

THE BODY BEAUTIFUL

*According to The
Delsartian Philosophy*

BY

MRS. L. DOW BALLIETT

*"Musical Vibration of Speaking Voice," "Philosophy of
Numbers, Their Tone and Colors," "Beyond Sight," "Na-
ture's Symphony, or Lessons in Number Vibration,"
"Day of Wisdom," Etc., Principal of School of
Psychology and Physical Culture of Private
Pupils, Atlantic City, New Jersey*



PUBLISHED BY AUTHOR
1001 ATLANTIC AVENUE
ATLANTIC CITY, NEW JERSEY
Copyright, 1901, by Mrs. L. Dow Balliett

**The Atlantic City School of
Psychology and Physical
Culture For Private Pupils**

Mrs. L. Dots Balliett :: Principal

**Cor. Atlantic and Virginia Avenues
ATLANTIC CITY, NEW JERSEY**



This picture reproduced from "New Jersey's First Citizens."

MRS. L. DOW BALLIETT

The Body Beautiful

ACCORDING TO THE DELSARTIAN PHILOSOPHY

By MRS. L. DOW BALLIETT

IF our body is not beautiful we have not claimed our birthright and are not living on the heights we may attain. I do not mean physical beauty alone, which is but one form of the beautiful, but, more than this, that which comes from a realization of our ideals. Our ideal self is our real self, and it is not a difficult task to train the mind and body as one until the material body shall have grown into the ideal body. Before the latter is accomplished we are not in harmony with those forces of nature which bring us health and happiness.

The great master, Delsarte, declares that the three principles of the human being are body, soul and spirit; these acting together produce harmony. We use our physical form much as though the body were the only part, forgetting that in so doing we are living on our lowest plane, where fears, anxieties and terrors possess us by day and haunt our sleeping hours. We

close in our true lives under cover of the muscles, which soon rebel from overwork, and as the nerves sympathize with the muscles our lives become burdensome. The spirit force which dwells everywhere, and is within us, is our positive part, and our true strength lies in it; it is the hand that never fails, the eye that does not sleep, and it can help those who are unconscious of its power only when their bodies are wrapped in slumber. During nature's repose, it, in a manner, repairs that which should be a fit temple for the spirit to dwell in.

This spiritual force is known to some as the electric fluid, to others as magnetism, or magnetic force, but to those who are still higher in thought it is something finer than these—it is the spiritualized strength of all these natural forces. It is the breath which the Divine breathed into Adam when he became a living soul; it is inspiration. We all possess it, but few know how to control it. By careful training this can be done. When there is harmony of body and soul it will demonstrate itself through that part of your body which is in most perfect training. If you are musical, improvising will be the result; if your color sense has been trained, a picture may follow. The first necessity

is to make your physical frame sensitive. No muscle in it must shrink from doing its duty, and there is no age limit. Hard physical exercises will not bring you into harmony; nothing but the brain and body working together will do it. Therefore, when following out these directions, do nothing without concentration of thought. You will find here only such exercises as you will use unconsciously in your after life. At first they will be mechanical, but when you have absorbed them mentally and physically you will find they are yours—they belong to you. When you can move with such ease that you are unconscious of your body, when it always moves in the right direction—the direction of your thought—then you rule your environment. We use the law of motion as given to the world by Delsarte, as we understand it; but as that great master taught only principles, and not exercises, you must make your own exercises when you comprehend his philosophy. Our object is to make the body unconsciously move in harmony with the brain or spiritual part.

We will say that the center of the power which is in our bodies is located in the brain, and will consider it as a fluid or glow. You wish to raise your

The Body Beautiful.

1. Remember that the spirit force is activity, its strength beyond our comprehension. We know that when the spirit has left our bodies they cannot move; so with our arms, they lie motionless in our lap as we sit upright. Remember the principle that they have no life of themselves; until the force reaches them they are powerless. When you raise your arm the fluid will flow first from the brain to your shoulder and there cause a slight movement, from there into the elbow, turning it up; then into the wrist which it raises, down into the hand. Delsarte says, the first part used is the first to be devitalized or relaxed. So when you wish to call all the life to your brain, your fingers drop, the wrist sinks as the life leaves it, the elbows fall in toward the body, so, the shoulders relax, and the activity leaves the arm. This is the principle of energizing and devitalizing, the positive and negative element.

body is always intruding itself upon the eye; we lose the beauty of the real self on account of our defects. It has been said that the body is a beautiful instrument of expression, the back, the keyboard; the vertebrae, the keys; the limbs and muscles, the strings; the soul, the player; the motions of the body, the music.

The Poise.

To find the poise of the body is to find what is called the line. This line is the line of gravity, and has two centers, one in the chest above the hollow place found there, and the other in the ball of the foot. To find it in the foot, stand and raise the toes and heels at the same time; stand firmly without swaying either backward or forward on this narrow line and you have found it there. Now find it in the chest by raising the sternum up and out, hold it firmly and feel that your feet are fastened to the floor and that your chest is lifted as by a spiritual stream of light which is holding your upper parts above the earth. Hold in your abdomen and always feel that your upper body is light and buoyant, and it will soon, with proper training, respond to this thought. Raise your whole torso

from your hips as though you had two separate bodies, one firmly planted on the earth and its joys, the other lifted above its noise and din, where you will find in your higher nature the repose and silence of your soul.

The Principles of Movement.

Delsarte teaches that in every harmonious action the body moves in three distinct ways. If this trinity be broken, and the body moved in one, or two directions only, there is a lack of strength and grace and an affectation of manner often seen in those who have assimilated only part of the Delsarte principles. Frills and affectations do not belong to the true Delsartean; they are imitations, the result of a broken law.

All correct movements must consist of attraction, opposition and succession, the three in one, and executed simultaneously. The hands, feet and head attract one another, and belong, as a whole, to the mental zone, and are always associated together. This brings the head over the weight of the body. It is important that this should be kept in mind. As the higher part of us, head, hands and feet come forward, the coarser or lower plane recedes from the higher, giving the opposition (the torso

recedes backward as the arms and head come forward). While this is taking place there should be a third action, a movement going from foot to head all along the spine, as the arms are raised; this is the succession. These three movements must be used every time we raise or put out an arm. Every part of our body must respond or we are not in harmony. The torso should be firm when sitting or standing—"firmness at the center, and flexibility at the extremities."

The succession of the body brings into action all the muscles of the back in which are located the centers of the nervous system. Most people use only the larger muscles of the back, as in the majority of us they are so stiffened by our manner of life and dress that we are unable to bend at the waist except in one direction. The vertebrae are composed of little beadlike sections with the space between filled in with a network of small muscles and nerves. This network supplies the torso with life from the brain through the spinal cord. The heart, lungs, kidneys, uterus, liver and vocal organs are all controlled by the back, and if any part does not act, the organ controlled by that part fails to receive vitality, and grows weak and unable to do its work. This

spinal motion is the most difficult of all motions to accomplish, as but few people are exempt from some weak organ and the center of that organ in the back will be skipped or missed. It is often covered by an accumulation of fat which will disappear as the part is restored to health. It may take months to awaken these disused muscles, but when you have found them you will not lose them again, as this motion is used every time you rise or sit. When sitting or standing the vertebrae should be held firm and straight. As the succession passes from your feet to vertebrae after vertebrae, awakening each in turn, it causes a rhythm or undulation, as the scale is played upon a musical instrument. When seating yourself you use the same motion, the head being the last to respond by a slight sweep. This exercise will be described later.

EXERCISE I.

Sit firmly (not upon the end of your vertebrae) with arms lying devitalized in your lap. Allow the energy to flow into your shoulders, then into your elbows, turning them out in opposition to the torso, into the wrist which it raises, then into the hands to the finger-tips, making them rigid. Drop the

hands, draw back the elbows toward the torso, let the hands float to the lap, remembering that the wrist always leads the hand—it is raised when active and sinks when the energy is withdrawn. The hand follows the wrist as a flag follows the pole to which it is fastened. Think of it as going against the wind in every direction. Count four to raise the arms and four to withdraw the same. Keep all motions steady to insure quick progress. When the arms are raised in succession and dropped in the same manner, the elbows move in a circular manner and in opposition to the torso. Never raise the arm without turning the elbow out or the law will be broken, and a creepy motion will be the result. When the energy reaches the finger-tips the arm is fully invigorated. Repeat this exercise five times.

EXERCISE II.

Stand firmly upon your line, bring forward your arms with four counts (shoulder, elbow, wrist, hand). As the arms come forward the torso opposes them in a backward direction. The opposition of the body can not properly take place unless you are able to move your torso in a backward direction. This may require practice, as your

waist-muscles may be powerless to act. Return arms to side with four counts. On the fourth count you must be conscious of perfect poise—a raised chest and standing upon your line. Repeat ten times.

EXERCISE III.

Stand well poised, count four to raise the arms in front, invigorate from head to foot; rise upon the toes, stand firm and count four. Count four to return to position, devitalizing one part at a time. Then stand with energy withdrawn four counts. This exercise requires sixteen counts. It is important to count regularly, as the concentration trains the brain as well as the muscles. Repeat four times.

EXERCISE IV.

Stand, raise the arms at the side even with the shoulder (in the same manner as previously described; never raise or lower your arms in any other way and they will soon grow strong and symmetrical). Bring them down from the shoulder to the elbow, which is bent, in toward the torso as you straighten them, bear down upon the palm near the wrist as though pressing a ball to the floor with great strength, changing

from there to the base of the fingers, curving the hand to lend it expression. This exercise requires eight counts. Repeat five times.

EXERCISE V.

Stand on line, raise the arms even with the shoulders, bring them together, palms in front, wrist leading and elbows turned in. As the arms come together and are straight the energy flows into them and they are positive and rigid. Turn the palms outward and back, elbows in opposition. Invigorate when reaching as far back as possible. The body should sway backward and forward with the movement of the arms, rising on the toes. Use three counts each way.

EXERCISE VI.

Sit with raised chest, move arms up, down, out and in, using one count for each motion. Repeat ten times.

EXERCISE VII.

The succession of the vertebrae is difficult to learn without the assistance of a teacher, but with thought and practice it can be done. Sit midway in a chair, place your hand low upon your abdomen and assist the muscles to

make your back bend and touch the chair. Make the energy go continuously from the bottom of the spine to the head without missing any part, raising the chest when the energy reaches it. Remember always that the energy is the true power, and until that reaches a part it is relaxed or negative.

To Sit.

Stand with leg touching the chair, weight upon it. The energy at once flows from the knee, then from the hips which touch the chair. This is usually the last motion made and the average person drops into the chair as stiff as a china doll. From the hips the energy should flow up the vertebrae in the same way as in the previous exercise, but in only a slightly marked manner when the back becomes flexible and the chest is raised, the last motion being of the head. The hands lie relaxed in the lap.

To Rise.

Follow out the law of harmony, the head and feet sympathizing. The energy starts from your feet, and the opposition being present you rise with the same movement as you sit. Your weight is placed upon the foot nearest

the chair, and you at once seek your gravity and rise with ease and grace. Never make a hitch or movement with elbows or hands in the preparation of rising.

EXERCISE I.

Stand upright upon both legs, one behind with the toe touching. Carry the weight upon the back leg, using the spinal motion of succession. Sway gently forward until the weight is carried to the forward leg, when pause long enough to find your line with raised chest as the motion is completed. Allow the head and torso to sway in opposition as the center of gravity changes, taking care that the movement is slow and continuous. This exercise will require much thought and practice, and should be used every time you step forward or backward in your daily life. If remembered and practiced when alone it will soon cease to be an exercise, but will become habitual and a part of yourself.

EXERCISE II.

Sit with weight upon right side, the head and shoulders in sympathy (do not drop the shoulders at any time, as that shows a lack of dignity). Change

weight to the left side, head and shoulders over weight.

EXERCISE III.

Lean forward so the weight is resting over the right foot; bring head, raised chest and hands to that side. Repeat on left side. This law should be carefully studied in the art of sitting. It is not well for a woman to cross her legs in sitting, as she rests one at the expense of the other. It is better to cross the feet. Remember that unlimited power lies within you dormant, ready to be awakened, directed and used at your command. To many this is a hidden power, but to those in tune with the infinite it brings the realization of success.

Breathing.

The art of breathing is greatly neglected by specialists in throat and lung diseases; and yet many colds and sore throats can be overcome by an hour's careful attention to breathing, wherein the throat may be so strengthened that it will in the future resist disease.

We have the clavicular or high breathing, called the mental breathing, the costal or rib breathing, and the diaphragm breathing. These are all good,

but do not give health and brain power unless the three are combined, which is seldom done. To breathe properly and use the combined breathing-muscles, the three, making the full breath, must be used. The breath should be drawn in with a slight inward movement of the abdomen and creep up the entire torso, filling it in every direction until it is above the hollow spot over the upper ribs and above the diaphragm. The breath then raises the chest, and the use of the diaphragm and abdominal muscles prevents it sinking. The outgoing breath should begin with as slight a depression of the chest as possible (the chest should never sink, under any circumstances). Expel continuously until there is a slight outward motion of the abdomen; striving always to hold the chest firm, pressed forward and outward, and endeavoring to enlarge the lung and rib capacity so it can hold more air. The outward expression of a high chest is dignity and happiness. Many pugilists of the past, before the value of proper breathing was understood, died of tuberculosis. They covered their chests with a coat of tight muscles, instead of increasing its inward capacity. Breathe carefully and pack your lungs every day; it will promote your happiness.

We hold it as a truism that the desire for happiness is at the basis of all action. Then why is it that women will let small events monopolize them and crowd out these thoughts and exercises which would advance them and bring happiness to themselves and their households? You can not be a wise counselor until you have conquered yourself; you can not gain victory over self until by patience and concentration you have brought your body and mind into harmony—into that repose where true strength lies. When nature gathers her forces together as before a storm, the stillness creates in us a greater terror than the outbreak which follows. The mind that has control of its forces is filled with activity, yet is so calm and restful it draws all things to itself by its strong magnetic force. To become magnetic and in harmony one must be a true magnet, representing both the positive and negative poles. When you are thoroughly relaxed in every part, you represent the negative pole. You receive the thoughts of those who are upon the same plane with yourself. Their thoughts of fears, grievances and diseases all come to you and prey upon you, no matter how amiable your natural disposition may be. You

appear to be a sort of reed for the elements to play upon. When you are positive, when every muscle is tense, and you hold yourself as though made of iron, you can not receive an impression unless you are willing to receive it.

If you can not relax you will wear out. All the exercises found here lead to the storing of magnetism by making you both positive and negative. You can not thoroughly relax unless you thoroughly invigorate so every exercise and gesture must have a climax. This comes from the energy flowing to the extreme point of the part used and being made tense. When the arm is straight from the shoulder, no matter at what angle, the climax must be reached or the motion is weak and the gesture lacking in force. So in all the movements of the body the successive flow of energy must be from head to foot or from foot to head—from shoulder to tip of finger—when it becomes positive or tense. This is of such vital importance that it should be carefully considered and always used. No one can teach you by forcing facts upon you; it is only the knowledge you actually take in and assimilate that goes toward your education. You must reach out and take it. Only then will you know what rest, repose and her-

you holds the greater share
and you must be in harmo
world to become a sharer in
all the past ages. To breatl
take many steps toward thi
human breath descends only
tom of the lungs, but the b
spirit is found all over the b

EXERCISE I.

Stand well poised and bre
as though from the earth ; ri
toes and when you seem fill
press the air down by inh
breaths, not allowing any
until you can hold no mor
slowly. Repeat four times.

EXERCISE II.

Sit upright, breathe as the
ing through your hands and
your whole body is filled.
capas, make the intercosta
rigid and the whole body s
intensity Repeat these tim

throw the arms well back, bring them forward while counting four and slowly exhale, carrying the head forward with the arms. By the use of succession and opposition this brings the diaphragm into action. Make the intercostal and abdominal muscles rigid. Do this four times.

EXERCISE IV.

Repeat the same exercise, and when the air is escaping articulate the sound "a-h" with the muscles of the throat relaxed and feeling the resistance of the diaphragm. Do this four times.

EXERCISE V.

Stand, fill your lungs to their utmost capacity, seeing how much air you can hold. Feel that you fill to your throat; close the exits of escape, the mouth and nose, then with both hands press in the waist, which will thrust out the ribs, and explode in one breath. Do this only three times, resting between breaths.

EXERCISE VI.

Take a full breath and see how many words you can plainly articulate during the expulsion of the breath; place the hand upon the throat to see that there is no constriction there; speak from the

diaphragm. Weakness and shaking of the hands and arms often come from misplaced vocal cords.

EXERCISE VII.

Sit with raised chest, inhale slowly with the thought that there is a crystal reflecting all the colors of the prism, as fragile as a soap-bubble, lying at your feet, inhale slowly and bring this ball to your head with the thought of peace letting it pass through your entire body without skipping any part. Exhale and press it down to your feet, keeping the same thought. With practice and concentration you can do this.

EXERCISE VIII.

Stand, inhale slowly from the earth a thought of love; let it pass through your body and out of your head in a circle and return again to your feet in the same way. The love you send out will return to you spiritualized.

EXERCISE IX.

Sit, throw out circles all around you, but not through your body, from right to left and left to right, backward, forward, diagonally, until you are surrounded with them, and with each circle send out the thought of joy, happi-

ness, health and harmony, until you have surrounded yourself with good thoughts, then send them out to the whole world in circles broad and wide. This is a delightful exercise to use upon retiring for the night, as your last thoughts before going to sleep for the night have strong control over your vitality on the following day. After you have gained control of your forces, you can send out circles independent of breaths simply by thoughts.

EXERCISE X.

Stand, take a full breath, bringing your arm straight down at your side with closed fist. Make your body tense and walk upon your line with raised chest, counting one with each step; if air does not escape you can count but ten before exhaling. Rest a few minutes and repeat until tired. Do this especially when out of doors, as it is a great vitalizer.

EXERCISE XI.

Sit, open your mouth, bring the tip of the tongue slightly in front of the teeth, throw the lower jaw down as in the act of gaping, that is, drop the tongue low at its base and raise the palate, leaving a wide space for air to pass through, and breathe slowly. The

mucous membrane which starts at the lips and nose often grows stiffened and diseased, causing the voice to become husky and throaty. This exercise persevered in will often cure weak and diseased throats and catarrhal condition of the nose.

EXERCISE XII.

Sit or stand, take a full breath, using the diaphragm, feel as though your voice came from your heart and with throat relaxed say with clear voice, in one breath :

"Mary had a little lamb,
Its fleece was white as snow;
And everywhere that Mary went,
The lamb was sure to go."

Breathe several times, then with one full breath repeat six lines; rest and repeat eight lines; rest and repeat ten lines; and so continue until it is impossible to go further.

Gesture.

Gesture is an emotion or feeling of the body and mind expressed by different movements of the whole body. You should be so trained that action is produced without bodily consciousness. Gesture should not be learned as gesture; the study of the law of mo-

tion, if thoroughly assimilated, will teach the use of graceful movements. It is not best to have only certain hours for practice, dismissing the subject until next day; you will never master your natural inclinations in that way and your body will not become your slave unless you practice faithfully for one year, then a lifelong victory is yours, and you will grow old gracefully, and in harmony of body and mind. A few weeks' practice will often show itself in improved health.

You now understand the three movements of the body, the succession, opposition and attraction, which are the foundation of all expression. When you extend your arms in front, the elbows go out in opposition to torso; the torso recedes backward from head and feet; the succession skips not one muscle in your body. In truth, you are in sympathy with everything; an obstacle means an inharmony.

Delsarte says that gesture has three main points of departure. We can not now go into the depths of his beautiful philosophy as we understand it, but from these three zones you can build many beautiful tableaux and use them in your daily life. The zone below the hips belongs to the animal world; you use it for points of departure to the

things you stoop to caress. The zone above, from hips to shoulder, expresses emotions between man and man and is used in points of departure with our fellow beings. We throw out our arms in welcome to greet those we love. This is the moral plane, the soul plane, where love reigns and repose is found. Above the shoulders is the zone of the spirit; this is God's zone and is used in inspiration and prayer. Arms raised above the shoulder means intercourse between God and yourself. The upper part of the head is the spiritual part, and is always thrown forward toward a person in tenderness and love. The chin is thrown out toward you in unbelief, and expresses haughtiness and the physical propensities. You will find in these points the nucleus for many exercises of your own invention.

EXERCISE I.

You see a dog approaching; place weight upon your right foot; the succession of the body brings the head forward as the torso recedes in opposition, the right arm comes forward with foot, as your arms and legs always go together, the right arm is advanced and the left, too, is advanced but kept nearer the left foot, making the same snapping motion of fingers as the right.

Regain slowly an upright position, always seeking your line and raising your chest at the same time. Do this six times.

EXERCISE II.

Stand; you see some one coming into your house you wish to welcome; bring your weight upon forward foot, chest raised, arms extended below the shoulders and above the waist (do not forget their opposition to the torso), face animated. Do this six times.

EXERCISE III.

Stand; raise your arms high above your head, with head over the weight of the body. This zone is the one that belongs to intercourse between God and yourself. Place your weight forward upon your right foot, the head is over it and the right arm is raised higher than the left in consequence. Clasp the hands together above the shoulders, then your weight is upon both feet. When the weight is upon both feet, the hands are even with the head, balanced in the center of the body. Most graceful motions are made upon a single base.

EXERCISE IV.

Bring your arm to left shoulder according to the law of motion, palm

front. In returning it to position raise the elbow, and the wrist follows it in a curved line. Remember the vital or physical plane uses straight lines; the curved or spiral forms belong to the planes which make the trinity of body, soul and spirit.

The Hands.

One thing to which I wish to call special attention is the use of the hands. The reason we see so much affectation in their use is because the law of harmony is broken. Closely observe a few exercises.

EXERCISE I.

In bringing your hand to your ear, remember the side of your hand, not the palm, belongs to the side of your face; so bring up the outer thumb part, wrist leading; as it reaches the ear touch it with your finger. Returning let it descend with side to your lap and not palm down.

EXERCISE II.

To bring the hand to your nose, directly in front, the palm can go first, but the side motion is more graceful, turning the hand, palm front, as it reaches the face. Return side down, wrist leading.

EXERCISE III.

Never sit with the palm of hand resting upon the abdomen or legs. The hands are capable of high cultivation, and any hand may be made expressive, if not beautiful, by careful training. Every joint should be freed and made to move in succession. Gestures made without the energy flowing to the finger-tips are weak and awkward. It is said that a genius's hand is a curved one; it is, at least, a cultivated one and one that any person with patience and concentration may acquire.

The Wrist.

EXERCISE I.

Let the wrist sink (this must be done from the arm and not from the hand, which has but little energy). Sink and raise it five times.

EXERCISE II.

Sink the wrist, throw out the elbow, wrist following; bring in the elbow, wrist following; raise the wrist, sink the same, making an out, in, up, and down. Do this ten times, making the wrist lead and not the hand.

EXERCISE III.

Raise the wrist, sink the knuckles at

the base of the fingers, raise the knuckles above the palm, as the energy flows steadily into them, and that will press hard against the finger-tips, raising them, making the hand even with the raised wrist and elbow. Now, you see, the succession has been followed out, and every other joint has been raised and every other one lowered. When the energy is recalled it reverses the motion. When this exercise is perfected the hand represents many lines of beauty and is as expressive as a soulful face. Be careful not to make a motion with the hand without letting the energy flow to the finger-tips or the result will be a weak affectation, as the law of motion will have been broken. If you follow out the law of motion regarding the different zones and their points of departure, you will have the foundation of dramatic art.

EXERCISE IV.

Sit, raise the wrist, the hands pointing downward. Place fingers like a ring around the thumb. Sink the wrist; the hand slightly rises, the fingers somewhat separated. The center finger should always be opposite and pointing to the thumb, the rest following.

EXERCISE V.

Sink the wrist; the hand rises. Raise the wrist, withdraw the energy from the hand, the center or long finger should follow the thumb. In all motions of the arm this law should be followed out; but avoid an energized hand held in this position. This exercise should be practiced until the relaxed hand falls naturally into this position.

By this time you no doubt have discovered that your body is not the servant of your soul; your muscles do not respond to the call of your will; instead of being a natural being you are a creature of habits inherited from ancestors who have given you this tendency to inharmony.

The palm of the hand and face attract.

The side of the hand attracts the side of the face.

The back of the hand opposes the face.

EXERCISE I.

You see some one enter your room; you say, "Come;" your arms rise with elbows extended, palms up; the top of the head goes forward and you bid the friend a sincere welcome.

EXERCISE II.

Some one enters your presence whom you dislike; your arm goes forward, palm of hand down, head opposed, chin comes out (this is the physical part of the face), the whole body is energized, and you say, "Go."

EXERCISE III.

Repeat the preceding exercise with arm at side, looking at the object in different parts of the room; chin always protruding.

EXERCISE IV.

Use the same exercise with arm extended in front below the waist-line.

EXERCISE V.

Open the door, following out the law of motion. Approach the door, extend the arm to knob; place, of course, the weight upon forward foot, observing the strong opposition and succession of the body, draw the door toward you, step back with toe touching the floor first, the body and head poised over the foot that takes the weight; take as few steps as possible.

EXERCISE VI.

Close the door in the same manner.

Do not bring your torso close to it, but remember the opposition when arms are extended.

Use this exercise every time you approach dressing-table, bookshelves, etc.; in fact, practice it until you acquire such ease in it that you are unconscious of it; then it will be yours and not until then will it be entirely graceful.

EXERCISE VII.

To pick up a handkerchief from the floor, bend one knee until it almost reaches the floor, holding the torso firm and upright, bringing the body with its weight upon the strong foot and toe of bent knee, and using the hand of strong foot. In rising observe strictly the law of motion, head over the weight of the body, and you can not fail to rise with ease. Do not jerk the arms or use unnecessary steps.

EXERCISE VIII.

Kneel in the same manner as above; allow the bent knee to touch the floor; place weight upon it while putting the other limb back. Rise according to the law of motion.

EXERCISE IX.

Sit down upon the floor according to

the law of motion, keeping the head in balance over the weight and rise in the same manner without the aid of hands or arms, keeping the chest well raised. You will soon find sitting down and getting up is great fun.

EXERCISE X.

Lie down in the same manner, and when down thoroughly relax; feel that every part of your body touches the couch. If you find any part with energy in it, know that this is a waste of vital power and contrary to the idea of repose and harmony. Feel that you are simply going to let go, and trust yourself to the strong arm of the Omnipotent in whom you will find the rest and repose that dwells in the universal ether, where the worlds are held in their place without a jar.

Rise slowly, being sure where the weight will fall, with raised chest and steady shoulders.

Walking.

The motion of walking should begin at the hips and extend in succession to the foot. The shoulders should be kept even and steady except for the vibratory motion, as harmony of body is found when touching the line. The

poise will be found with each step. The succession is made by the energy flowing from foot to ankle, then to the knee, which it energizes and makes firm, then to the hip, which is thrown slightly in as the energy and weight reach it. This motion throws the other hip forward and slightly out; it is raised by this hip motion and by the firm knee, and not by shoulder muscles. The limb that is thrown out should not feel force from energy until it touches the line of poise which must be found first, the heel touching almost simultaneously, but the weight upon the heel should at first be so light a child's finger would not be crushed by it. No one can be in a harmonious condition who jars the whole system with every step. Nervousness must in time result, as magnetism is thrown off with every jar and this must in the end break down some vital organ. No one is too old to bring his weight forward upon the ball of his foot, but in doing this a raised chest is necessary or else a tipped-over look will be the result.

If you are uncertain of your walking or standing position, open a door and place your feet three inches from the edge of it, bring your weight upon your line, touch your forehead from brows up against the door, also the chest,

drawing the hips well back and abdomen in; stand firmly in this position and shut the door. You are standing correctly, and if you feel as though you would fall forward, you have been standing out of balance. You can soon overcome the error by persistently standing and walking in this way.

Do not bring the foot forward as though toe and heel were one solid piece. To be expressive the foot must be used from toe to heel, the toe, in every movement, touching the floor first; this arches the instep and makes even a homely foot expressive.

EXERCISE I.

Stand firmly upon the right foot, the hip thrown slightly in; the left foot is raised by the movement of the hip, the line touching the floor from there to the heel, straightening the knee and holding it firm. As before, when the energy reaches one hip, it recedes and raises the other one. Care should be taken not to throw the hips from side to side in walking, as this shows a physical condition which should be avoided. The proper motion of the hips is spiral, the highest of all motions. The magnetic walk consists of an alternate negative and positive movement, one limb invigorated and

the other relaxed. Walking or standing with baggy knees is undignified, unhealthful and ungraceful.

EXERCISE II.

Stand upon the toe of left foot, bring the toe of right foot almost directly in front of it and tap it to the floor with some force upon the count of one and two, upon the third count bring weight with head over it on right foot; upon four have left foot raised ready to repeat. Do not lose a count, but continue this around the room, moving lightly and gracefully. Do not use music until you are certain no bad habits have been acquired.

EXERCISE III.

Stand upon right foot; upon count one rise upon the toe and throw the left leg across the right; on count two, throw the right leg across left, rising upon left toe; continue this until you have counted four, then repeat ten times. Care must be taken that the leg is lifted from the hip to foot, and not with a pump-handle motion. Repeat, and advance a step with each count.

EXERCISE IV.

Put out your elbows and catch the skirt of your dress, raising it slightly;

42 *The Body Beautiful.*

balance upon right toe; hop upon it with count one and two; upon count three, change weight to left toe and hop upon that while counting three and four. Do not lose time upon third count.

EXERCISE V.

Catch your dress as in the preceding exercise; balance upon the toe of right foot, throwing the left bent leg out forward, with little energy in it for two counts, hopping upon each count. Change weight upon count three, throw the right leg back and hop upon this count and count four. Repeat, changing the balance upon the first and third counts; the left leg always in front and the right back, unless you elect otherwise. You hop upon each count, and the body sways as the center of gravity changes.

EXERCISE VI.

Repeat the same exercise, but advance a step with count one and three. These are valuable exercises to strengthen the muscles of the legs and hips.

EXERCISE VII.

Right foot forward upon count one; on two the toe of left foot is placed at

the center of right foot; with count three rise upon both toes. Upon count one the left foot advances, upon count two put right foot over left foot; rise upon third count.

EXERCISE VIII.

Return by placing the foot over the instep on count one, in a long step, using the succession of the vertebrae as you seek your line. Upon count two, the forward foot should sweep into its place over the instep by the backward movement of the hips, without effort. Rise upon the toes in third count.

EXERCISE IX.

Stand, weight upon right foot; bring heel of left foot over the instep of right foot; rise upon the toe of strong foot and tap with free foot twice loud enough to mark the time, one count to each tap; change weight at three, and advance at four. This exercise is to develop the foot and leg muscles and brings the balance where it belongs.

EXERCISE X.

Stand on right leg; upon count one, throw the left leg out in front; upon

44 *The Body Beautiful.*

count two, throw it back; count three out in front and on count four place your weight upon it and repeat with other foot. Avoid a straight line but make it strong when fully energized. Repeat.

EXERCISE XI.

Repeat, but advance upon count four, and rise upon the toe with each forward movement.

EXERCISE XII.

Morning and evening, when lying without pillow, breathe full natural breaths. Strongly energize your whole body. First press the heel out, then the toe; raise the arms in all directions, pressing out the palm and finger-ends. Make the body perfectly rigid from head to foot—back, arms, head and legs; then slowly relax until you are negative; then re-energize and relax at least five times, and think of receiving added strength of body and mind. You will find that this exercise has great curative powers and is good for insomnia.

EXERCISE XIII.

Sit upright, without touching back of chair, immovable as though lifeless; count mentally as long as you can sit

perfectly still. If your eyes burn from a desire to throw off electricity, and you can not overcome it, wink after counting five. Begin over again and persevere until you can count 300.

EXERCISE XIV.

Stand, raise arm level with shoulder with finger pointing to a certain spot on the wall. Stand perfectly still and count as before.

EXERCISE XV.

To test your muscular strength, stand while counting 100 upon toe of right foot with the other raised from the floor.

To Go Up and Down Stairs.

Going up and down stairs is a most healthful exercise and should not injure any one if the law of motion be obeyed. The entire strength of the muscular system can be tested by the ability to stand upon the toe or toes. A child should be taught to walk by having some one hold its hands, thus compelling the weight to come upon the ball of the foot and developing the proper muscles where the natural poise of the body is found, and not by being stood against a wall, a position

which throws the weight upon the heel, causing a displacement of the internal organs and the protrusion of the abdomen.

Approach the stairs; rise upon the toe of strong foot; as the energy reaches one hip it throws it in and the other one up and out, bringing the bent leg to the next step, and as the energy flows into the foot from the hip it becomes the strong foot, as you place the weight upon the line. Hold the body exactly straight over the weight as the tendency is to lean forward, thereby losing the assistance of strength of poise. As the foot becomes strong do not forget to rise upon the toe—the motion is a slightly upward rocking one made by the swaying of the hips—and there is a slight motion of the head as the body seeks its gravity with each step. In descending the stairs, first notice the character of the steps which bear in mind and keep your head straight with your shoulders as you descend; the motion is an undulating sweep. You rise upon toe of strong foot, the action throws the other foot to step below; touch it with the line of your body. The heel never touches the stairs to be heard.

Facial Exercises.

The face alone is the one part of the body which will require a lifetime of attention if the muscles are to be kept firm and free from the signs of approaching age. Five minutes' practice a day will enable you to keep the dimples which otherwise will turn to wrinkles. The mouth and chin will sag, heavy lines will fall from nose to mouth, on account of their motions being limited, and this drawn-down appearance is the destroyer of many otherwise beautiful faces. To overcome this tendency and to give the happy line, exercises of the following nature may be used:

EXERCISE I.

Draw the lips close together as though gathered by a thread, and while in this position articulate the word, "pull."

EXERCISE II.

Stretch the mouth to its utmost capacity and articulate the word, "Paul," moving the muscles of the face in every direction, especially the chin; throw the eyeball as a whole in an outward direction, without opening the lids wider than usual. Do this 25 times.

EXERCISE III.

Place the hand perpendicularly upon the side of the face with thumbs back of the ear; move the muscles up and down 25 times.

EXERCISE IV.

Place hands straight from the corner of the eye, fingers pointing toward the back of the head, top of forefinger in hollow spot in front of ear. Move the muscles backward and forward in the direction of the hands 25 times.

EXERCISE V.

Take the third finger and press under the cheek bone and follow in the direction of the eye to the outer edge of eyebrow, to the center of the nose, up the forehead to the edge of the hair, and return in the same direction. Follow the nose up and down with the same finger and around the mouth and eyes.

As the scalp has a tendency to come forward upon the forehead unless the spine is kept straight use more upward motions than those of a downward character. Do not be sufficiently harsh in these exercises as to bruise the muscles.

Pure almond oil well rubbed into the

face, removed with a soft cloth, and then dusted with infant powder before going into the sun or cold wind, will prevent sunburn and chapped skin. Wash the face and hands with good soap and soft water before retiring at night.

Responsiveness.

As the lightning rod acts as a conductor of the electric fluid, so your body when responsive is a true magnet and receives the fluid from the earth and air.

There is a center from without as well as from within. When you are filled with joy your chest is raised and you feel a warmth and glow. When you are sad, raise your chest to woo the warmth; hold it firmly for a few minutes; the feeling of joy will come and you can banish despondency by this exercise.

Try to find points of contact instead of opposition with every one. To act always in the affirmative is cowardly. Do not fear to be just, but generously remember your fellow men are doing their best from their point of view. Seek points of contact in all that is good in the nature of others, and go with them when you can in the right direction. They will suffer for their er-

rors; let nothing but silent sympathy and helpful thoughts leave your mind.

When noises occur like rapid driving of carts, cars, or other unpleasant sounds, throw yourself into their vibrations and go with them, then the noise will cease to annoy you; it is what we call obstacles that impair the nervous system; they wear it out faster than it can be repaired. Stop making obstacles, let points of harmony take their place.

Live your own life upon your highest plane, and allow others to do the same. Do not in mistaken kindness try to interfere with another's life. Individual experience is sacred. One can grow only by means of his own experience. When you think they need your advice, tell them truthfully your best thoughts and then let them live their own life. But see them mentally as you wish them to be—hold this ideal firmly in your mind, do not lose it—for you see their real self. So do not try to govern them; it is a mistaken kindness, and you will suffer and their growth will be retarded; each must live and suffer for his own errors.

Rest the muscles; when one set are at work rest the others by relaxing them. Do not keep the body in a state

of tension all the time. When walking, relax the arms and shoulders; when writing relax all but the hand and arm. When reclining, relax the entire body and let go of handkerchief, pocketbook or any other article you are inclined to hold. When resting, if possible, close the eyes.

An Experiment.

After reading this, you will in all probability say, "This is not true." But you must remember that many things which we are inclined to reject on a first hearing, after consideration prove themselves to our consciousness. This has proved itself true during many years of my own life. Have there not been times in your life when you have felt that everything has gone wrong in love, friendship, ambition and finance? The cause is within yourself. You consider that some individual or corporation has injured you; you abuse that individual or corporation aloud or to yourself; even though you have forgotten the circumstance, in maybe one hour and not over ten, a terrible fit of despondency will come upon you and you will feel that your business, health and loves are wrecked. You will see things only in the worst light your temperament

will allow. This condition was brought about by the shaft of evil thoughts or words you sent out to those you held in pessimistic thought; the arrows of your inharmonious state may have fallen lightly or may never have reached their mark, but they have returned to you and you are suffering from what you yourself have created. If this seems untrue, try it as an exercise. Having found that all our despondency arises from our pessimistic thought or thought of evil, try the opposite experiment, that of praising everything you come in contact with. Keep up this thought of praise and thanks for an hour, then allow it to pass from your mind. Before half the day is over you will feel a sensation of peace and joy and will find yourself whistling, singing and enjoying the overcoming of what once seemed obstacles. This is the return of your optimistic thought.

Manner of Growth.

Try this manner of growth: When alone, go up into the region of ideality, the soul-plane, and leave the physical with its cares and discontent for an hour each day. If you can not spare an hour, half an hour will show itself

in improved health and happiness. Do not be discouraged with your first efforts; it is a matter of growth and must be slow. Remember that impatience weakens you in every way; hold on to a firm belief that you belong to a higher plane than that on which you are now living, and the belief will soon pass into knowledge.

Think of yourself as a living soul, a part of the universal God, whom you regard as dwelling in the highest part of your mentality; raise your thoughts, your eyes slightly follow; a peace, a glory and rest will ensue as though you were surrounded by a golden light. As you lift your thoughts, your breath will draw down until it seems to permeate your whole body; then you will take in another full breath, which lasts a long time; you feel as if your whole body breathes. This slow breathing will last as long as your thoughts are lifted, and should be done without effort. Hold your thoughts in purity, free from selfishness, and let love reign supreme. When the psychological action begins to take place, a feeling of warmth will glow over you, and as the body begins to yield to the thought, a perspiration will follow when the strength of the law of attraction begins to be felt. Then you will say as

there, -

There is a calmness of mind
as of body and nerves. The
of a weak mind is stupidity
weak body, laziness. The
thing of all is the repose
mind which is the perfect
strength.

