

PHYSICAL AND MENTAL HEALTH

PHYSICAL culture and the development of the muscles are only the means to an end. The end is health, beauty and *mental joyousness*. We have emphasized mental joyousness because nothing fosters buoyancy of mind and spirits more than a glowing beautiful body.

Our mental power is more largely dependent upon our bodily condition than we know. An upright position incites and spurs the body to action. For this reason it is good policy to offer an angry man a chair. A prone position has a weakening effect on the mental powers.

This is why the woman of intellect, enthusiasm, and daring soul is not of the weeping-willow type. Her features may not be regular, but invariably she has muscles of steel under her firm velvety flesh. She is lithe as a sapling, her hips are made for motherhood, and her bosom may rightly be styled "love's pillow."

The woman who takes physical exercise, fresh air, and sunshine grows graceful, vigorous, and supple. Her complexion becomes healthy and her eyes take on a sparkle. But this is not all, for unwittingly, the woman has done much to improve her mental powers. A good brain must ever rest on the foundation of a good body.

A thoroughly healthy woman is full of life and mental vivacity. It shines in her face and gives her what novelists call "the indefinable charm," which is just another term for magnetism—that subtle, elusive power which attracts every creature who comes within her influence.

To most of us the stumbling-block is that we do not know just how or where to begin our physical exercise. Perhaps our bodies may be fairly well developed, and in the slang parlance of the studio we may

"strip well," but on the other hand, we tire soon, our joints get stiff with work, and we do not walk with an equalized tread. Or it may be that our body lacks pliancy and the power of balancing.

Then, here is the starting point and the finish: The secret of grace, poise, and strength is to *make every joint bend all that it can*.

The flexibility of limb and remarkable sinuous glide of the Creoles have been at once the despair and delight of Northern women, yet the most ugly duckling may gain this pliancy by bending and twisting exercises.

Special attention should be paid to the left side of the body. To avoid awkwardness on the stage, actresses are obliged to give double practice to the left leg.

Don't expect to accomplish wonderful results in a couple of exercises. All you can hope for so soon is lameness, but persevere and verily you will have your reward.

A good deal of lameness may be avoided by rubbing sweet oil into the joints until it is thoroughly absorbed. This has long been the practice of Eastern women, and one we could adopt with advantage. The oil not only eases the strain, but is very strengthening, especially when rubbed into the spine.

If you do not like the smell of the oil, rub your flesh afterwards with a few drops of musk. Get French musk, it is more delicate than that prepared in England.

Some there are who say the use of musk presupposes a sensuous temperament. So does all perfume. But what of that? The full, warm, healthy blood peculiar to the luxurious physique is just what many delicate women need in order that they may be at their best both physically and mentally.