"TALK WITH YOUR HANDS AND GROW THIN"

The Gestures of Mlle. Mistinguette.

The Unusual Reduction Philosophy of a Parisian Beauty Who Discovered That Many Women Grow Fat Because They Use Their Lungs Too Much for Speech and Not Enough for Breathing

The Gesture That Says: "No, thank you, I cannot go riding with you to-day," and at the Same Time Expands the Lungs.

AMERICA'S statuesque comedienne, Louise Dresser, has told in this newspaper how she got thin studying monkeys. Geraldine Farrar, America's most charming prima donna, has told how she got thin studying geese and the methods of producing pate-de-foie gras. Mlle. Lenora de Brysse, of the Capuchines, the newest beauty in Paris, tells how she keeps thin by doing most of her talking with her hands. From her observations, Mlle. de Brysse has constructed a whole new science. It follows:

By Mlle. de Brysse.

I WAS growing fat. I had tried everything, and still I grew fatter. My mind has always been of the type called scientific. I knew that all great truths are learned by observation, and that often the greatest truths are those which lie just under our noses, so close that no one ever discovers them until some near-sighted genius falls over them. Might not, I reasoned, some such truth be near me ready to make me thin if I would only recognize it?

I looked over my friends. There was Gaby Deslys—la! la! I knew what she does to keep herself thin. Would I do it? Never! I knew how bitterly the poor Lanteime had struggled against fat, and how much that struggle had contributed to her tragic end. I looked over all my friends on the Paris stage, and I asked, "Why do they grow fat?"

During my observations I was struck with the severe outlines of Mlle. Mistinguette—the cleverest of the French eccentric comediennes. I knew Mlle Mistinguette well, and I knew that she was naturally inclined to be plump. I knew that she took nothing to keep down her flesh, but she had confessed to me that two years before, when her vogue first began to be so great, this increase had ceased, and that she had grown steadily thinner.

A light flashed upon me that it was at just this time that Mlle. Mistinguette had gone almost entirely into pantomime, and that her pantomimic art had such an effect upon her that her friends complained she hardly spoke to them—using always her hands and her shoulders to express her thoughts. But still I did not see it all.

I asked myself again, "What is it that all those who are fat or growing fat are doing—that those who are thin or who are growing thin do not do?" I rejected this thing and that scientifically, until I had left only one surprising fact. Those who were the fattest of my friends were those who talked the most; those who were the thinnest were the most silent, and those who were thinnest of the thinnest were those who used many gestures of the hands, shoulders and hips, and so on, to express most of their ideas.

I had made the discovery! I knew what the reason women grow fat is that they talk too much with their faces and not enough with their muscles, and especially with their hands.

Then I set about to find why talking so much with the face made women fat. Of course, it is a scientific fact that if any machine is built to do one thing, but is capable of doing two things, it must do either one or the other. It cannot do both things equally as well at once.

And so it is with our bodily organs, which are, after all, only complex machines. The primal, and indeed the sole purpose, of our lungs is to oxygenate our blood. Fat is almost entirely due to insufficient oxygenation of the blood. The lungs do not take on enough oxygen to burn away the fat. If we only ate as much food as we needed, which is just enough to repair waste, and every bit of the energy in this food was used up, we would never grow fat. But everyone of us eats more than is necessary.

Now, if the lungs are working at full force drawing in all the oxygen that they can hold, an done is not a glutton, the oxygen so taken burns up all those excess fat globules, and we remain clean cut and muscular.

This is the whole reason for the lungs. Their functions in speech are entirely artificial inasmuch as speech is not one of the essentials of the animal. What is the consequence? The lungs cannot burn up the fat and be used for speaking at the same time. The more we talk the less energy is there for oxygenation of the blood. The less we talk the more we oxygenate aand so retain our natural slimness.

If I were right in this theory then it would follow that there would be a greater proportion of fat persons in he professions whose members most use their voices. I found this to be true. The opera singers are the fattest people in civilization. No on has such a struggle to keep thin as the prima donna. For at least five hours of the day she uses her voice in practice, and these five hours are the equivalent of at least eight hours speaking. At night she sings for at least an hour more and here we have the equivalent of perhaps three hours speaking, because the air of the stage is usually heavy and lifeless. The reason of their fatness is plain. The' lungs are used too much for the production of sound, and so their oxygenating capabilities are limited and so the excess fat cannot be burned up, and piles itself everywhere about the body.

I found this also true of the pulpit, the law and among orators. For every thin orator there are fifty fat ones. All the great crators have been fat men.

The Gesture That Says,: "My dear, did you ever hear such wonderful singing in your life!" and Exercises Arms and Chest.

Nevertheless, as an actress and as a human being I had to do a certain amount of talking. I had noticed, as I said, that the very thinest of my friends were those who talked the least, and who used the most gestures. Why could not gestures be made to take the place of the tiresome, uncomfortable exercises which are prescribed to reduce flesh and at the same time be made to take the place of a great part of speech?

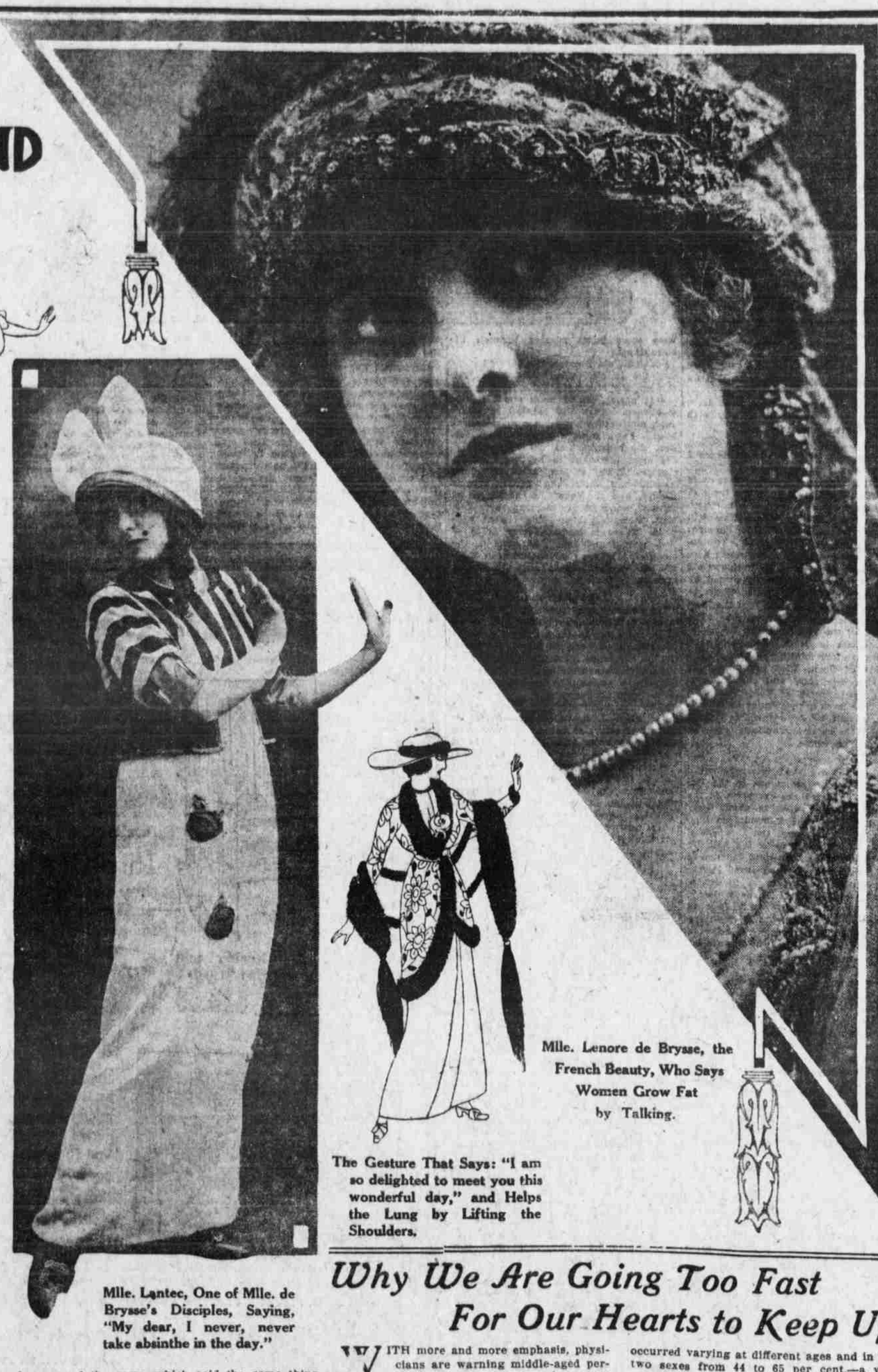
I sat down one day and wrote out all the phrases that take up each day at least an hour of my speech, and which could be translated into gestures.

For instance, I calculated that I said "I don't know" thirty times a day on the average. I translated this phrase into a rising of the shoulders and an outward sweep of the arms, which said the same thing perfectly, and at the same time exercised the muscles of my chest. The ceremony of greeting people, which would tak up a dozen or more words perhaps, a dozen times a day, I translated into a smile and a clasping of my hands up by my throat. "Good bye" was very easy. All I had to do was to give a wave of my arm. When I found it necessary to ask for something I would fasten my gaze upon a thing I wanted and make a graceful beckoning motion.

I figured than in the first week I had cut down my talking fully one-fifth, and growing proficiency led me on to use other new gestures, all of which took the place of words.

In two weeks I found that I had not gained a single pound. In three weeks I was five pounds lighter, and in three months, since I began my study, I have reached my normal weight of 130 pounds, and keep there without any difficulty. If I find myself getting too light I talk a little more, aud use my hands less.

I find much enjoyment in thinking out gestures of the highest efficiency, both as communications of ideas and as exercise factors.



Mlle. Lantec, One of Mlle. de Brysse's Disciples, Saying, "My dear, I never, never take absinthe in the day."

The Gesture That Says: "I am so delighted to meet you this wonderful day," and Helps the Lung by Lifting the Shoulders.

Mlle. Lenore de Brysse, the French Beauty, Who Says Women Grow Fat by Talking.

Studying the Value of Food by the Way It Breathes

VEGETABLES have their problems of life as well as animals. They have got to have a certain amount of air and light or they can not exist.

The study of these problems has recently been undertaken by the experts of the United States Department of Agriculture with greater prospect of success than ever before because of the apparatus known as the respiration calorimeter.

This device was originally designed, and has been heretofore used for the study of problems concerned with the food and nutrition of man and animal, the value of different foods as sources of energy for muscular work and similar questions. Now, however, it is being used to ascertain the vital requirements of vegetables and fruits, and the field of inquiry is, accordingly, greatly extended.

The discovery that the respiration calorimeter is equally as valuable for studying the ripening fruit processes and other problems of vegetable life, and for the study of man's food and the way to use it most profitably, has opened up a new line of work. Since the respiration calorimeter was first used by the Department it has been greatly simplified and made easier of operation, and so developed as to be more appropriate for the study of vegetable life.

The feeding standard is something which the farmer of to-day realizes is necessary for success, and a progressive farmer bases his practice on the feeding standards which exxperimenters have provided for him. If we are to make the right use of our available food supply, dietary standards are needed, and those proposed by the Department of Agriculture have had wide use. The proof of the accuracy of these dietary standards with respect to energy has been obtained from experiments with the respiration calorimeter.

A deduction of great theoretical interest obtained with the respiration calorimeter experiments is that the law of conservation of energy holds in the animal body. Such a conclusion is at the basis of many important deductions regarding rations and diets and the use which man makes of his food and farm animals of their feeding stuffs.

The human body is a complex machine. It is important to know its efficiency as compared with other machines. Experiments with the respiration calorimeter show this to be twenty per cent.—that is, five units of energy must be supplied by the food to provide one unit of work. In this respect man compares favorably with the best steam engine—their efficiency, it is safe to say, not exceeding fourteen per cent.

Whether or not physical energy must be expended for mental work as well as for muscular work is a question of interest. Judged by the results of a long serca of experiments with the respiration calorimeter, severe mental work does not make demands for physical energy—at least, in amounts that were measurable even with so accurate an instrument.

It is natural that an apparatus of this character should be used in the study of technical questions which can not be approached by simpler means—and, in part, the results referred to above are technical. However, the usefulness of the respiration calorimeter is not limited to such matters, and it has been of great value in studying questions of everyday interest pertaining to food and the use which man makes of it. It is, in a large measure, due to this and related work that we are able to discuss such matters to-day with reasonable certainty.

Why We Are Going Too Fast For Our Hearts to Keep Up

WITH more and more emphasis, physicians are warning middle-aged persons of both sexes that their chief vital organ, the heart, is dangerously overtaxed in its effort to keep pace with modern spirit of "hustle."

Just now an official warning to the same effect is worrying the adult population of England. Dr. Newsholme, medical officer of health for the London Goverum.nt Board, in his annual report, demonstrates the remarkable fact that, in spite of the great reduction in the general death-rate due to improved social and sanitary conditions, the death-rate among men between the ages of forty-five and sixty-five is increasing.

An analysis of the general death rate for the two sexes shows, he says, that the improvement in mortality has not taken place at all periods of life, the higher ages participating in it little or not at all.

This seemed of such significance that a special inquiry was made, and as a result it may be said that, owing to "the rapidly increasing aggregation of population in towns and the associated industrial conditions," we age rapidly after forty, the result of the stress of modern life. Man, it is commonly said by doctors, is as old as his blood vessels. Our blood vessels begin to give out at forty-five to-day, or, in the language of the profession, "we become prematurely old through arterial degeneration."

The facts supplied by the national statistics given in the report speak eloquently enough, and hustling city men should remember that they will not know of the degeneration of their arterial system till it breaks down suddenly, say, through inflammation of the lungs following a chill. It appears it is not the inflammation which kills them, but the heart, overtaxed for years, in circulating with more and more difficulty the blood in a body which gets plenty of wear but little repair, and finding a new burden is placed upon it, stops.

Taking the main results of the tables given in the report, which compare the percentage reduction or increase in the death rates between 1841-1845 and 1906-1910, we find that in the later period at ages under five somewhat more reduction has occurred among female than male children. Between five and thirty-five years of age reductions have occurred varying at different ages and in the two sexes from 44 to 65 per cent.—a vast improvement. But between thirty-five and forty-five the anxiety and hustle of business life begin to tell, for a much greater improvement is seen in the female than in the male rate (38 as against 25 per cent.).

At ages forty-five to fifty-five the female rate has improved 15 per cent. and the male rate only 3 per cent. So far as female life is concerned, the improvement continues, though in a decreasing degree; but among men there was in 1906-1910 a higher death rate at the age periods fifty-five to sixty-five and sixty-five to seventy-five than in the period of 1841-1845.

The report states that between the ages of fifty-five and sixty-five there is no clear indication of material improvement in the death rate among men, though improvement is shown among women at the same period of life. "This continuance of an excessive death rate at a time of life when a man's experience may be regarded as especially useful to the community evidently calls for investigation."

The report then adds the startling fact that both in men and women diseases of the heart and blood vessels were the registered cause of about one-third of the total deaths between the ages of fifty-five and sixty-five.

"The high mortality from diseases of the heart and blood vessels is in part," Dr. Newsholme adds, "a consequence of rheumatic fever in earlier life."

Dr. T. W. Andrews was requested by the London Government Board to investigate arterial degeneration and its premature occurrence. In his exhaustive report he says there can be no question that the strain of a persistently high blood pressure is a fertile cause of premature age. The wearing out of arteries is accelerated by mechanical strain (such as anxiety and an active mind would induce) causing high blood pressure.

The city man's body, through overfeeding and wrong and wrong and irregular feeding, gets full of toxic matters. He gets little regular physical exercise. A circulating pump, therefore, which is getting clogged and fouled is still kept working at high pressure till at last something demands that it should work harder than ever; and it strikes work.