

runner was made, with no heel, and how he ran on his toes with his head up and his chest out, and they admitted that they couldn't run."

He told the girls how to develop weak arms, make them strong and so that they would be well rounded and shapely when they wore evening costumes. "One of the hardest problems is how to keep the girls who go into this training from doing too much hard work at the beginning. Ham is a good thing for breakfast, but no one wants to eat a whole ham for breakfast. They must start off easily. A man at Englewood came to me about his daughter. She was low-spirited and weak. 'Well,' I said, 'what does she do?' and he said, 'she went five miles to school every day and carried a great strap full of books.' 'Does she walk?' 'No, she rides in a horse-car.' Oh, the lovely horse-car! Oh, the beautiful horse-car! Sidewalks deserted to hang by a strap in a crowded horse-car. Give up walking to be hauled home in a lovely horse-car. Get her a pair of Waukenphast shoes, broad enough at least for two of her toes to touch the ground. Ugly, of course they're ugly; but they are comfortable. Let her go off the car one mile from home the first week. Rain? Well, let it rain; I hope it will. Rain doesn't look half so bad when you are in it as when you look at it through the window. Then let her try two miles the second week, and so on up to five. I met the father in two months. He said: 'The aches are all gone, and we are afraid she'll eat the table-cover. Her brother has taught her boxing, and we are all afraid of her around the house. She's actually getting good-looking.'"

He compared Bernhardt's attenuated proportions with Lily Langtry's fine physique. "The Lily had six brothers, all athletes. She joined in their sports, she became a practical yachtswoman, and her average daily walk now is ten miles. This accounts for it all. She says American girls don't take exercise enough. The finest figure in all Europe is the Empress of Austria. At fifty-five she is a great horseback rider. When Dr. McCosh's daughters came to Princeton, one of the young men took them out for a stroll. They walked him to Trenton and back, some twenty miles. That young man could have been called a sub dude when he got back.