

## DIETING AND EXERCISE

Dieting and exercise for women and the benefits of swimming to improve the figure was the subject of a lecture given recently by Annette Kellermann of the Orpheum at the Boston theater before a large audience of women. Miss Kellermann said, in part:

"It seems to be the general impression that whenever a girl or woman takes up athletics she abandons her feminine ways and undertakes to look masculine, and others are afraid to take up athletics on account of muscular development. Now, I maintain that any woman can take up athletics and still remain feminine and artistic.

"Of course, sometimes athletics tend to make a woman muscular, but with the right exercise this is easily overcome.

"Now the main point is, of course, exercise. Second is dieting. It seems remarkable that many women complain of their weight and can't seem to understand it. They live an easy life, eat and drink just whatever they please, regardless of the harm it does. I have always noticed, and there has never been an exception, that while in a restaurant, some women will eat and drink to excess.

"Now, of course, no woman can be right physically if she doesn't choose her food. They seem to take it as a matter of fact, while many do not indulge that way, but go in more for exercise. The first thing a girl does after taking up athletics is to adopt a masculine appearance, walk and action. Now, I think that is all wrong, for no matter how much of an athlete a girl may be, she should never forget that she is a woman.

"Another thing I want to speak of is dieting. In order to be in good physical condition you must sacrifice little pleasures in the way of eating. It may be interesting for you to know that I seldom eat meat. I am not a vegetarian by any means, but, regardless of all theories, I maintain that the less meat you eat the more perfect will be your health and strength. The only time I eat meat is before taking a long swim, and this merely to add weight instead of strength.

"I will give you an example of how my meals are taken. On arising in the morning the first thing I do is to take a lemon in a glass of hot water. I never miss a morning without my lemon and hot water. It is without doubt the healthiest drink, far better than breakfast coffee or plain hot water. I have never missed this drink for the last four years. If you will try this, you will find, much to your surprise, how refreshing it is, and in a week's time you will feel like a new woman. Nothing but just lemon and hot water. After that I exercise 20 minutes.

"At noon time I eat my first and best meal of the day. My meal consists of vegetables and sometimes oysters. Of course, there may be a lot of women who could not get along without meat, but just try it, and, after a while you will see how easy it is to enjoy a meal without meat.

"In the matter of drinking—time and again I have gone into a restaurant and notice women drinking beer, wine, etc. Of course, I do not say that it is wrong for a woman to drink, but she should choose her liquor as well as her food. They do not feel the effects until later on, then they begin to grow fat, begin to complain and can't imagine the reason why. That is why I say by sacrificing yourself a little before you will gain so much after.

"Another thing, never eat anything before retiring. If you are very hungry, take a biscuit and hot water—by that I mean one of those little crackers—and you will find that you will sleep much better and feel much better the next day, for a healthy body always has a healthy mind."

Miss Kellermann attributes her most perfect physical condition to swimming, which she regards as the greatest of all exercises, and yet she declares that the only place to learn swimming is in a natatorium or swimming school.

Now, it is quite evident that swimming is a form of exercise, impracticable to most people. Comparatively few women, especially, can avail themselves habitually of this athletic accomplishment. But everybody can walk, and walking is regarded by many as the most natural and wholesome kind of exercise. In these days, when health is being sought more and more through proper diet and exercise in the open air, it is the part of wisdom for woman to keep abreast with the thought of the day and make the most of her time and opportunities. Faithful in a few things, she may become ruler over many things.



Annette Kellermann

## GAINING A HOME

Certainly it is worth while to go into the truth about Canada—western Canada, the wheat country, the "Empire of the North," the "Last Great West," as it is called in railroad and government literature, says Fred Bates Johnson in Success Magazine. At present we are hearing a great deal about this new country in the northwest. Railroads are flooding the United States with literature, filling the magazines with promises and conducting excursions into the country; the Canadian government, working hand in hand with the railroads to get immigrants from "the states"—men and women who will go up there to live, grow up with and develop the country. In the past we have heard some intimations about the possibilities of the country; in the future the campaign will be waged with increasing fervor and enthusiasm. Canadian lands for the American settlers—a homestead for \$10—virgin grain land for the asking.

Such captions are not to be disregarded in the United States. Speaking by and large, there are no more new lands left in the states—no homesteads to be had for the asking. Our free lands have been taken up; our west has been inclosed. We realize this when we remember that at the opening of the Flathead, Coeur d'Alene and Spokane reservations in Montana, Idaho and Washington last summer, not one in twenty-five applicants got a homestead. The twenty-four who were disappointed turned back to their roll-top desks or their meager farms or their clientless offices, realizing that from a practical standpoint the impossible had happened—the inexhaustible west had become exhausted. Some of the twenty-four listened to the golden promises held out by the Canadian government with reference to its free lands in the northwest. Undoubtedly its claims are worth considering.

## PREACHER AND THE POTATO

To sum up then, says William Justin Harsha in an interesting article on how a preacher became a successful homesteader appearing in the August Success Magazine, the professional man with \$1000 or so can win out on a homestead, if he is content to go slowly at first and feel his way as he goes. He can have as many of the pleasures of life as the average city dweller. We have the magazines, the papers, a telephone, daily mails and a town at nine miles distant.

We can hunt and fish if we choose, for this is a great country for game. In the morning we can read Cunningham or write our immortal treatise on Esoteric Theology and in the afternoon we can hie forth to hoe in the fields. At night we lie down to rest, full of thanks to the Giver of all good, full of joy in family peace and content, worried by nothing, in fear of no one and subject to none, for our waters shall not fail and our potato is sure.

## SCRAPPING SKYSCRAPERS

Mr. Dooley once remarked that in Chicago they were tearing down a twenty-story building to make way for a modern structure. This was considered a great joke in the Dooley days, yet that is exactly what is happening today in New York. The Gillender building at Wall and Nassau streets, twenty stories high, twelve years old, steel framed and thoroughly substantial, is being torn down to make room for a "skyscraper." There is more rent to the square inch of ground, the owners figure, in a tall building than in a squatty twenty-story structure. We used to let buildings stand until they showed signs of falling; now we tear them down when the profits begin to wobble.—Success Magazine.

## "DANSE DOMESTICA"

An immense audience gathered Monday afternoon at the Theater of Interpretive Art to see Mlle. Hopupli and her associates in her much-heralded "Danse Domestica."

The orchestra played a prelude, poetically typifying the dropping of a tray full of breakfast dishes, after which the curtain rose upon the poorly furnished flat of an ultimate consumer.

The great terpsichorean artist was discovered picking up the fragments of dishes, and when this task was completed she made a leap into the air emblematic of life with nothing to live on.

Alighting, she whirled madly across the stage and flung herself in an ecstasy of wrath astride of the baby's crib.

Laying the cause of her temperamental outburst across her lap, she gave it its regular morning spankishment, accompanied in the orchestra by wonderful cacophonous dissonances.

The dancer then began a scherzo movement among the pots and pans, than which nothing more beautiful could be imagined, especially those themes that pertained to the scraping of the skillets and the emptying of the ashes.

With a tragically executed pas seul the performer symbolized the woman who revolts at the sickening task of halfsoling the trousers of a nine-dollar-a-week husband.

And thus the pitiful story went on, sweeping the emotions, visually and auricularly, through the getting of the morning mail, the wrathful tearing up of the butcher's bill, the scrubbing of the pantry shelves, the putting on of the pot for dinner and the argument with the iceman through the dumbwaiter, to culminate in a climax of soulfully suggestive kicks and wiggles as the harassed woman simultaneously slammed the door in the face of the gasping rent agent, jerked eight burning pies out of the oven and hurled the cat from the interior of the milk pitcher.

Throughout the latter portion of the performance the artist disclosed vistas of beauty and set a new standard in the art of genre dancing.—Success Magazine.

## TO LIVE THE IDEAL

"Whatever the soul is taught to expect, that it will build."

Our heart longings, our soul aspirations, are something more than mere vaporings of the imagination, says Orison Swett Marden in Success Magazine. They are prophecies, they are couriers, forerunners of things which might become realities. They are measures of our possibilities. They indicate the height of our aim, the range of our efficiency.

The sculptor knows that his ideal is not a mere fantasy of his imagination, but that it is a prophecy, a foreshadowing which will carve itself in "marble real."

When we begin to desire a thing, to yearn for it with all our hearts, we begin to establish relationship with it in proportion to the strength and persistency of our longing and intelligent effort to realize it.

The trouble with us is that we live too much in the material side of life and not enough in the ideal. We should learn to live mentally in the ideal which we wish to make real. If we wish to keep young, for example, we should live in the mental state of youth; to be beautiful, we should live in a mental state of beauty.

The advantage of living in the ideal is that all imperfections, physical, mental and moral, are eliminated. We cannot see old age because old age is incompleteness, decrepitude, and these qualities cannot exist in the ideal.

In the ideal everything is youthful and beautiful; there is no suggestion of decay, of ugliness. The habit of living in the ideal, therefore, helps us wonderfully because it gives a perpetual pattern of the perfection for which we are striving. Living much in the ideal increases hope and faith in our ultimate perfection and divinity, because in our vision we see glimpses of the reality which we instinctively feel must sometime, somewhere be ours. The ideal is not a mere fantasy of the imagination; it is a foretelling of what should come true.

## CONSIDERATE

At the time of King Edward's funeral a large crowd was assembled near Victoria station as King George was driving by to meet the kaiser. "Take off yer hat, Johnny," said a British workman to his small son, "fer this is the new king a-comin' an' I wouldn't like 'im to think 'e wasn't wanted."—Success Magazine.