

# REMAKING CRIPPLED GIRL INTO GREAT ATHLETE—HER FIGHT FOR HEALTH

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No girl craving perfect health can neglect the important matter of properly breathing fresh air.

Every morning before breakfast Dorothy climbs to the roof of our apartment and for 15 minutes devotes herself to deep-breathing exercises—to increase the lung capacity, to stimulate circulation and to keep the complexion clear.

The inhalations are alternately directed to the lower and the upper lung cavities; diaphragm and high chest breathing.

Then come breakfast. And after that exhilarating lung bath of fresh air she is properly hungry. The system has been thoroughly awakened.

There is no special diet, save the avoidance of sweets, which shorten the "wind," and the avoidance of acid foods prior to taking a swim. In this connection we have followed the precept of the Hawaiians, a great aquatic people, who say acids incline to cramps if eaten soon before entering the water.

Dorothy does not drink coffee, tea, cocoa or any form of liquid with her meals, since they only retard digestion.

She gets nine hours' unbroken sleep. No staying up late at night to wreck the constitution and undermine what she has so patiently built up.

You see it is all so extremely simple. No secret or mysterious shortcut to health. Merely the routine of plain living and physical exercise, diverse enough to strengthen and develop all the muscles evenly.

We have converted our apartment house basement into a sort of crude gymnasium where Dorothy can perform her horizontal bar work, punch the bag, swing the clubs and fence and box. It was done at almost no expense, the only permanent fixtures

being the bar and the platform for the punching bag.

Three times a week she spends an hour in the salt water pool of a nearby bath. On these days there is no gymnasium workout, care being exercised by her father and myself that her training is not too arduous. Dorothy is still a growing girl, and one must be careful not to overtax the growing girl.

This is one of the dangers parents who supervise the physical culture of their girls should be very careful about. Complete exhaustion must be avoided, only a healthy tiredness being permitted from day to day.

Physical culture should be gauged according to the girl's strength, which will be found to fluctuate considerably from day to day, especially at the beginning. Some days Dorothy may exercise several hours, on others scarcely at all. But the open-air breathing period is never neglected.

I massage Dorothy every night, according to a method learned by observing a professional masseur at work. This I regard as important, especially is grace and litheness are to be acquired as well as strength.

Let me not give the impression that Dorothy is wholly a physical culture devotee. Far from it. She helps me with the housework, makes her own dresses, cooks excellently, draws and paints pictures, uses a typewriter expertly, finds time to train her pet canaries, and has her social diversions just like any ordinary girl. She is not lop-sided in her accomplishments.

Outdoor sports have done more than save my girl's life and make her an expert swimmer. They have made of that life a haven of joy and an inspiration to everyone with whom she comes in contact.

## FOR DISCOURAGED GIRLS

"Discouragement will come upon