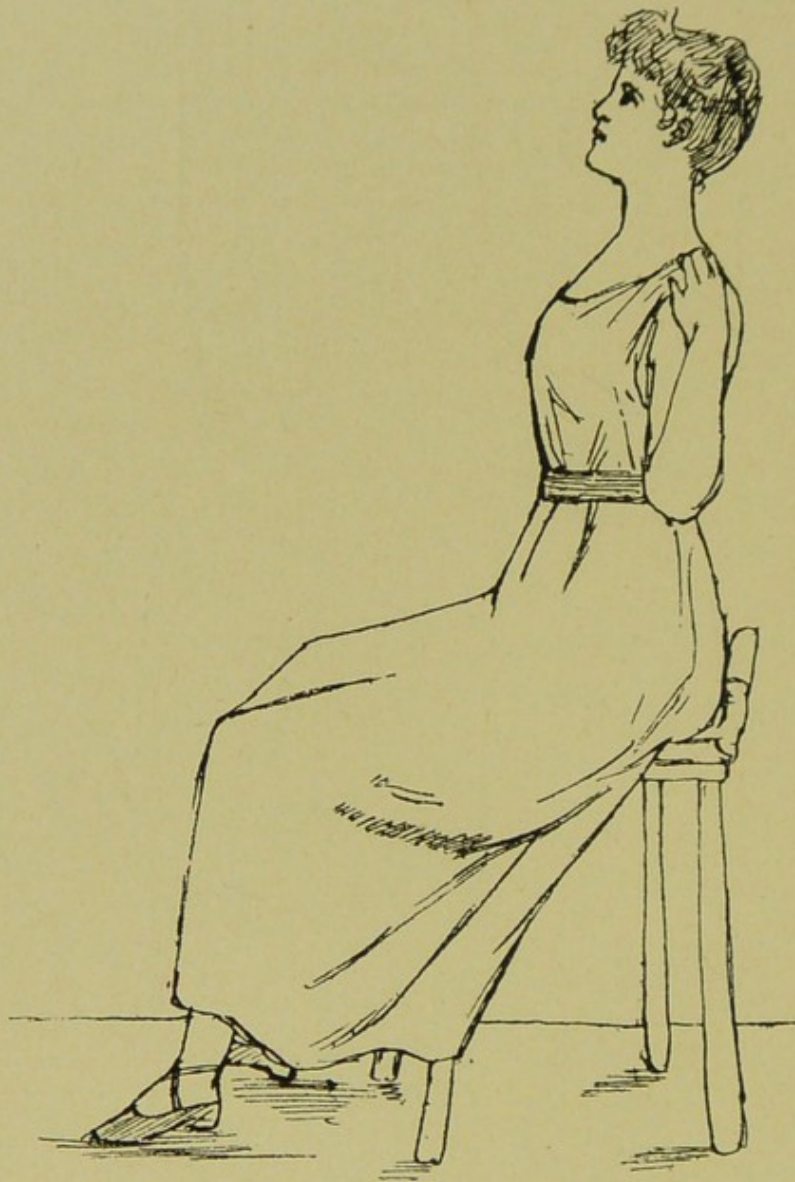


FIG. 22.

Fig. 22. The student is seated on a bench or stool as in the engraving—the finger points touching the shoulders, and the elbows kept down close to the sides. The chin should be slightly raised, the waist arched and the shoulder blades brought together as closely as possible. The pupil will sit thus immovably for 3, 5, or 10 or more minutes until she feels fatigued.

No discouragement need be felt if the position can be maintained but for a few seconds at first; but it is very desirable that there should be a slight increase in the number of seconds or minutes each day. Pupils who have begun by being fatigued after fifteen seconds, have by perseverance soon found themselves sitting up for five and ten minutes without feeling fatigue and so have practically become by degrees independent of support for the back at all.

Its great use lies in the fact, that it can be practised at any time during the day independently of the other exercises, and it may be begun as soon as the pupil can command the correct initial position. Those who have stiff round shoulders, umpliant vertebra and who cannot place the arm in the necessary position, should first pass through some of the arm exercises and spine flexions before attempting it. It is an indispensable exercise in figure training, and should be done by young and old. If correctly done the chest will feel expanded, and all the muscles of the back will be contracted and consolidated. Its general and permanent effect, besides giving great strength, will be to make the shoulders narrow at the back, and to arch the waist, both of which acquisitions go a long way in securing the foundation of a really good figure.



FIG. 23.

Fig. 23. This exercise is one of the most important in figure training, as it is one of those which are directly concerned in reducing the figure and keeping it slim. By its aid, in combination with the other exercises redundancy of proportion is checked, and eventually cured, and the figure is kept in perfect control. The pupil may find some little difficulty at first, but by careful attention to the directions, she will soon master its details, and once learnt, it need only be practised two or three times a day to secure its permanent effect.

The pupil kneels on the ground, with the hands on the hips, and the shoulders well back. She then bends slightly back from the knees (Fig. 23), and from that position, brings herself forward (Fig. 23, dotted line). The *impetus* of the exercise has to come *entirely* from the abdominal muscles, which, before, and while, inclining the body forward (dotted lines) should be voluntarily contracted. The movement should not be practised more than three times in succession and not more than three times a day to begin with.



FIG. 24.

In Figure 24 we have the same exercise standing. The pupil bends back slightly as shown in the engraving, and returns to the vertical line by the impetus of the abdominal muscles—contracting them in the same way as for the previous exercise. But in no case should this exercise be used until the spine has been made pliant by the use of the body twistings and spinal flexions.

Either exercise should be preceded and followed by one of the foot exercises.



FIG. 25.

Fig. 25. The pupil stands or sits upright with the arms hanging by her side and her shoulders well back. She then commences slowly to inhale, filling the upper part of the lungs and slightly contracting the abdominal muscles. Care should be taken that the breathing is mainly done with the front part of the lungs, or rather that only the front and upper part of the thorax is moved. This will at first require a certain amount of practice, as persons who are in the habit of breathing carelessly elevate the shoulders, or protrude the shoulder blades in a very ugly manner. If the pupil is anxious to excel in this very necessary exercise it will be a good plan to pin a piece of black ribbon (into the centre of which a piece of white elastic has been inserted) on to her dress at each armpit. Standing before a mirror she will then be able to see how much the exercise is localised. A similar piece of ribbon and elastic might be pinned across the back of the dress, the aim of the pupil being not to move the elastic at all. Care must be taken to keep the head immovable and straight during the breathing exercise.

If the chin is allowed to poke, the exercise will be useless as an aid to figure culture. When the lungs are filled, there should be a momentary pause, before exhalation begins. The air should be slowly emitted, not jerked out with a sudden rush, and another pause should follow before filling the lungs again. This exercise will be found to widen the chest, and give roundness to the figure. It will also strengthen the lungs, throat and heart in an appreciable manner.

The breathings must never be forced—for no great way will be made at once. Gentle, careful, regular practice, will gain permanent results. Fitful and forcible breathing will cause fatigue or giddiness, and necessitate an instant cessation of the exercise. In this way a pupil with a flat or hollow chest, will find ere long an increase of from one to three inches, in the measurements across the chest; whilst the lungs themselves will be greatly strengthened. The deep breathings might be done four or five times a day, three inhalations only at a time.



FIG. 26.

Fig. 26. This exercise can almost be carried out without other explanation than that afforded by the engraving. The pupil stands with toes apart, heels together, and hands on the hips. She then stands on tip-toe, keeping the heels together. She alternately rises and descends in the two positions shown by the straight and dotted lines, keeping the knees very straight and all the muscles firm. This should be repeated eight or nine times in succession, and constitutes one of the "foot exercises" referred to throughout these pages.



FIG. 27.

Fig. 27 is rather more difficult, but also more effective. The leg, as seen in the engraving, is raised slightly from the ground, and the foot rotated from the ankle joint, which alone takes part in the exercise, the leg being kept steady and immovable. This should be repeated about a dozen times with each foot. The pupil is advised not to regard these two exercises as trivial or meaningless—on the contrary, they are to be freely indulged in after every one or two of the exercises when special directions are not given for their use.

From the exercises here shown four or five of the simplest in their simplest forms, should be chosen for commencing upon. These may be then changed for some of the more advanced forms as improvement is noted. They should be carefully performed in strict accordance with the rules and directions. The morning just after rising, and the evening before retiring to rest, are as a rule the most suitable times for practice.



THE CULTIVATION OF THE FIGURE
IN
HEALTH, STRENGTH AND SYMMETRY.

MISS LEFFLER-ARNIM may be consulted on all matters connected with the culture of the figure on the principles laid down in this book. Groups of exercises prescribed and taught to meet special requirements of abnormal or feeble figures. Weekly or fortnightly classes of not less than ten pupils conducted either by Miss LEFFLER-ARNIM or a trained representative.

INSTRUCTION ALSO GIVEN BY CORRESPONDENCE.

For Further particulars and terms, apply to 2, Hinde Street, W.

LING'S CURATIVE MOVEMENTS

AND

HYGIENIC EXERCISES FOR LADIES.

Miss LEFFLER-ARNIM, in addition to her ordinary classes and private lessons is now prepared to teach

GRADUATED COURSES OF HOME EXERCISES TO SEMI-INVALIDS.

The Exercises are in all cases chosen, adapted, and modified to suit the requirements of each individual. They consist usually of six or eight simple exercises which the pupil performs morning and evening, and at each visit the exercise prescription is altered to suit the gradual improvement which is manifested.

The course consists of six weekly or fortnightly lessons, and possess many advantages. Both time and money are economised, and the ordinary duties are not interfered with, as would be the case were daily attendance at the gymnasium necessary. Miss LEFFLER-ARNIM would therefore suggest that patients availed themselves of these Special Home Exercises before the health becomes too impaired and the energy at too low an ebb to respond to these simple measures.

Terms and further particulars may be obtained at
2, HINDE STREET, W.

THE CESTUS GIRDLE

(Miss Leffler-Arnim's Patent),

SUBSTITUTE FOR STAYS.

The Girdle was designed by Miss LEFFLER-ARNIM as an efficient but harmless means of supporting the bust, and for keeping the figure neat and tidy. No Lady who has discarded corsets should be without one of these Girdles, they are exceedingly comfortable, firm and elastic, and tend greatly to simplify the problem of how to be healthy, comfortable and neat at one and the same time.

From the BRITISH MEDICAL JOURNAL, June 12th, 1892

THE CESTUS GIRDLE AND BODICE.

"The principles on which these Girdles and Bodice Bands are constructed, recommend themselves as being intelligently studied; in so far as they can be introduced as a substitute for corsets, they will prove decidedly advantageous, avoiding the pressure and construction of the figure. They will do away with frequent sources of discomfort and illhealth.

"This Girdle, which has been introduced by MISS LEFFLER-ARNIM, is made of sanitary wool material, which is warm and elastic. The Bodice and Bodice Band are developments of the Girdle, and appear ingeniously constructed to suit the mysteries of female costume without encumbering the waist with superfluous folds. The abolition of the incarcerating corset is one of the most desirable reforms in the dress of ladies, and these inventions may, it is hoped, go some way to effect that desirable object, at any rate, they render it in most cases, not only possible but easy."

From the BIRMINGHAM WEEKLY MERCURY, February 16th, 1889.

"I paid a visit the other day to another corsetiere for the purpose of inspecting a new substitute for the ordinary Stay, invented by Miss LEFFLER-ARNIM, whose lectures on the Human Figure are well known. . . . The 'Cestus Girdle' is intended for the use of ladies who desire to abandon corsets. . . . It elevates the figure without undue compression, and is quite unlike anything I have seen in the shape of Stays or their many substitutes. The 'Cestus Girdle Bodice' is a development of the Cestus Girdle, which is continued below the waist. It is, I consider, an improvement upon the simple girdle, being warmer, and having buttons to which petticoats may be attached, thus doing away with superfluous plaits round the waist. The bodice, &c., is made in very fine, soft, woollen material, and there are supplied illustrations which give a clear idea of this admirable support. The ease and perfect freedom allowed to the figure by Miss ARNIM's patent can scarcely be appreciated without a trial."

May be seen at, and obtained from

DONEGAL HOUSE, 43, WIGMORE STREET, W.

THE HUMAN FIGURE,
ITS CULTIVATION IN
HEALTH, STRENGTH and SYMMETRY,
A LECTURE TO LADIES AND GIRLS,

GIVEN BY
MISS LEFFLER-ARNIM.

IN LONDON AND READING.

Post Free 6½d., of Miss L. ARNIM, 2, Hinde Street, W.

Eight Illustrations.

Price One Shilling net.

WARM HANDS AND WARM FEET.

EIGHT SIMPLE EXERCISES WITHOUT APPARATUS FOR SECURING WARM HANDS AND FEET,
AND FOR PREVENTING CHILBLAINS, BY A. LEFFLER-ARNIM.

T. W. NUNN, Esq., F.R.C.S., says, "Every instruction is useful beyond measure."

ROBERT T. COOPER, Esq., M.A., M.D., says, "Very pleased with the pamphlet and will recommend it all I can."

"A useful and valuable booklet. . . . We have personally put the exercises to the test, and find, spite of their simplicity, they accomplish all that is claimed for them. All persons of sedentary habits, and especially those suffering from the misery of cold hands and feet, will welcome these exercises."—*Catholic Times*.

"A useful series of eight simple exercises without apparatus for ensuring warm hands and feet, and preventing chilblains. People of sedentary habits, and the young especially will find them useful."—*Weekly Times & Echo*.

To be had from Messrs. KEENE & Co., 74, New Bond Street, or post free
from the Author.

HEALTH MAPS.

A complete series of prescribed Exercises of the body for daily use, by A. LEFFLER-ARNIM, formulated upon the Rules of PETER HENRIK LING, the Founder of Swedish Gymnastics.

The purport of the Health Maps is to provide individuals with a gentle yet efficacious means of exercising all parts of the body, and securing for it that change of tissue and muscular action which is so essential to those who are forced to lead *sedentary lives*, and to those in whom the preponderance of *brain work* over *bodily activity* produces deleterious effects.

The author's design in these carefully selected and tested Exercises is to provide a means by which, through their use for a quarter to half an hour daily—say, after rising in the morning—the whole peripheral circulation, the lungs, liver, spleen, and the digestive organs, may be stimulated and encouraged in their functional action.

The result will be a sense of ease and lightness throughout the body, and an absence of that oppression and languor which so frequently characterises the person of sedentary habits.

The Health Maps are primarily calculated for self use, without other aid than that afforded by the engravings and text; and this aim having been steadily kept in view, rules of guidance for the correct performance of every Exercise are given, by the observance of which the pupil is certain of carrying them out with accuracy and ease.

For the greater use of the Health Maps to the varied requirements of the public, they are divided into five groups, each complete in itself, and entirely independent of apparatus.

Group 1. For general Exercises of the whole body;

„ **2. For those especially having a tendency to sluggish action of the liver or spleen;**

„ **3. For those having a predisposition to pulmonary weakness;**

„ **4. For those of weak and slow digestion, etc.; and**

„ **5. For sufferers from chronic coldness of the extremitities.**

PRESS NOTICES.

LANCET:—In the introduction to the maps the Authoress says:—"There is an intermediate state of health, which is far more common than is supposed, and which may be best designated by the term 'negative health.' It is a condition in which one can neither lay claim to being actually ill, nor assert with truth that one is 'quite well.' . . . It is to minimise the chances of break downs, to keep at bay this negative, and perpetuate the positive state of health, that is the objects of these maps." . . . The figures show very clearly by means of dotted lines, the manner in which the various exercises are to be performed. The "Health Maps" would, in our opinion, prove very useful to those entrusted with the care and education of children, by showing a course of useful calisthenics may be efficiently carried out without the aid of any apparatus.

LIVERPOOL DAILY POST.—To take exercise is essential to health, but it is more important that the exercise should be suitable, than that it should be prolonged or exhaustive. How to secure the most healthful exercise in the shortest time is shown in five groups of "Health Maps" by Anna Leffler-Arnim. The groups are arranged so as to meet the requirements of people who either suffer from specific ailments, such as indigestion or affections of the liver and spleen, or who are simply fairly healthy, but not "quite well." With the instructions given a quarter of an hour's exercise every morning should produce good results.

TRUTH:—When first we began them, Maud and I found our clothes a great impediment. Women's clothes are so very inconvenient. But after awhile, as we became familiar with the movements, we felt less difficulty and now have none at all. . . . The maps are published by Sonnenschein.

LITERARY WORLD:—Miss Arnim states that these "Health Maps" are "offered to those who are desirous and willing, by the use of some very simple measures, to keep well and in a fit state to perform their duties efficiently." Hence they appeal to a very large constituency indeed. . . . The exercises which have been taken from the curative or applied movements of Ling have been well tested, and are explained in a remarkably clear manner. . . . Of course the aim is not curative but preventive, and the adoption of their advice would, we believe, conduce to that happy condition in which the body becomes the slave of the will. Fifteen minutes' practice a day should not be too heavy a tax on anyone, and that is all Miss Arnim requires.

SCHOOLMASTER:—Cannot fail, if conscientiously gone through day by day, to maintain a healthy circulation and nutrition, and to counteract the ill effects and tendencies of the injurious attitudes incident to many occupations.

KNOWLEDGE:—This work is issued in five neat and portable parts or "groups," each being prefaced with a clear and crisp introduction. . . . Each exercise is illustrated by a diagram, a description of the particular movement, and a note specifying in which muscles of the body the movement should be felt. The "Groups" form a complete manual of instruction, by which even unskilled teachers may quickly train themselves to give many of the lessons.

ACADEMY:—The author is well known as a writer on medico-gymnastic subjects; and her last contribution to that literature is worthy of her reputation. The exercises . . . can be easily learnt and practised, no apparatus being used—a very great recommendation indeed.

Second edition, enlarged. Third edition in preparation. Price, in Gilt Cloth, 4s. nett.

WRIST AND FINGER GYMNASTICS, for the use of students and performers on the Pianoforte, Violin, and other instruments, by ANNA LEFFLER-ARNIM.

WITH THIRTY-EIGHT DESCRIPTIVE ILLUSTRATIONS.

The Second Edition of this Book contains an additional Chapter with five Illustrations, for the use of Violinists on the acquirement of ease and grace in bowing. Also instruction, with five Illustrations, on exercises for facilitating Pedal Practice; intended for the use of Organists.

"Wrist and Finger Gymnastics" are a series of manipulations for self-application, calculated by their use to secure for the performer power, mobility, lightness and elasticity in the wrist and fingers; fortifying the former against sprains by strengthening the fibrous tissues and articulating membranes of the *carpi*, and at the same time making them exceedingly pliant. The "Finger Gymnastics" are no casual manipulations advised at random. They are the outcome of a thorough and careful study of the subject; based on the laws of anatomy. ALL MECHANICAL APPLIANCES ARE DISCARDED. Each of the exercises is accompanied by an illustration and an exceedingly lucid description of the manner of performing the same.

The "Wrist and Finger Gymnastics" practised for twenty minutes daily, in two divisions of ten minutes each, with one hour's study at the piano, will more than equal three hours' study without their use.

For the more advanced performers, the "Finger Gymnastics" will be found serviceable in other ways; as strengthening and mobilising certain of the fingers when required for the accomplishing of intricate and complicated passages, and assisting in imparting delicacy and point to the playing.

The "Finger Gymnastics" may be performed at any odd minutes in the day, the book—which it is useful to have at hand for reference—being very portable and easily carried in the pocket.

Opinions of First Edition.

From SIR CHARLES HALLE.

"I have no hesitation in saying that I think it most exhaustive and useful."

From the late BRINLEY RICHARDS, ESQ.

"I have read your work on 'Finger Gymnastics' with great pleasure; it is not only interesting in itself, but is likely to be of great benefit to all students of the pianoforte."

From GUIDO PAPINI, ESQ.

"I have read with interest your book, and think it invaluable to anyone studying the violin or any other instrument requiring flexibility of the fingers."

From ARTHUR O'LEARY, ESQ.

"I have delayed acknowledging your interesting book on 'Finger Gymnastics,' in order to have an opportunity of looking through it carefully. This I have now done, and am confident that the exercises you recommend are likely to have the best results."

"Several of my pupils have tried a few of them at my request, and think they have already derived benefit from their use."

From MISS FLORENCE PHILLIPS.

"'Wrist and Finger Gymnastics' have proved most successful with two of my pupils. I am sure your method will be a great help to those wishing to overcome weak and stiff fingers."

From the MUSICAL TIMES.

"Although, as our readers must know, we are decidedly opposed to mechanical appliances for the fingers of pianoforte students, the same objection does not apply to 'Wrist and Finger Gymnastics.'"

From the MUSICAL STANDARD.

"This little book of 'Finger Gymnastics' is, in our opinion, most useful, and well calculated to produce that suppleness of wrist and elasticity of touch without which no good results can ever be obtained on the piano. It is not intended to supersede the use of scales and exercises, but to facilitate their practice. The author clearly understands what she is writing about, and the student will have no difficulty in commencing for himself the various exercises for the wrists and fingers, each one being accompanied by an illustration."

N.B.—May be had through all Music Sellers; or post free from Miss L. ARNIM,
2, Hinde Street, Manchester Square, W.

