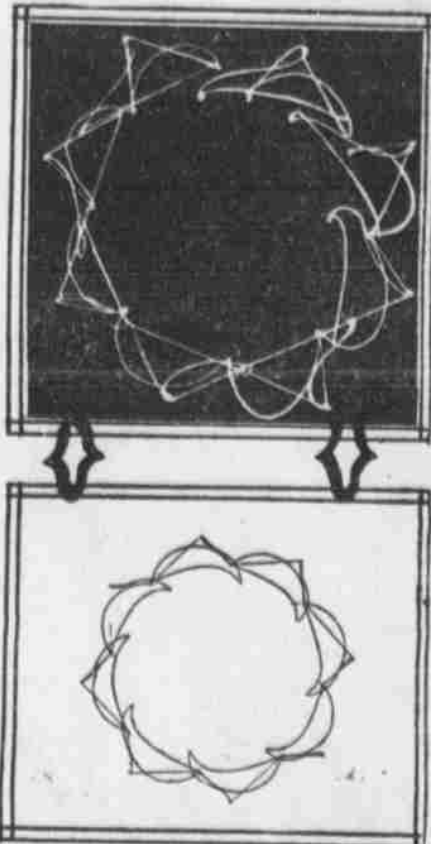


How to be as Beautiful as a Greek Goddess.

♦ ♦ ♦ as a Greek Goddess.
A Woman's Interesting New Theory
of "Tensions," That Enables You
to Remodel Your Own
Body into the Like-
ness of the Ancient
Masterpieces
of Classic Art



A Photograph of a "Tension" Pattern Traced by Electric Lights on the Feet of Mrs. Watts and, Below It, the Same Pattern in Geometrical Form.

It is a connection of the farthest outposts with headquarters, the centre of the main weight. If any part of the body is slack it means just so much dead weight to be carried and just by so much drag upon the movement will the rhythm be dislocated. Dislocation means strain and fatigue owing to the disturbance of proportion of the forces in activity.

The slowness of the hips of the Greeks in men and women was due to this condition of tension. The waist muscles having been properly developed as well as those of the back, the upper part of the body was lifted from the socket of the pelvis and did not sag down on it.

The preliminary position necessary to attaining this full stretch is thus defined by Mrs. Watts: "Begin by placing the feet close together so that the heels and the whole of the inside line of the feet are touching, the weight of the body well forward over the ball of the feet. Although the heels may just touch the ground, there must be no weight upon them."

taken, a short step back with the left foot is the first move, the toe of the right foot touching the floor, both knees perfectly straight. Carry the uplifted arms and shoulders round to the left until the arms form a right angle to the direction of the feet.

Then the right foot comes around and back in a sweeping inward curve, until in line with the left foot. As the right foot touches the ground, the knee should bend, lowering the body about five inches. The left foot should now be touching the ground with the extreme point of the big toe, and although the heel will be well raised, the direction of the whole foot should be exactly the same as it was when having taken the first step backward.

The diagram makes it easy to carry out what would otherwise appear a complicated movement, but it is by this and the other exercises that the author has succeeded in obtaining this tension of the body which is the secret of it all.

Mrs. Watts claims that when perfectly tense the body is in conscious connection with some external force, to which it responds by vibration. She asserts that it is even possible for a human being in the highest state of tension to lose all consciousness of bodily weight, having as it were, come in touch with some other force, and become part of it, to the extent of being able to make use of its power.

When thus attuned we realize life at its maximum, and gain an insight into the almost limitless possibilities of a perfectly trained will power, and to visualize the result of a brain mechanism so perfect structurally that it neither distorts nor obstructs the stream of consciousness which flows through each human mind from the "Mother Sea."

To the old Greeks the training of that particular muscle which was 'of all possessions the highest,' formed the secret of the marvellous unity of their development.

Mrs. Watts says: "The definite reaction of this diagram upon the spirit is proved in moments of joy when one takes deep, expanding breaths which lift one up; while in depression one's head falls forward, one's 'heart sinks,' as the saying is, and there is a general feeling of collapse."

By the practice of tense uplifting movements, you may induce the corresponding state of mind, it is this which explains how the basic principles of aesthetic law are indissolubly connected with the dynamic instinct, for in finely balanced, tense movement lies the solution of the problem of this law, and a clear answer is given to the question "why" of our perception of beauty in whatever form it may be expressed, either through music or painting or sculpture.

This answer is the power of life, physical and mental, and, rightly understood, the exhortation of the Psalmist in the words "Lift up your hearts" comes to have a literal more than a figurative meaning.

It is the contention that "On the strength of the diaphragm depends the strength of the spirit, that unquenchable flame of conscious will power, the energising fire that Aristotle called 'the reality, energeia' in contradistinction to the temporality of mere brain mechanism."

"The power to respond is the highest desire of the human being. Without it man is lost; with this power developed to its utmost limits, the road is clear, and nothing can obstruct or discourage."

To the human being whose organism has been trained to recognize and respond to the highest laws comes reward in the shape of a power to discern and accept the inevitable without wasting energy and strength in useless combat, at the same time realizing how few conditions are inevitable with a will strong enough to overcome and dominate circumstance rather than be moulded by it.

This result, once achieved, is forever; there is no slipping back, no growing stiffness of knee-joints to be remedied, no slackening muscles to be worked up, no aching spine that requires longer hours of couch repose each month or year, no nervous strain or irritability or uncertainty, only calm confidence in the power to envisage unshaken every eventuality.

Everything works in harmony, and the physical disintegration, inevitable under the law, becomes almost imperceptible from its unity of change.

Sir Frederick Leighton's Masterpiece, "Greek Girls Playing Ball," the Action of Whose Figure and Its Lines Illustrate Perfectly Mrs. Watts's Theory of Tension.

muscles of a condition that made possible the maximum amount of activity, and the mastering of the laws of balance, which enabled that activity to be controlled with the smallest expenditure of force.

The weight was thrown chiefly upon the ball of the foot, the heel being almost entirely dispensed with, and this helped to give the Greek foot its perfect form. This helps to give that appearance of flying to the Greek, and he really is possessed of a wonderful elasticity in this way.

Mrs. Watts claims that the modern foot can be brought back to something of this Greek perfection if proper shoes are worn. All shoes should have thin, pliable soles, to enable the springs of the foot to work freely, the movement thus promoted, together with a soft felt inside sole for cold weather, ensures more warmth than a thick hard sole can ever do. The heel need not be more than three-quarters of an inch high, nor need the shoe be square and ugly, but it should have the graceful curves of the natural foot.



The Statue of the Youth of Subiaco, Showing the Spring Held in Abeyance, a Striking Instance of Perfect Balance.

The word tension, according to this author, means "elasticity," the condition of "stretch" being the preliminary essential for the muscles in all exercises of training performed by the Greeks. It is only when there is complete connection, through "stretch" of all the muscles with the centre of gravity, that any movements can be executed without strain.

The Position of the Statue Reproduced by Mrs. Watts, Proving Tension and Balance as Its Secrets.

method of attaining this ideal of the ancient Greeks. This work will appear almost as once from the press of Frederick A. Stokes Company, New York.

All the world admits, after studying the sculpture and vase paintings of ancient Greece, that the Greeks were undoubtedly the physical superiors of all races that existed before or since. There was some great principle by which the Greeks were guided and Mrs. Watts believes that this secret consists in a condition of the muscles totally different from any realized by athletes since the time of the Greeks, a condition of tension, which transforms dead weight into a living force, and which made the Greek as different from the modern human being as a stretched band differs from a slack one.

While the Greek child did not go to the gymnasium until it was five years old, the training of the babies began in the home. The two most important things with which the Greek child began its physical training were: The cultivation in its

Mrs. Watts in the Position of the Goddess Fortuna, Drawn Up on the Extreme Point of Her Toes, the "Very Essence of Force, Able to Rise Above Things Earthly."

HAS the secret of perfection of body and soul held by the Greeks been found? Is it within the power of a modern woman to equal the beauty ascribed to the goddesses of the Greeks and realized by their women, if she will work in the light of this secret?

Mrs. Diana Watts, an accomplished English woman, claims that she has not only found this secret but realized it in herself. She has much proof on her side and is about to publish a large volume, with hundreds of pictures illustrating her

How Wild Beasts Kill More Human Beings Than War

WE are not yet civilized. The world has not freed itself from the savage beasts that prey upon human beings. Statistics prove that thousands are destroyed annually by tigers, lions, snakes, crocodiles, etc. Man must still defend himself from the hordes of wild beasts that range the forests of the world.

India is perhaps the greatest sufferer, for, according to statistics of the year 1911, the latest collated, tigers on the peninsula of Hindustan devoured seven hundred and sixty-seven human beings. But this is a small part of all the victims of wild beasts and venomous serpents, for they reached the awful total of twenty-six thousand, two hundred and forty-two in that year.

The records of the last ten years, from 1902 to 1911, show that the wild beasts of India exacted the terrible toll of 243,314 human lives. Of course, during this same period more than a million domestic cattle have been killed by these beasts of prey in India.

But India has no monopoly in this slaughter. There are no available statistics of the enormous number of natives that are slain by these beasts in Africa every year but there is enough to indicate that the number of the victims of lions, leopards and buffalo are tens of thousands.

These figures have no relation to the immense number of natives not employed by Europeans, and an officer of the Nairobi estimates the loss there at five hundred a year. Besides African Europeans were torn or trampled by rhinoceroses as

elephants, and thirty-two natives met death by the same beasts. In 1907 the Rhodesian lions killed one hundred and nineteen, and Portuguese East Africa chronicled the loss of two hundred persons, among whom were three European hunters.

China, which has tried to annihilate wild beasts from its territories these many centuries, still loses at least a thousand inhabitants a year by the claws of tigers, wolves and bears. Even Jittle Corea has not succeeded in exterminating the long-haired ferocious tigers with which that country is infested, more than two thousand of its inhabitants disappearing through their agency every year.

The most formidable type of tigers is the majestic Siberian tiger (Tigris Amurensis), and no exact statistics of his ravages are available, but he

ranges the forests of the Amur River, where Russia is only nominally sovereign, and during three months of 1909 the tigers of one province killed twelve natives and twenty-seven Russian subjects, of whom two were of ficers and eight were soldiers, and one hundred and thirty-two Chinese immigrants, or a total of one hundred and seventy-one victims. This province is only one-fifth of the territory where these tigers range, as their victims must run into the thousands annually.

The bears and wolves of Siberia help the tigers in their war against man, and, according to the figures of the Department of Water and Forests of Siberia 5,234 persons, natives and convicts, were killed by wild beasts in one year.

On the Russian steppes bears and wolves fight for possession, slaying as many as one hundred and twenty-

human being a year. The wild beasts of Europe, not counting snakes, cause the death of some 1,200 human beings each year.

The man-eater is usually an old, more or less decrepit lion or tiger, that is too slow or weak to get the usual wild game, and, having once tasted human flesh, finds it easier to sink around a settlement and grab its prey, than to hunt.

One of these tigers has the bloody record of having eaten thirty-two human beings in forty-five days, being killed at last by an English officer. In another district not far removed a man-eater terrorized a dozen villages for more than three months, and although hunted by the two thousand natives all this time, he managed to kill and devour fifty of them. He finally killed himself, jumping over a picket fence and impaling himself on the pickets.