

12 New Deep Breathing Exercises

The Way to Develop the Muscles of the Chest, and Give Your Lungs an Air Bath and Sweep Them Clean of Evil Germs.

minutes of deep breathing every morning will keep you healthy and make you handsome and successful. Such is the opinion of a well-known New York athletic, physical instructor of celebrities.

He claims that deep breathing cleans, mental and bodily, and gives the body a healthy and purposeful life. It is as old as the civilization of India. But the exercises described on this page in text and pictures were invented by Jack Cooper, known as the "strong man," statesman, millionaire, and dramatic stars, as a guide to

himself he goes to work with the pupil out of bed, if possible, in the morning. If it is a woman, the pupil is clad in bath-suit, orders the hang wide and begins.

The exercise resembles the wings of an excited hen's wings, and the clenching under the arms, jerking the elbows back and motions the lungs are emptied of the stale air and fresh air is drawn in them after a night's breathing. The first work for the day is to rid the lungs of the carbonic acid gas, allowed to linger in the lower part of the lungs, will poison your system and will devitalize you. You will feel unfit for the day's work, "blue," believe "things are wrong." A sweeping out of the lungs will fill you with more vigor

and "hen," as it is called, will sweep the lungs as thoroughly as the housemaid sweeps the floor. Methodically and with spirit it sweeps all the lingering "dirt corners." The lungs thus swept every morning will offer no resistance to the fresh air for evil bacilli. When the lungs have been swept clean you are ready for the exercises which

the "hen" you have "renewed" the unused muscles of the chest, shoulders, and strengthened the muscles of respiration. The instructor would tell you.

By this air bath you will take next the most difficult and the most exhausting exercise. Better take it before the first meal will fill the ten minutes devoted you, for its success depends on the vigor with which it is done. As a monkey does with its arms apart, and raising the arms overhead, and empty the lungs of the stale air. Rise, squat, and sweep the lungs free. Sweeping the Lungs Free.

Do a Stationary Run, Raising, with Each Step, the Arm on That Side and Lowering the One on the Opposite Side. This Will Expel the Air. Sweeping the Lungs Free.

doe twenty or thirty times. It will expel the air, sweeping the lungs free and pumping it in in great draughts. Proceed by the arm circle with the process of pumping in and out great quantities of air. Stoop from the waist and bring the arms together with a wide sweep, as though the air were tangible and you were gathering

Be sure to take a deep inspiration while raising the body and exhale strongly at the lowering.

These leave the body in a glow. Turn on a cool shower or, if you have not that, a spray. If you have time and means to spare let the inward air bath and outward bath be followed by massage. If not, a vigor-



Pushing the Elbows Back with Rapid, Jerky Motions Empties the Lungs of Stale Air.



Trying a towel About the Waist Constricts the Diaphragm and Pushes the Air Out of the Chest in Great Volumes.



Bring the Arms Together with a Wide Sweep Finishing with the Hands Crossed Above the Head.

Play Ball with a Big Medicine Ball. Pat It Back and Forth on the Floor. The Air Will Pass Into and Out of the Lungs in Quick Gasp.

ous self-administered rubbing with a long nap towel, drying every corner and crevice of the body will be a sufficient finishing touch.

The woman who breathes deeply is always in the best sense beautiful. The man who breathes deeply is always a person of mental or physical power or both. A physician once made an examination of five thousand cases. In that number he found less than one per cent of the men and

women who breathed as they should. All those who were natural breathers were remarkable for power or beauty or both. Four were great singers. Two were millionaires who had risen from menial positions. Another was a famous pugilist.

The physician discovered that as a rule the chest capacity is an index to the powers, mental and physical, of the individuals. The great men of most times and countries have been men of large chest and the habit of deep breathing. Daniel Webster, Oliver Cromwell, Martin Luther, Napoleon, were deep breathers.

The power bred by deep breathing is the result of stimulating action of the lungs, the heart, the liver and the kidneys. Deep breathing increases efficiency of the vital organs seventy-five to one hundred per cent, because it causes the vital organs to do their work well; whips them, so to speak, into greater effectiveness. When the vital organs are doing their best the health is sound. When those organs are neglecting their duty, deep respiration drives them back to their work.

A few perfunctory "sighs" do not constitute deep breathing. It must be done regularly and with specific method.

Squat as a Monkey Does, Knees Far Apart, and Raising the Arms Above the Head, Inflate and Empty the Lungs, Breathing in Rhythm with the Movements. Violently Expel the Air, Emptying the Lungs to the Bottom Cells.

ing, but have thought a few whiffs of air enough. They have done their deep breathing as carelessly as their housekeeping. Three or four deep breaths a day will not bring health.

There is a right time for the deep breathing exercise. It is in the morning, when the body is devitalized by its long sleep and by the shallow breathing that attends sleep. The place is the yard, the roof or the open window. The method described is a thorough one.

It is well to commence any morning

exercises, whether long walk or calisthenics or gymnastics, by 10 or 12 minutes of deep breathing, for it brings the blood to the surface, so giving tone to the organs, nerves and muscles of the entire body.

Chronic bad habits of the body are cured by it. Sluggishness of the intestines, causing muddy skins, dull eyes and listlessness and lowering of the physical tone, are corrected by letting the air permeate the intestines. Of special value for this purpose is the exercise with the towel,

as pictured and described, or by pressing the abdominal walls upward with the clenched fists, also described.

The greatest obstacle to natural breathing is that muscles have been weakened by disuse. Women are the greatest sinners in this respect. Their abdominal muscles, the muscles of the back, those of the chest, all auxiliary muscles of respiration, are flabby and next to useless. Vigorous exercise during deep breathing localizes the effort in these unused regions, so making the breathing more vigorous.

Stop your deep inhalations when dizziness assails you. That is a warning that you have sent enough blood to the head for the time. If you persist in the deep inhalations after nature has given her warning signal you may fall and become a victim of concussion of the brain.

How to Give Large and Small Teas--- By MRS. FRANK LEARNED, Author of "The Etiquette of New York Today."

AFTERNOON teas continue to be a great feature among the entertainments of the day, and it is not probable that these affairs will ever lose favor. Fashion has made them a popular way for a mother to introduce her daughter to society.

The very early part of the Winter season is the preferred time for "coming out" teas, as they are familiarly called. Certain formalities are observed on a special occasion of the sort for the introducing of a debutante. An engraved card is used, having the name of the daughter beneath that of her mother, with the date, the hours for receiving and the address. In the lower left-hand corner of the card may be the words, "Fridays in January," to indicate other days during the Winter for receiving more informally. Cards are about five inches long by three and a half wide. The usual style of engraving is script. According to recent fashion the form is:

Mrs. Archibald Robinson and Miss Edith Robinson Will Be At Home

on Tuesday, the First of December from four until seven o'clock at Seven East Seventy-third Street.

Cards for large teas or days at home are sent out two weeks in advance, small teas a week or so in advance.

Invitations to teas are in the name of the hostess, not in the united names of husband and wife. At a large tea or reception for a debutante music for dancing is a feature. An orchestra is in the hall or in a room set apart for dancing. The musicians may be screened off by palms. The young people, and even the older ones, enjoy the informal dancing, or the older persons may prefer to talk or to sit and look on at the dancing.

Flowers in profusion are usually sent to a debutante by her own friends and admirers, or by friends and relations of the family who may

wish to show this graceful attention. The hostess stands near the door of the drawing-room to receive and greet each guest by shaking hands.

Beside her stands the daughter, who shakes hands with each guest. Guests pass on after a few words and allow others to make their greetings.

A white dress is worn by a debutante. The dress of the mother may be mauve, gray, or any preferred color. Dresses slightly open in the neck are in fashion, but dresses low in the neck are never worn for any daytime entertainment.

White kid gloves are worn.

When a tea is given for a debutante some of her young girl friends are invited to "come without their hats" to receive and to pour tea. These friends do not stand with the hostess to receive. The duties of some of them are to move about the rooms and make themselves useful to guests, asking them to go to the dining-room for tea and showing them necessary attentions. Two young girls are delegated by the hostess to preside at the tea table.

In the dining-room a large table is spread with a fine white damask cloth. At one end is a complete tea service; at the other end is a service for chocolate. The young girls who are seated at either end of the table. They wear gowns of some pale color, slightly open at the neck. They do not wear gloves at a tea table.

The refreshments usually served are tea, chocolate, dainty sandwiches, cake and bonbons. There should be flowers in the

centre of the table. Shaded candles in silver candlesticks or candelabra are used on the table. At teas the cups of tea may be handed to the ladies by men who are present, or by the ladies officiating at the table. Men generally stand about the room, or near the tea table, talking to friends and making themselves useful.

Servants should be in attendance to remove soiled china and to bring fresh tea and to be prompt in any service required of them.

When a private house is not sufficiently large for a tea for a debutante, it is sometimes more convenient to give an entertainment of this sort at a place where spacious drawing-rooms may be hired for the occasion. When this method is chosen the table in the tea-room or "supper-room" is not presided over by girl friends of the debutante. The tea is served by servants who stand behind the table and pass the cups to guests.

When teas are semi-formal affairs of a somewhat public nature, for instance, when hospitalities are being offered by committees, hats are worn by the ladies who are in charge of the tables and dresses are high in the neck.

When a large tea is being given a strip of carpet is laid over the pavement from curb to door. In wet weather an awning is provided.

Although in our great cities many women consider an "at home" day a tax upon their time and inclinations there are others who like to keep up the custom. A hostess who

wishes to have informal days at home sends her visiting card with the date engraved or written in the lower left-hand corner.

For small, informal teas a hostess may prefer to serve the tea herself. For this purpose a folding tea table is used and is brought in by a maid and placed before any seat where the hostess may be. The table is then covered with a linen cloth; the tea tray is brought in by the maid and placed on it, having all the things essential for the service.

A muffin table, sometimes called a "curate's assistant," with three shelves, is convenient to hold plates of cake, muffins or toast. This table can be moved about easily.

The most convenient way, however, to serve everything at a tea is from a table in the dining-room where a lady presides, but when guests are limited it seems undesirable for them to congregate there and to leave the hostess comparatively alone.

Guests arrive at any time during the hours stated on the cards for a formal tea. Fifteen minutes to half an hour is the ordinary time for remaining. For an informal tea the hours for receiving are the usual ones for afternoon visiting, between three and six o'clock.

If there is an elder sister in a family and a younger is to be introduced the card for a tea would be:

Mrs. Archibald Robinson Miss Robinson and Miss Florence Robinson

When teas or "at homes" are given for a bride by her husband's mother the card is in this form:

To Meet Mrs. Herbert Francis Gray Mrs. Herbert Gray At Home

Wednesdays the Third and Tenth of December.

The hours and address follow, according to the usual formula.



"The hostess stands near the door of the drawing room to receive."



"For small informal teas a hostess may prefer to serve the tea herself."