

# EASY LESSONS IN HOW TO EXERCISE WITHOUT APPARATUS.

## AND HOW TO MAKE IT BOTH PLEASURABLE AND BENEFICIAL.

By A. E. VAN DOOZER.

It is a well known fact that regular and systematic exercise always tends to reduce the weight of excessively fat people and to increase the weight of those who are exceedingly thin, and the question often is asked, How is it that the same kind of exercise will produce entirely opposite effects upon those who are thin and those who are fat? I shall endeavor to answer this question now.

In order to understand this matter and to answer the question it is necessary for us to know that there are two kinds of fat in the human body—normal fat and pathological fat. Normal fat is that which is needed for the sustenance of the body; it is designed to pad the body, and, like the camel's hump, to feed it in time of need; for many a plump body escapes at last, hollow-eyed and exhausted, from a long, tedious illness which it never could have survived if it had not been for this reserve commissary department in its adipose tissue. Now this normal fat is found in the bodies of all human beings and animals in cellular form and its arrangement is minutely adjusted, for fat is not spread over the internal surfaces of the body like butter upon bread, but each tiny roll of fat has its own envelope and cell. Under the microscope each of these fat cells appears like a spheroidal sac, containing an amber colored fluid; for fats of the body are held there in a liquid condition, and they melt at about the same temperature as good butter.

No amount of starvation ever can remove all the fat in the body, for no matter how emaciated the body becomes fat always may be found behind the eye, around the heart, in the brain and about the spinal cord, where it has been designedly deposited for the protection of these delicate organs. In fact, it may be said that fat may be found normally everywhere in the body except between the air cells of the lungs, in the lobes of the ear and in the upper eyelids.

Normal fat is caused by churning of the fatty food in the intestines, and the butter (so to speak) thus produced is drained off and deposited in those cells which may be found wherever areolar tissue—that which is spongy and has numerous interstices—affords a suitable depository.

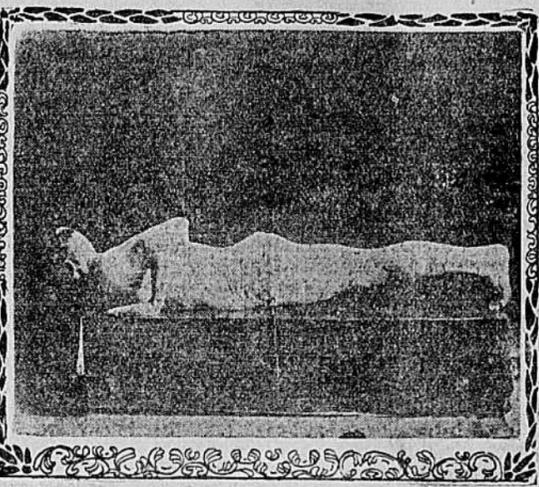
In exceedingly thin persons there is a deficiency of this normal fat. This may be due to three causes; it may be the result of a poor or capricious appetite; in this case not sufficient fat-producing food is taken to supply the normal fat needed in the body. Or it may be caused by defective digestion and assimilation on account of which the fat-producing food is not properly digested and is carried off through the natural channel of waste instead of being taken up by the blood. Then again it may be the result of some wasting disease like consumption, when there is a constant draft made upon the reserve fat of the body to supply that nutriment which is wasted by the disease, hence these people will become exceedingly thin, notwithstanding that their appetites are good and sometimes ravenous and their digestions remain normal. When a person is dying of starvation there is also a continual draft upon the reserve fat of the body which is not replaced by a renewed supply of food, consequently the person in a starving condition becomes finally a living skeleton.

Now a thin person who is otherwise healthy—that is, free from any organic disease—to gain flesh must first improve his appetite so that there is a natural craving for food, and especially for that food which is of a fatty nature. After this he must so improve his digestion and assimilation that he will be able to digest fatty foods instead of rejecting them from his body; and these two things are just what exercise does for him. Systematic, regular exercise will give a person a good, healthy appetite, one which does not demand dainty and delicate food, but an appetite that asks for such solid foods as milk, eggs, meat and bread and butter, all of which are rich in fatty substances. I have already explained to you in a former article how exercise improves the digestion by strengthening the muscles of the stomach, and any person who cannot digest fat or oily foods will find that after a few weeks of systematic exercise of the body, regularly taken, he will have no difficulty in this respect. Exercise, then, not only strengthens the muscles, but also prepares the body to take on normal fat, which it will do gradually as the exercise is regularly practiced.

But there also is another kind of fat in the body besides normal fat, and that is called by physiologists, pathological fat. And this is a vastly different thing from normal fat, for it is not an available fat, but fat that comes from the change of muscle into useless tissue. It is the fat of disease, and it is the affliction of



EXERCISE 20. FIGURE 1.



EXERCISE 20. FIGURE 2.

persons who are excessively fleshy. The pathologists call this fatty degeneration; and it is well named, for a muscle so changed has degenerated into a substance that is unable longer to perform its duties properly. If such change take place in the muscles of the heart they may suddenly refuse to contract and death inevitably will result. More frequently they perform their work with increasing difficulty, making locomotion and work almost impossible until the same result is

obtained. If such fatty degenerations take place in the walls of a blood vessel they may suddenly rupture and the patient may die instantly of apoplexy or be stricken with paralysis and drag along a precarious existence for a term of years. What is the result of regular exercise upon this pathological or diseased fat? It gradually removes it from the body through the natural channels of waste, especially the pores of the skin, and rebuilds the degenerated muscles into their former normal condition of strength and firmness, thus causing a reduction in the weight of a fat person and an increase in his strength and activity.

You have all noticed how much more freely a fat person perspires than a thin person. Upon the least exertion he begins to sweat, and it is by so doing that he loses weight, for this is Nature's method of removing the superfluous fatty substances of the body through the pores of the skin. The lean person, on the other hand, requires considerable exertion before he even gets up a good glow over the body, consequently he loses but little if he exercises vigorously, and he gains a great deal through the increased appetite and improved digestion.

Thus you easily can understand how natural and regular exercise of all parts of the body will supply normal (healthy) fat and destroy pathological (diseased) fat; consequently increasing the weight of those thin people who are deficient in normal fat and decreasing the weight of those fat people who have a surplus of diseased fat.

Something may be said in this connection regarding the diet for fat and lean people. Fat people have good appetites always, and good digestion, otherwise they would not be fat. They crave for fatty foods and digest them easily; they are always fond of meat and are inclined to eat too heartily of foods that are rich in fat-producing substance. Now fat people who desire to reduce themselves should curb their appetites, at least for a time, while taking exercises and until the muscles become firm and strong, and they should confine themselves to a great extent to a vegetable diet and eat sparingly of meat and other fat-producing foods. They also should avoid the use of malt or vinous liquors during their meals, as these incline to produce corpulence.

Thin people, on the contrary, should eat as heartily of fat-reducing foods as possible, increasing their meat diet and partaking freely of milk and butter and oils. One of the best methods of increasing the normal fat in the body is to be found in the use of pure olive oil. Cultivate a taste for it if you do not like it at first, and then use it always in places where you have heretofore used vinegar. The latter and all other acids should be avoided by thin people and fats and oils substituted in their places.

But whatever may be said about diet in reducing or increasing weight and in the way of improving health, let it be remembered that no amount of food and no kind of food can take the place of exercise. An unused muscle is a starved muscle and starvation inevitably brings emaciation and decay. Our muscles are the servants of our brains and as such they should be used to our best advantage. They should be fed well and they should be worked well in order to get the greatest good out of them.

In this article I will place before you exercise No. 20, which is especially designed to develop the muscles of the arms, but which also assists in strengthening the muscles of the lower limbs. Assume the position as shown in figure 1 with the face downward towards the floor and the body stretched out to its greatest length and in a straight line. The body should rest upon the palms of the hands and the toes as shown in the picture, and the arms should be perfectly straight. Now take a long, deep breath and hold it in the lungs during the exercise. Begin the exercise by lowering the body to the position shown in figure 2, then raise the body back to the first position. Repeat this exercise three times and then rest, after which repeat the exercise until slightly fatigued.

Be sure to keep the muscles of the body perfectly rigid and keep the body in a straight line during this exercise. Take a quick cold bath and then rub vigorously with a coarse towel.

This concludes the system, which, if properly carried out, will, as you no doubt know by this time, give you untold results in the form of health, vitality and its corollary—strength.

A. E. VAN DOOZER.

- (Salad—Sal Ad.)
- BRADS.
- 8. Georgians by birth, what were they sometimes called? (Crackers.)
- 9. In what style did she arrange her hair? (Holls.)
- RELISHES.
- 11. When ill, what did he implore her to do? (Olive.)
- 12. In the garden, what did she do? (Picnallil.)
- PUDDING.
- 13. What did they call their mulatté maid? (Brown Betty.)
- FASTHY.
- 14. What did his business give him a dislike for? (Ple—"pl.")
- DESSERT.
- 15. When he left, what did he give her? (Kisses.)
- 16. What was the trimming of the bridal gown? (Cream puffs.)
- BEVERAGES.
- 17. What did her little brother do when he did not want to go to school? (Champagne—sham pain.)
- 18. What was her lover's favorite seat? (Cider.)

### A Calico Party.

A calico party is not a bad idea in these days of the resurrection of old styles and customs, and nothing better contributes to the genuine fun of an evening.

Ask your guests to wear wash costumes; this means shirt waists for the women, and duck trousers with negligee shirts for the men. Provide aprons of calico or cheese cloth, and cotton materials for neckties. Let partners be chosen by matching an apron and necktie. Then in the allotted time, the men draw the aprons, sewing on the strings, while the girls must evolve neckties for their partners, either four-in-hand, Ascot or "string," as they may deem best.

When time is called, prizes are to be awarded, after a careful examination of the submitted "creations." The men will draw the ties and the girls the aprons, and a grand march to a lively tune will be in order. If possible, have the dining-room decorated to represent an outdoor garden to add novelty to the affair.

A combination which makes a cup of calico tea is a mixture of English breakfast and orange pekoe. This has an unusually pleasant flavor. To each cup add a slice of pineapple which has been soaked in rum, and a small amount of marshmalo. A small bit of lemon added brings out the flavor of the pineapple.

A teaspoonful of rum in the ordinary cup of tea is in great favor, while Russian tea with lemon is always in good form. Some hostesses pass the squeezed and strained lemon juice in a cut-glass pitcher, so that visitors do not have to handle the slices of lemon.

Branded cherries are a tasteful and pleasant addition to the cup of afternoon tea. Sand tarts, fancy wafers, fruit bars, nut glaces and stuffed dates are all acceptable accompaniments to the cup that cheers. A drink made from cocoa with a third the quantity of coffee added is a change from the ordinary cocoa. This should be served with whipped cream and tiny sandwiches of whole wheat bread or graham wafers.

A pinch of salt, a few drops of vanilla or dash of cinnamon, all improve the flavor of plain cocoa or chocolate. Coffee is rarely served from a five-o'clock tentable, being reserved for the dinner hour. It is very English, and quite a fad to serve toasted muffins with orange marmalade at informal "teas."

ELLYE HOWELL GLOVER.

Questions on any subject pertaining to this department will cheerfully be answered. A reply will be sent by mail if stamped and addressed envelope is enclosed; otherwise answers will appear in this column. Address Madame Merri, The Times-Dispatch.



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## NINE BARBERS AT

## The Model Barber Shop

## Whims of the Idler

Monsieur Perrault and Mother Goose

Woe unto the day that this writer, in an evil moment, sought to amuse the thirteen wriggling shoe-destroyers of his house by showing them his skill as a story-teller, for ever since that lamentable indiscretion his services as a raconteur have been in pressing demand, and there is no shaking off the juvenile horse-lice.

Indeed, as between the love of food and the love of "tales," it is a toss-up with the brats, and, worse still, as soon as they have one, they want the other. For example, after they have gorged to the top of their gullets with sweet potatoes, sugared bread and preserves, they forthwith seek to add their digestions with fiction as it falls from my lips; or, if they get the fiction first, they want the sweet potatoes, sugared bread and preserves afterwards.

One would think that, with all the literature which may be bought for a song nowadays, it would be no difficult matter for a fond parent to find something to read to his offspring. But, strange to say, such is not the case.

The average child's book is a grotesque absurdity, so far as accomplishing its purpose is concerned. It will bristle with words and ideas which no youngster can understand, or will seek to be educational at the expense of being hideously uninteresting.

And so we, who are supposed to act as human parencore about bedtime, or, worse, must exercise our wit with such reports as our brains can fabricate, or with a few of the dear old tales that have come down to us from our forefathers, who lived in a day when not one child in a thousand owned a book.

Mother Goose, with all her absurd doggerel, is still the classic of the juvenile world, and after this venerable dame comes the fairy tales of the Grimms and Hans Christian Andersen.

Add to these a few other stories of comparatively unknown authorship, and the repertoire is complete. The mother who fond parent has to work up the same old stuff with variations, or improves to meet the exigencies of the case.

In our kindergarten, where the stepping stones have come so fast that they have to be designated numerically, the same stories have done service from child to child, until they have exhausted their threadbare and stick in by throat as they were before.

But it is in vain for the family raconteur to beg off or to claim mental inertia. The pinafored horsefies won't have it so, or even if they did accept excuses, they would hang around and make their reports as our brains can fabricate, or with a few of the dear old tales that have come down to us from our forefathers, who lived in a day when not one child in a thousand owned a book.

names unsatisfactory, so what in the name of high heaven is one to do with the rubicund barn?

A few days ago, after having been driven well-nigh to desperation by the round-eyed horsefies, who shows up in his den every night after supper and, thumb in mouth, supplicatingly asks to have further tidings from L. R. R. H., the family raconteur flopped himself down and dashed off a letter to State Librarian Kennedy, the honorific and his light might be thrown upon the much-dissolved child who made such a dainty morsel for the wolf.

The communication besought the fullest history of L. R. R. H., and hopefully asked if it could not be established that she really escaped the lupine monster. But no; the answer brought not the slightest flicker of hope, for the reply concluded with these words: "In the story of Little Red Riding Hood, the end is most tragic—'The wicked wolf fell upon Little Red Riding Hood and ate her all up.'"

In this connection it may afford passing amusement to other parents of other story-demanding little horsefies to know what was the rest of the information the writer got about Little Red Riding Hood. Here it is:

"Little Red Riding Hood and the other charming maidens, Sleeping Beauty and Cinderella, came into existence when the roots of men were young and simple-minded. Always young and simple-minded they have wandered over the world and have become the delight of the unjaded child mind forever. No one knows when they were first heard of in France, but these stories were familiar to peasants long before they found literary expression.

"These stories were first written out and published toward the end of the seventeenth century (1686) by Charles Perrault, who was a versatile and prolific writer and poet. After he was sixty years old he turned to fairy lore, and in it won literary fame and child love.

"He may have heard his children telling these old stories, and his mind, wearied of political subtleties and panegyrics to royalty may have found them fresh, interesting and beautiful.

"His 'Contes de Ma Mere l'Oye' (Tales of My Mother, the Goose) were first published in 1697. Perrault's German and other nations now own their own versions of these stories, but Perrault's brilliant touch is discernible under all the modifications, and to him we owe much of our best loved fairy-lore.

"It would appear from the foregoing that our esteemed and most useful friend, Mother Goose, may have been a plagiarist, or that she stole the bulk of her little tales from the pen of Charles Perrault, certainly her pseudonym from Perrault. Concerning this dame the encyclopedia, although they devote volumes of pages to persons by no means so popular, are religiously silent. One little volume—Robert Thomas' 'Fairy Tales'—however, ventures this information under the caption 'Mother Goose':

"The universally popular stories which are now known under the title of 'Mother Goose Melodies' were, most of them, composed by the celebrated French writer, Charles Perrault, in the year 1697, and were issued as the work of his son, who was then a mere child. Perrault's brilliant touch is discernible under all the modifications, and to him we owe much of our best loved fairy-lore.

named Goose, when the French writer but two decades or so before had styled his tales 'The Tales of My Mother Goose.' Was this a mere coincidence?

At any rate, research shows that parents of two hundred years ago had their juvenile horsefies as well as we of the present generation, and that they seemed to know pretty well how to manage them. A new baby in those days apparently got the old folk as much flustered as they get now when the 'little stranger' comes, though I wish that in their excitement they had disposed of Little Red Riding Hood otherwise than they did.

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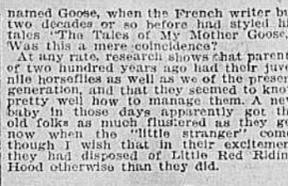
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## Novel Entertainments

By Madame Merri.

### A Zoological Party.

This is an affair that will please the children. Arrange chairs, one for each guest, in a semicircle around a large blackboard. If twenty children are present, give each a card with a number on it, numbering the cards from one to twenty, with a tiny pencil attached to it with ribbon. The name of the child is written on the back of the card. Pass around slips of paper folded, and have each one promise not to tell what is written on his slip.

The person in charge will then call the number, and each child must look to see what number is on the slip received.

For instance, if two is called, the one holding the slip with that figure will get up and draw on the board a picture of the animal the paper designates, the greatest number will receive a prize.

### A Pre-Nuptial Dinner.

A Southern bride-elect was the guest of honor at this exquisite dinner, to which only the bridal party were asked. The table was set with white net over white satin, which shined over this were hundreds of sweet pea blossoms cut from the stem. They were shaded from almost white to a deep pink. A delicate green vine ran ceaselessly through this mass of color, over which, like a fall of snow, the lights were profusely sprinkled.

The lights were shaded with opalescent glass, which gives such a soft effect. A huge bowl of white tulle on the back of a chair plainly indicated the seat for the honored guest. Suspended over the table were small wedding bells of green with sweet pea rings and choppers. White satin slippers filled with pink and white bouillons were the favors for the ladies; the gentle men had candy boxes in the shape of wedding bells. Cocktails were served in the drawing-room, then the following delicious menu was served in the dining-room:

Grape fruit on smilax-wreathed plates, bouillon, fish in ramkins, potato croquettes, crown roast of lamb, green peas in heart-shaped cases, mint ice, quail on toast, fruit salad, wafers, individual foot cream in shape of bells with decorations of myrtle, French coffee, crackers and cheese were served in the library.

A Salmagundi Party.

Did you ever give a Salmagundi party? Suppose you try it. If in doubt as to modes of entertainment, There may be as many tables as you wish, and at each table you will have a different game. For instance, at the first table have "old maid" or "hearts," while those at the foot table are picking beans from a dish

of bran with toothpicks. Four at another table may sew buttons on a square of cloth, and at the others you may have "bean bags," "Jack straws," "carroms," and tying pins on a thread. Provide score cards, progress and change partners. The bell will ring at the head table. This party will produce an evening of hilarious fun.

### A "Tree" Evening.

An absorbing entertainment for school or church affairs is an "Evening With Trees." Decorate as far as possible with leaves, branches and vines. In serving refreshments try to have tree products, such as chocolate, figs, dates, coconut cake, nuts, and so on. Then give conundrums on the order of those below. The questions may be written on cards, with pencils attached. Pass them to the guests, who will write their answers. A potted plant, or a pretty water color in which trees predominate, makes a suitable souvenir for the one answering the most questions directly.

What tree is nearest the sea? Beech.

What is the daintiest tree? Spruce.

What tree is warmly clad? Fir.

A languishing tree? Pine.

In what tree may ships find a safe anchorage? Bay.

What tree is the senior of the forest? Elder.

What tree resembles an insect? Locust.

Another Pre-Nuptial Affair.

At this season, when there are weddings galore, it is often a severe strain on one's ingenuity to meet the demand for pre-nuptial affairs. Here is a clever scheme, at which the bride-elect will be the guest of honor. The menu will be written and placed in envelopes bearing the names of the guests, and used for place cards. Tiny pencils will be attached to the envelope bouquet, which is to be at each plate. Inside the envelopes the guests will find the following:

Sara Adeline Smith loved a printer hold. Though her father possessed some millions in gold.

And bestowed on his daughter wealth untold. She was wooed and won in the usual way. And this breakfast was served on her wedding day!

### Wedding Breakfast Menu.

1. What was the lover's name? (Julienne.)

2. When they quarreled, what did she give him? (Roasts, cold shoulder.)

3. What did he then do? (Quail.)

4. What did he beg her to give him? (Heart.)

5. What did he hope for in married life? (Peace.)

6. What did she say when asked to go to the opera? (Letituce.)

7. What bridesmaids had the same name? (Patilles.)

8. What were the bride's nicknames?