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"MY FAT REDUCING MONKEY SHINES"

By
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America's Charming
"Statuesque Comedienne"

I HAD never seen a fat monkey. I asked my friends and they had never seen a fat monkey. There are no fat monkeys!

All great scientific truths have been discovered by observation—by observation, in fact, of simple things the world has passed by unnoticed. When I observed that there were no fat monkeys I asked myself why it was that this animal, the nearest to mankind in every way, did not suffer from superfluous flesh. It seemed to me that if I could find out I would be able to bring my 180 pounds down to the 145 I coveted.

And so I observed the monkeys to learn by scientific methods why they did not become fat. I spent hours at the Bronx Zoo and later I bought a monkey that I might study him at closer range at home.

Standing before the monkey cages, I noticed first of all that the monkey went on all fours a great deal of the time. Not all their time is spent climbing trees and swinging by their tails. In fact, I decided that the monkey only swung by his tail to play and that this action had nothing to do with his agility and slenderness.

My second important discovery was that the monkey walks round and round in a small space—that they practically turn themselves in their own length. It is utterly impossible for a fat person to do this without weeks of practice. Fat not only gives a woman flabby muscles but stiff joints as well.

It is this quick turn that helps make the monkey the most agile and supple of animals.

I decided that I must make myself into a human monkey. I must evolve a series of fat-reducing monkey shins.

After a woman has acquired twenty or thirty pounds of surplus fat, no royal road to thinness lies before her. Let me emphasize right here the fact that it is no easy thing to become a monkey. No woman need try to make a monkey of herself unless she is deadly in earnest. She must persevere to the end. It is impossible to get results from doing these exercises two days and then dropping them for a week. Fat and laziness are twin sisters.

Two sets of exercises developed from my studies. The first is merely a "warming up" for the real "shines" and are performed in the morning. There are five motions. They take five minutes. The second set, which comprises eight exercises, takes an hour, but the beginner should not try them for more than ten minutes at a time. In fact she will not be able to do them longer.

Besides perseverance and pluck, it takes brains to get and to keep thin. What is one woman's dish may be another's poison. Every woman must decide for herself what exercises will help or injure her. I have never found any of my monkey shins injurious for the simple reason I am sure that they are founded on the actual motions of the one animal that is the true brother of man.

First—My bed exercises. They are done literally on an empty stomach. When I wake I take my pillow from under my head and lie perfectly flat on my face and slowly draw in several long breaths (the windows are wide open, of course), then I draw up my left foot to meet my left hand quickly, out at the side, three times. Then I turn and do the same exercise on my back, keeping shoulders and head flat.

Second—I draw several more long breaths and then bring my right foot and right hand together three times in the same way. This limbers up all the muscles in my legs and arms.

Third—I lie flat with arms outstretched above my head and quickly throw my body forward, from the waist, to make my fingers and toes meet. This is one of the first motions that monkeys make on waking in the morning. It is of great value in strengthening the muscles of the back, and tends to reduce the abdomen materially.

Fourth—I lie flat on my back and draw my knees up to my chin, or as close to my chin as possible; then I quickly roll from side to side six times. This is of value in reducing the hips. It is a favorite exercise of the simian tribe.

Fifth—With my head and shoulders propped up I slowly lift my legs and arms as high as I can, always keeping my head and shoulders on the mattress.

Believe me, when I started I could not lift them at all; to-day I can lift them almost straight.



No. 1—The Monkey Walk—the All-Fours Position for the 8-Foot Circle Ambles, Reduces Flesh Generally, Hips Especially.

Chocolate and eat potatoes if I like. My real monkeyshines begin later in the day. And right here let me say that on days when I have to attend rehearsals from ten until five, with less than an hour for luncheon, I just do the bed exercises and find them most satisfactory. But on every other day I follow with these "monkeyshines."

There are eight exercises in this set. In figures One and Two you will see the first two. This is my "All Fours" exercise. In the drawing you will see me in the falling position that I have to assume before walking.

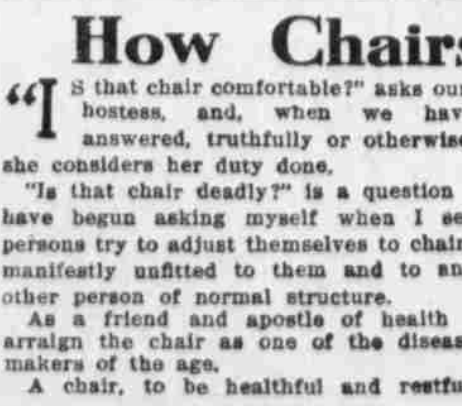
First and Second—I stand with my legs spread out slightly, tip forward on my toes, raise my arms above my head and throw myself forward in just the way that a monkey leaps from tree to ground. I land lightly on all fours. At first I fell with too great force, but I speedily grew used to the fall, and now make no unpleasant impact at all. Then, in this position, I draw my feet slightly forward and begin to walk, assuming, as I do so, the position shown in the photograph.

Third—The "Monkey Squat"—the Chin and Knees Position That Reduces the Abdomen.

No. 3—The "Monkey Squat"—the Chin and Knees Position That Reduces the Abdomen.



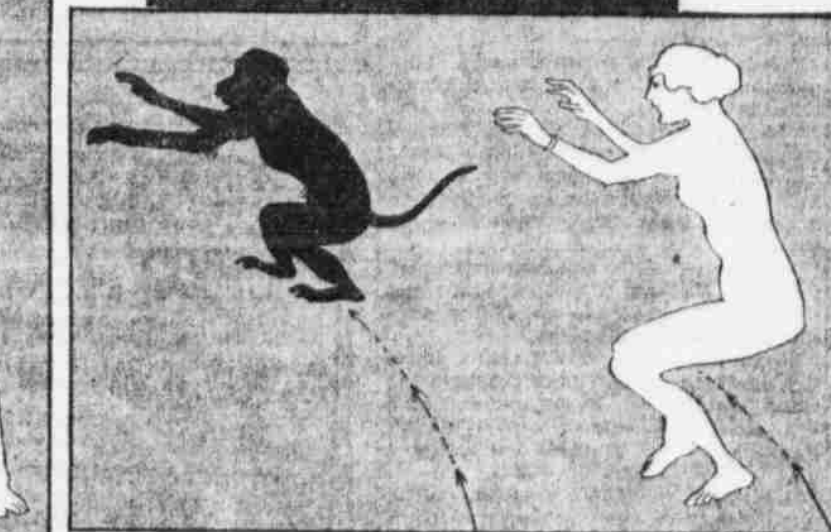
No. 4—The One-Arm Exercise in Which I Hang by First One Arm and Then the Other. This Reduces the Waist Line in the Most Wonderful Manner and Banishes the Double Chin.



No. 5—The "Monkey Jump," the Springing Exercise Practised by Every Monkey Mother. This Reduces the Calves and Thighs in a Wonderful Way.

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No. 6—"Jumping the Bag," the Neck and Arm Exercise That is Responsible for the Monkey's Slenderness.



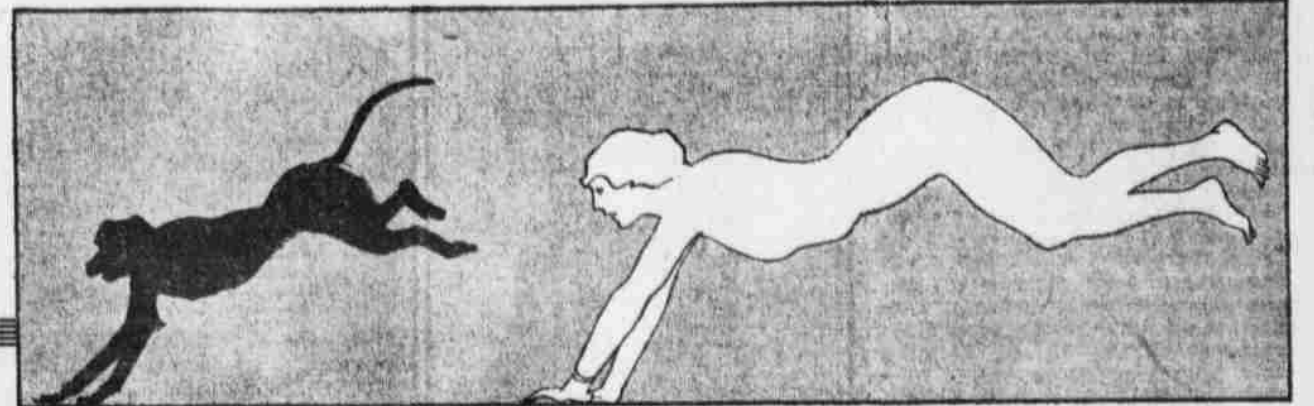
No. 7—"Climbing the Pole," the Arm and Leg Exercise That Helps Remove All Superfluous Fat, and Makes One Light on One's Feet.



No. 8—The Monkey Acrobat Does This Difficult Exercise Naturally. It is, However, the Hardest of All to the Woman. It Reduces the Flesh All Over the Body, and Makes One Very Agile.

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The
Unique
Simian
Exercises
Louise
Dresser Evolved
After Discovering
That There Are No Fat
Monkeys, and Studying
Them to Find Out Why



No. 2—The "Falling" Position, the Necessary Preliminary to the Monkey Walk.

several pounds of actual flesh and looked as though I had lost more, because all my organs got back in their proper place.

In order to sit in this position I had to throw away my boned corsets. No matter how fat a woman is, she must let out her waist line in order to lose it. Tight lacing only makes a fat woman fatter.

Before I left off my corsets my waist was twenty-nine inches and my bust forty-four. Then I dropped corsets and my waist increased to thirty-two, but my bust dropped to thirty-eight, and everyone told me how thin I was. It was only that for the first time in many years my body was in a natural position.

In the three months since leaving off my corsets and doing this sitting exercise, my waist is a scant twenty-five and my bust thirty-eight. The correct proportions of flesh I have is hard and firm.

Fourth—The "Springing Jump." This I learned while watching a mother monkey chase a naughty young son. She covered several feet of level ground at each jump. I find that this reduces the calves and thighs very perceptibly. I stand firmly on both feet, crouch my body without moving my feet and then jump. My first spring ended in a tumble, but to-day I can jump three feet without any effort.

Fifth—This is another leg exercise. This is the pole clutch, and helps the arms and shoulders also. In the summer, when at my country place, I often use one of the clothes poles in my back yard for this "clutch."

I stand flat, then I pole lightly on my toes and place my hands on the pole with knees and hands as you see in the picture, and then I slip up the pole as nearly like a boy as possible.

Sixth—Jumping for the bag is one of the best, if not the very best, neck and arm exercises that were ever invented. I have the bag hung just beyond reach of my outstretched arm, and the object is to hit it every time I try. This reduces the neck and upper arms and completely removes that ugly roll of flesh below the neck that every woman dreads.

Seventh—I am doing a peculiarly simian trick. When I weighed one hundred and eighty it was very hard, indeed, to hang thus by one arm. To-day it is comparatively easy. It is remarkable; valuable for reducing the waist line and strengthening the sides. Its thinning effect on neck and chin is excellent.

In this exercise I stand directly under the trapeze. The bar is two feet above the tips of my outstretched fingers. I jump and clutch the bar with my right hand and swing as long as my strength permits. Then I change to the left hand.

Eighth—This is the last exercise, and is the most difficult. It is impossible until one has acquired considerable dexterity in holding on to the horizontal bar with one hand.

It also forces a woman to sit as her Maker meant her to, and not one woman in five hundred does this naturally. By learning to sit in this absolutely correct position I lost

It reduces the flesh generally and makes one very agile. It also aids one in climbing stairs and hills. I noticed that every young monkey tried this many times before trusting himself to climb any high trees.

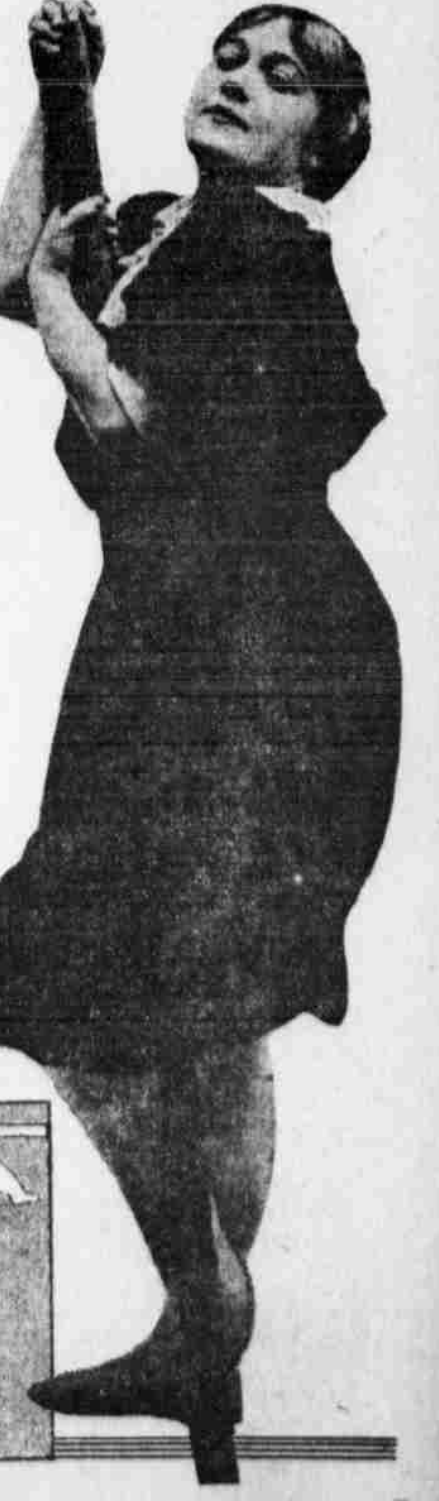
In this exercise, closely copying my monkey, I jump upward and clutch the bar with both hands. Then I draw my body slowly upward until I straddle the bar. Then I drop my body, slowly, so that my knees first catch, and then lower still until my heels catch and my right arm falls, as you see in the picture.

This ends my daily effort to get and keep thin. From this bar I jump into a tub of cold water. Then I have an alcohol rub and am ready to move mountains or to conquer the whole world unaided.

Surely, if we came up from the monkey we shouldn't scorn our ancestors. I was always taught to reverence my family tree, like all nice people, and it's incontestable that there are no older branches than those that hold our simian ancestors.

I am quite serious about it all. I think I have been extremely intelligent in what I did. The effects no one can deny.

No. 7—"Climbing the Pole," the Arm and Leg Exercise That Helps Remove All Superfluous Fat, and Makes One Light on One's Feet.



How Chairs Give Us Crooked Spines

"Is that chair comfortable?" asks our hostess, and, when we have answered, truthfully or otherwise she considers her duty done.

"Is that chair deadly?" is a question I have begun asking myself when I see persons try to adjust themselves to chairs manifestly unfit to them and to any other person of normal structure.

As a friend and apostle of health I arraign the chair as one of the disease makers of the age.

A chair, to be healthful and restful,

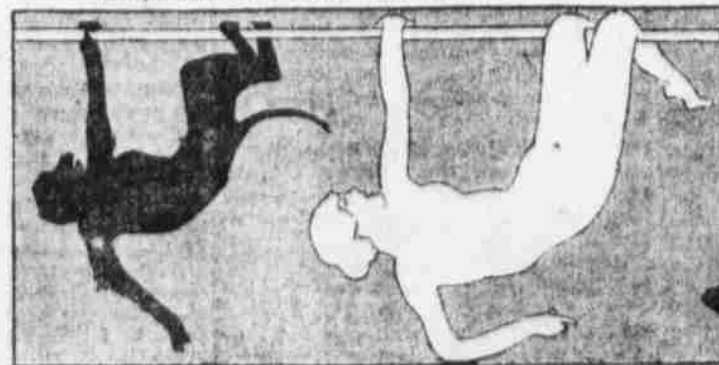
should be adapted to the human figure, but an intelligent glance at a chair will prove that it is far from it.

If a chair were adapted to the figure the seat would be hollow, but it is flat. No person was ever so constructed as to sit with ease on a chair seat as chair seats are made.

The back of a chair is straight. That is contrary, too, to the lines of the human figure. The lower part of a chair back, to conform to human anatomy, should be hollowed out for a depth of six or more

inches. To fit the back, the upper half of it should be straight and form a support for the back.

Chairs have committed the crime of curvature of the spine. Spines, especially those of children, are twisted out of place, far to one side, in an effort at adjustment. They cause a crowding and displacement of the vital organs by forcing persons to slip down at an angle upon them, thrust out the abdomen and commit that vulgarly which is called "sitting on the spine."



No. 8—The Monkey Acrobat Does This Difficult Exercise Naturally. It is, However, the Hardest of All to the Woman. It Reduces the Flesh All Over the Body, and Makes One Very Agile.