

SAME LITTLE GIRL.

There was a little girl, And she had a little curl, Right in the middle of her forehead.

THANKS TO LUCIA.

(Concluded from last week.)

III

Elliot got to work on his full-length portrait of Suzanne that afternoon, using ordinary colors on my advice.

It speedily became clear to me that I had a great portraitist in captivity. The same thing became evident to others who looked in—lay brethren—

Meanwhile, deeply immersed in my own job, I had ceased to serve as time-keeper on Lucia and Wade and left the business to work out according to the laws of nature and human events.

"Mr. Brown," said she, in outraged accents, "I fear that your friend Mr. Fiske has not rid himself of his Latin Quarter principles—or lack of them."

"The latter, as I remember the life," I answered. "But why this stern impeachment, chere madame?"

"You need not try to gloss it over on the plea of his having spent twenty years on a desert island," said she.

"I don't know what that is, but it is precisely what I mean," she answered.

"Well?" I murmured.

"I was about to go into details I went there about an hour ago, and as I pushed aside the portieres, I discovered that your fascinating confrere was taking far more interest in his model than in his work. I withdrew unperceived."

precise, as a sea-anemone, and she considers Wade's blindness as an advantage." And I told the anxious mother of what she had said on this score.

"Oh, bother the dot!" Mrs. Smith interrupted. "But her father—"

"Yes," she admitted. "But do you think that it will last?"

"There is no immediate danger," I answered. "I am waiting until next week when your husband goes to San Francisco."

This terminated the interview, and I went home, very pleased with the turn of events, being convinced that Mrs. Smith would thoroughly approve the marriage of Wade and Lucia on thinking the arrangement over.

"We'll break down," they said. "Give up three hours a week." I replied, "and you won't."

"I am sorry that Mrs. Smith was disturbed," said she, "but it seems to me that Wade has made it plain enough that he wanted me to break the engagement. I should have done so long ago, but I wanted people to understand that it was his own wish, and that I was not going to be married because of his blindness."

"I congratulated them warmly, then, being a practical person where others are concerned and having his financial condition in mind, asked him what he meant by 'very soon.'"

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"Such things will happen," I sighed. "Poor Elliott!"

"Hooray!" I exclaimed. "Was she—resisting?"

"I was afraid something of the sort might happen, and I did so want him to marry her. It would have given him an interest in life."

"The same. Wade is deeply in love with her, and she is most thoroughly and sanely in love with him. They told me so. At least, they told each other so in my presence. They want to get married—and why not? Lucia is as pure and fresh, or salty, to be

You Pass Your Physical Zenith Between 31 and 35.

But There is An Easy Way to Keep from Going Down Hill Too Fast.

BY WALTER CAMP, IN THE AMERICAN MAGAZINE.

Do you want to work harder than you have been working? Are you afraid that you will break down if you speed up? Like everybody else, you have been under a strain because of the war.

When we tackled the job of war, the man that was physically fit for that job was a rare exception. Twenty-nine per cent. of the men between twenty-one and thirty-one who were examined by draft boards were rejected.

But it was not only the young men who had to shoulder the burden of war work. Think of the middle-aged and even elderly men in Washington and all over the country who were called on to work harder than ever before.

When I talk of the "middle-aged" men we think of those over forty. But physically a man passes his zenith between thirty-one and thirty-five. He has compensation; he knows more and he can get bigger results with a smaller effort.

At the beginning of the war a group of men in New Haven found themselves face to face with great responsibilities. Some of them, manufacturers, had taken over huge contracts for the government; others, professional and business men, became engaged in patriotic labors of various kinds.

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ally fit man is the man with the bulging muscles. We have admired the proportions of our strong men, and tried to be like them, thinking that the nearer we approached that ideal the more physically fit we would be.

Some scientifically trained leaders of athletics have known better all the time; but it took the war to bring it home to most of us. The muscles of every man cannot stand the strain of war as well as another man, which means that he cannot stand the strain of peace as well.

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You can and ought to do both, if you have the time and opportunity. I know, however, that many men have not the time and opportunity for sports. But such men can take a walk each day in the open air, a walk of a mile or two, either to or from business.

Also, if you have put flesh on you must not expect to get rid of it in a twinkling. If you did, your heart would pay the penalty. Nature did not put on that flesh in a few days. And she will not stand for having it taken off in a few days.

Another advantage gained from these exercises is an improved circulation and a better distribution of the blood supply. You probably have noticed that at committee meetings, where men gather around the table to discuss some matter of business or policy, their cheeks become flushed, as if with exercise.

Remember that you have to keep regularly at your regimen; to keep fit you must exercise and walk, or play, every day.

And remember, too, that you may have to give up some favorite dishes. The primitive man can eat anything that doesn't eat him; but not so the civilized man. His own experience, maybe, or that of a doctor, must tell him what he can eat and drink; but he must abide by this experience or doctor. He cannot do everything he wants to do without paying the price.

I know very many men who are keeping up these exercises, and finding that they "do the trick." As a rule, if a man finds that anything is actually bringing results, he will keep that thing up. It's the wrong kind of exercise, the exercise that takes something out of him instead of putting something into him, sending him about his day's work with lowered vitality, that he shirks. Even with the right system, he should never exercise until he is tired. If he is not refreshed he has gone too far. This nation should be physically fit; and eight minutes a day will come mighty near to making it that.

It is what lies under the ribs rather than what lies over them that is of value. The real essential is the engine, the part under the hood—lungs, heart, trunk. The engine should be kept oiled. If it is to run smoothly, it needs the lubricant.

The first sign of age is stiffness; I might even say that a man is as old as he is stiff; and the muscles of the trunk, which are essential, the vital muscles, are the first to grow stiff unless they are exercised. Wade cannot get up from his chair. If he catches hold of the arm of the chair and helps himself up, he is already growing stiff in the body. He is following the course of least resistance; he is helping himself up with his arm muscles.

The result of this neglect is soon apparent. The man grows shorter as he grows older, because he stoops forward; and he stoops forward because the muscles of his trunk are not strong enough to hold him erect. Consequently he sags; the sagging compresses chest and stomach; indigestion results with all its consequences. The man is old before his time. He may be a farmer or laboring man with powerful arm and leg muscles. In fact, this type of man frequently gives down first, as we all know. What he needs is a trunk so strengthened, a chest so expanded, that he will, without effort, hold himself erect.

I say without effort, because we cannot be thinking all the time of our physical well-being. In fact, that is a pretty good way to avoid having physical well-being. Probably you have been told to stand every morning in front of an open window, take deep breaths, and then to remember all through the day to continue them. That's all right as long as you are standing in front of the window. But when you get to your desk you forget the deep breaths you had intended to take. You cannot think of business and deep breathing at the same time, and do just up to both.

Consequently any system of setting-up exercise that is to be of real benefit must so strengthen and make supple the vital muscles, the muscles of the trunk, that the man taking them will, after a while, stand erect habitually, and because his chest is permanently deepened, take full breaths unconsciously. These exercises must make him hold his head erect; because when his head droops forward he is beginning to sag. Hollows in the back of the neck are a bad sign, because they mean that this sagging process has begun. A system of set-ups, to be of benefit, must be based on a realization of these fundamental facts.

The system given further on is the system that was used by the manufacturers of New Haven, and by the department heads in Washington. In both these cases, however, a leader stood before the class and regulated and timed the movements. For ease in remembering, the twelve exercises are divided into four groups of three each and are named: the first group, Hands, Hips, Head; the second, Grind, Grate, Grasp; the third, Crawl, Climb, Crouch; the fourth, Wave, Weave, Wing. The leader calls out these signals, then counts, one, two, three, four. But in the adaptation to the individual which follows, the names of the groups are omitted, as are the counts. The essential thing is to go slowly.

In adopting it as your own, if you do so, you must not think that, because you take this exercise, you must give up your tennis or your golf.

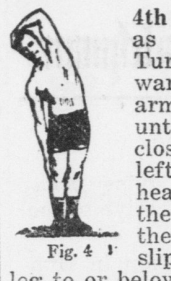


Fig. 4

4th Exercise: Raise arms as before to horizontal. Turn the left palm upward; then raise the left arm and lower the right, until the right is down close to the side, and the left is straight up overhead. Then slowly bend the body sideways from the waist, the right arm slipping down the right leg to or below the knee, and the left arm bending in half a circle downward over the head, until the fingers touch the right ear. Return to original position, and go down the other way, the left arm slipping along the left leg, the right arm bending downward in half a circle over the left ear. Do this five times. See Fig. 4.



Fig. 5

5th Exercise: (A) Raise arms as before to horizontal. Move the left foot twelve inches from the right. Slowly bend the fists and lower arms downward from the elbows. Then curl the fists upward into the armpits, bending the head backward meantime while you look upward at the ceiling. Take a deep breath as you bend the head back and let it out as you come back to the original position, head erect, arms at horizontal. See Fig. 5.

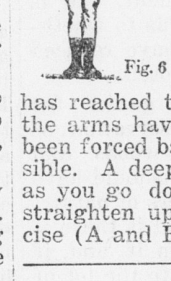


Fig. 6

(B) Then, without resting, extend the arms straight forward from the shoulders, palms down; let the arms begin to fall and the body to bend forward from the waist, head up, eyes to the front, until the body has reached the limit of motion, and the arms have passed the sides and been forced back and up as far as possible. A deep breath should be taken as you go down and exhaled as you straighten up. Do the whole exercise (A and B) five times. See Fig. 6.



Fig. 7

6th Exercise: Move the right foot until the heels are about 12 inches apart. Raise arms to horizontal. Bend the knees and, with the weight on the toes, lower the body almost to the heels, keeping the trunk as nearly erect as possible. Do this ten times. See Fig. 7.



Fig. 8

7th Exercise: Raise arms as before to horizontal. Stretch the arms straight above the head, fingers interlocked, arms touching ears. Then with the fingers still interlocked describe a complete circle about 24 inches in diameter, the body bending only at the waist. Do this five times. Then repeat the movement five times, but in the opposite direction. Go through the entire movement slowly, and steadily, bending the body in its rotation as far as possible from the hips. See Fig. 8.

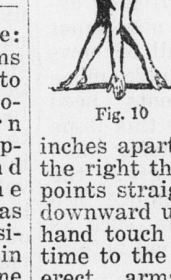


Fig. 9

8th Exercise: (A) Move the right foot until the heels are twelve inches apart. Raise arms to horizontal and turn the body to the left from the hips, the arms remaining horizontal until the face is to the left, the right arm pointing straight forward, and the left arm straight backward. See Fig. 9.

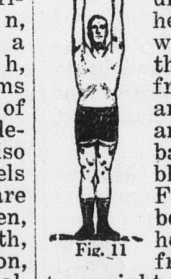


Fig. 10

(B) While in this position, bend the body from the waist, so that the right arm goes down until the right fingers touch the floor midway between the feet, and the left arm goes up. The right knee must be slightly bent to accomplish this. Reverse the movement by moving the left foot until the heels are 12 inches apart, and turning the body to the right this time until the left hand points straight forward, then bending downward until the fingers of the left hand touch the floor. Return each time to the original position, body erect, arms horizontal. After you have mastered the exercise, you can go through it (A and B), and in one continuous motion. Repeat the whole (A and B), first to the right, then to the left, ten times. See Fig. 10.

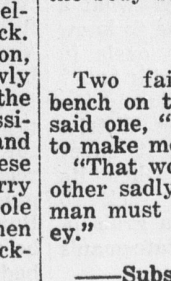


Fig. 11

9th Exercise: Raise arms to horizontal; then upward until they are straight overhead; then let them fall forward and downward, while the body bends forward from the waist, and the arms have passed the sides, and been forced upward and backward as far as possible, just as in Exercise 5, Fig. 6. Remember, as you bend forward, to keep the head up, and the eyes to the front. Straighten the body to upright, with the arms overhead. Then lower the arms to the horizontal position, with the palms turned upward, and the arms and shoulders forced hard back. Then raise arms upward and begin the movement again. Repeat this entire movement slowly five times, forcing the air out of the lungs as the body bends forward, and filling the lungs again as the body straightens. See Fig. 11.

Double Acting. Two failures were sitting on a bench on the common. "I tell you," said one, "a man must have money to make money." "That works both ways" said the other sadly, "it's equally true that a man must have money to lose money."

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