

Six New Deep Breathing Exercises

The Way to Develop the Muscles of the Chest, Give Your Lungs an Air Bath and Sweep Them Clean of Evil Germs.

TEN minutes of deep breathing every morning will keep you well and make you handsome, amiable and successful. Such is the claim of a well-known New York tutor in athletics, physical instructor of scores of celebrities.

The claim that deep breathing gives poise, mental and bodily, and makes for stable health and purpose, is not new. It is as old as the civilization of India. But the exercises described on this page in text and picture are new. They were invented and composed by Jack Cooper, known of politicians, statesmen, millionaires and dramatic stars, as a guide to health.

Very directly he goes to work with his pupil. He calls in the morning, literally pulls the pupil out of bed, if he happens to be a man, sends mandatory message if it be a woman, and when the pupil is clad in bathing or gymnasium suit, orders the windows flung wide and begins.

The first exercise resembles the flapping of an excited hen's wings. With hands clenched under the armpits and jerking the elbows back with rapid motions the lungs are quickly emptied of the stale air which remains in them after a night of shallow breathing. The first work in preparation for the day is to rid the body of the carbonic acid gas, that, if allowed to linger in the lower cells of the lungs, will poison your day. It will devitalize you. You will be weary, feel unfit for the day's work, be "blue," believe "things are against you." A sweeping out of the lungs will fill you with more vigor and hope.

"Playing hen," as it is called, will clean the lungs as thoroughly as the careful housemaid sweeps the floor. Done methodically and with spirit it will remove all the lingering "dirt from the corners." The lungs thus swept free every morning will offer no refuge for evil bacilli. When the lungs have been swept clean you are ready for the exercises which follow.

By "playing hen" you have "released the unused muscles of the back and shoulders, and strengthened the auxiliary muscles of respiration," so your instructor would tell you.

Invigorated by this air bath you would better take next the most difficult and so the most exhausting exercise. Better take it before the others that will fill the ten minutes have wearied you, for its success depends upon the vigor with which it is done. Squat as a monkey does with knees far apart, and raising the arms above the head, inflate and empty the lungs, breathing in rhythm with the movements of the body. Rise, squat—rise, squat—at least three times, the weight being distributed through the legs. As you spring up and down vigorously expel and take in the air, emptying the lungs to the bottom cells on the sinking of the body and liberally filling them as you rise.

This, the instructor will inform you when you have risen panting from the exercise, gives activity to the principal muscles of the abdomen, back and thighs, also to the respiratory muscles, the diaphragm, which is the partition between the upper chest and abdomen, and the intercostal muscles. It exercises particularly the muscles that surround the chest walls and abdomen.

A big medicine ball is a friend to the lungs, and if not a first aid to them, at least a third. Place it on the floor and bending from the waist strike it a blow with your palm that causes it to bound upward. With the other palm slap it back to the floor, pat it back and forth to the floor, following it if it rolls away from you. The air will pass in and out of your lungs in quick gasps.

You will be forced to take deep, generous breaths and the air will flow into, and out of, your lungs in a deep, strong, purifying stream, if you use the stationary run as an aid, to give the breathing impetus. Without moving from the spot on which you were standing raise your knees high as though running. Run, so to speak, without progress. With each of the non-progressive steps raise the arm on that side and lower the one on the other. This may be profitably

done twenty or thirty times. It will expel the air, sweeping the lungs free and pumping it in in great draughts. Proceed by the arm circle with the process of pumping in and out great quantities of air. Stoop from the waist and bringing the arms together with a wide sweep, as though the air were tangible and you were gathering

Be sure to take a deep inspiration while raising the body and exhale strongly at the lowering.

These leave the body in a glow. Turn on a cool shower or, if you have not that, a spray. If you have time and means to spare let the inward air bath and outward bath be followed by massage. If not, a vigor-



Play-Ball with a Big Medicine Ball. Pat It Back and Forth on the Floor. The Air Will Pass Into and Out of the Lungs in Quick Gasps.

ous self-administered rubbing with a long nap towel, drying every corner and crevice of the body will be a sufficient finishing touch.

The woman who breathes deeply is always in the best, sense beautiful. The man who breathes deeply is always a person of mental or physical power or both. A physician once made an examination of five thousand cases. In that number he found less than one per cent of the men and women who breathed as they should.

All those who were natural breathers were remarkable for power or beauty or both. Four were great singers. Two were millionaires who had risen from mental positions. Another was a famous pugilist.

The physician discovered that as a rule the chest capacity is an index to the powers, mental and physical, of the individual. The great men of most times and countries have been men of large chest and the habit of deep breathing. Daniel Webster, Oliver Cromwell, Martin Luther, Napoleon, were deep breathers.

The power bred by deep breathing is the result of stimulating action of the lungs, the heart, the liver and the kidneys. Deep breathing increases efficiency of the vital organs seventy-five to one hundred per cent, because it causes the vital organs to do their work well; whips them, so to speak, into greater effectiveness. When the vital organs are doing their best the health is sound. When those organs are neglecting their duty, deep respiration drives them back to their work.

A few perfunctory "sighs" do not constitute deep breathing. It must be done regularly and with specific method.

Following the advice of the Mahatmas who have come to this country to teach the inward and outward poise of their world-old religion, many women have undertaken deep breath-



Pushing the Elbows Back with Rapid, Jerky Motions Empties the Lungs of Stale Air.

Trying a towel About the Waist Constricts the Diaphragm and Pushes the Air Out of the Chest in Great Volumes.

Squat as a Monkey Does, Knees Far Apart, and Raising the Arms Above the Head, Inflate and Empty the Lungs, Breathing in Rhythm with the Movements. Violently Expel the Air, Emptying the Lungs to the Bottom Cells.

Bring the Arms Together with a Wide Sweep Finishing with the Hands Crossed Above the Head.

Stop your deep inhalations when dizziness assails you. That is a warning that you have sent enough blood to the head for the time. If you persist in the deep inhalations after nature has given her warning signal you may fall and become a victim of concussion of the brain.

How to Give Large and Small Teas--- By MRS. FRANK LEARNED, Author of "The Etiquette of New York Today."

AFTERNOON teas continue to be a great feature among the entertainments of the day, and it is not probable that these affairs will ever lose favor. Fashion has made them a popular way for a mother to introduce her daughter to society.

The very early part of the Winter season is the preferred time for "coming out" teas, as they are familiarly called. Certain formalities are observed on a special occasion of the sort for the introducing of a debutante. An engraved card is used, having the name of the daughter beneath that of her mother, with the date, the hours for receiving and the address. In the lower left-hand corner of the card may be the words, "Fridays in January," to indicate other days during the Winter for receiving more informally. Cards are about five inches long by three and a half wide. The usual style of engraving is script. According to recent fashion the form is:

Mrs. Archibald Robinson and Miss Edith Robinson Will Be at Home on Tuesday, the First of December from four until seven o'clock at Seven East Seventy-third Street.

Cards for large teas or days at home are sent out two weeks in advance; small teas a week or so in advance.

Invitations to teas are in the name of the hostess, not in the united names of husband and wife.

At a large tea or reception for a debutante music for dancing is a feature. An orchestra is in the hall or in a room set apart for dancing. The musicians may be screened off by palms. The young people, and even the older ones, enjoy the informal dancing, or the older persons may prefer to talk or to sit and look on at the dancing.

Flowers in profusion are usually sent to a debutante by her own friends and admirers, or by friends and relations of the family who may

wish to show this graceful attention. The hostess stands near the door of the drawing-room to receive and greets each guest by shaking hands.

Beside her stands the daughter, who shakes hands with each guest. Guests pass on after a few words to make their greetings.

A white dress is worn by a debutante. The dress of the mother may be mauve, gray, or any preferred color. Dresses slightly open in the neck are in fashion, but dresses low in the neck are never worn for any daytime entertainment.

White kid gloves are worn. When a tea is given for a debutante some of her young friends are invited to "come without their hats," to receive and to pour tea. These friends do not stand with the hostess to "receive." The duties of some of them are to move about the rooms and make themselves useful to guests, asking them to go to the dining-room for tea and showing them necessary attentions. Two young girls are delegated by the hostess to preside at the tea table.

In the dining-room a large table is spread with a fine white damask cloth. At one end is a complete tea service; at the other end is a service for chocolate. The young girls who pour the tea and chocolate are seated at either end of the table. They wear gloves of some pale color, slightly open at the neck. They do not wear gloves at a tea table.

The refreshments usually served are tea, chocolate, dainty sandwiches, cake and bonbons. There should be flowers in the

centre of the table. Shaded candles in silver candlesticks or candelabra are used on the table. At teas the cups of tea may be handed to the ladies by men who are present, or by the ladies officiating at the table. Men generally stand about the room, or near the tea table, talking to friends and making themselves useful.

Servants should be in attendance to remove soiled china and to bring fresh tea and to be prompt in any service required of them.

When a private house is not sufficiently large for a tea for a debutante, it is sometimes more convenient to give an entertainment of this sort at a place where spacious drawing-rooms may be hired for the occasion. When this method is chosen the table in the tea-room or "supper-room" is not presided over by girl friends of the debutante. The tea is served by servants who stand behind the table and pass the cups to guests.

When teas are semi-formal affairs of a somewhat public nature, for instance, when hospitalities are being offered by committees, hats are worn by the ladies who are in charge of the tables and dresses are high in the neck.

When a large tea is being given a strip of carpet is laid over the pavement from curb to door. In wet weather an awning is provided.

Although in our great cities many women consider an "At Home" day a tax upon their time and inclinations there are others who like to keep up the custom. A hostess who

wishes to have informal days at home sends her visiting card with the date engraved or written in the lower left-hand corner.

For small, informal teas a hostess may prefer to serve the tea herself. For this purpose a folding tea table is used and is brought in by a maid and placed before any seat where the hostess may be. The table is then covered with a linen cloth; the tea tray is brought in by the maid and placed on it, having all the things essential for the service.

A muffin table, sometimes called a "curate's assistant," with three shelves, is convenient to hold plates of cake, muffins or toast. This table can be moved about easily.

The most convenient way, however, to serve everything at a tea is from a table in the dining-room where a lady presides, but when guests are limited it seems unsociable for them to congregate there and to leave the hostess comparatively alone.

Guests arrive at any time during the hours stated on the cards for a formal tea. Fifteen minutes to half an hour is the ordinary time for remaining. For an informal tea the hours for receiving are the usual ones for afternoon visiting, between three and six o'clock.

If there is an elder sister in a family and a younger is to be introduced the card for a tea would be:

Mrs. Archibald Robinson Miss Robinson and Miss Florence Robinson

When teas or "At Homes" are given for a bride by her husband's mother the card is in this form:

To Meet Mrs. Herbert Francis Gray Mrs. Herbert Gray At Home

Wednesdays the Third and Tenth of December.

The hours and address follow, according to the usual formula.



"The hostess stands near the door of the drawing-room to receive."



"For small informal teas a hostess may prefer to serve the tea herself."