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## My Secrets of Beauty

### No. 148 - THE TIRED PERSON

By Mme. Lina Cavalieri, the Most Famous Living Beauty.

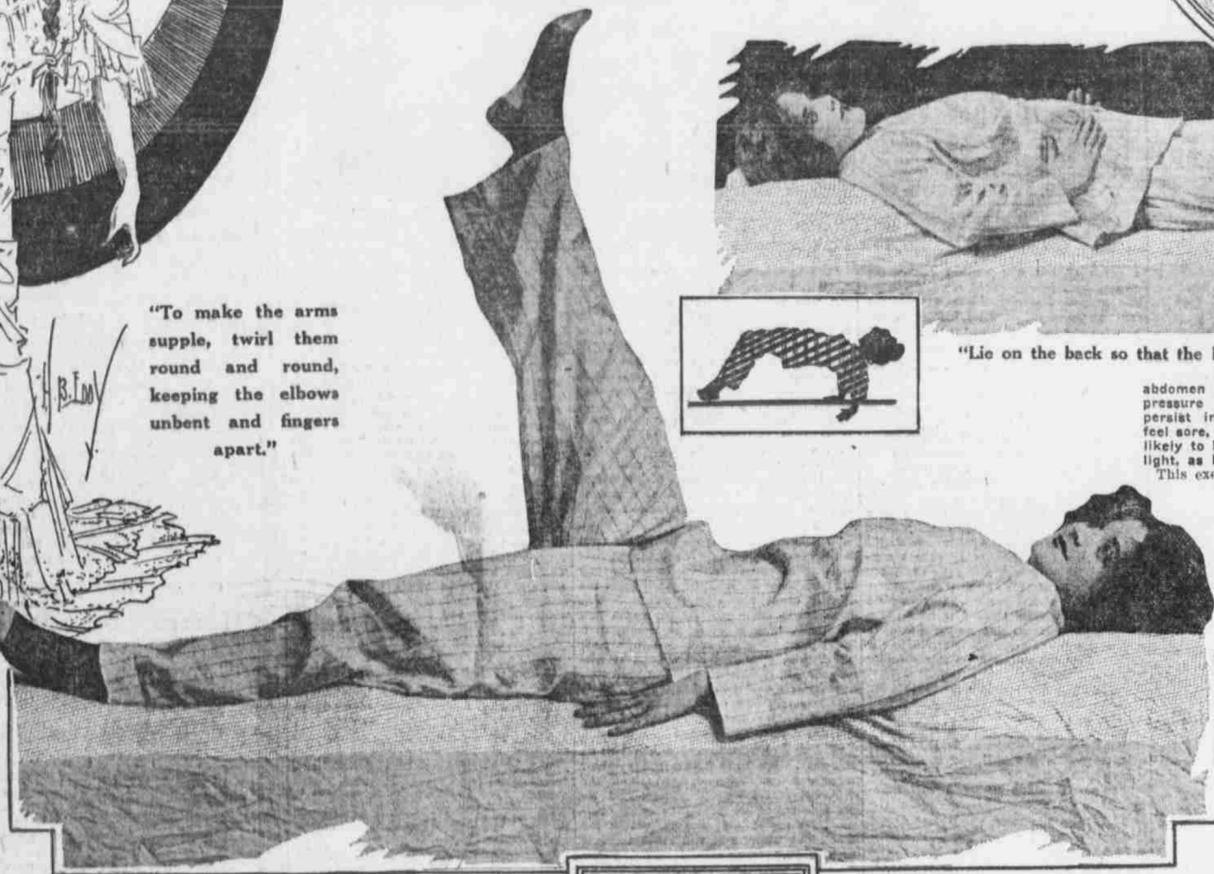
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Mme. Lina Cavalieri.

**M**ME. CAVALIERI to-day addresses herself to a common type, the person who is too tired to take exercises. She outlines for them a series of valuable exercises that may be taken at the one time when no one should be tired, in the morning before leaving the bed. These exercises stimulate the sluggish circulation and awaken the inactive liver that are characteristic of the "tired person."



"To make the arms supple, twirl them round and round, keeping the elbows unbent and fingers apart."



"Lie on the back so that the blood will be evenly distributed throughout the body."



By Mme. Lina Cavalieri.

**M**ANY persons, when advised to take exercise for their stomach's sake, their liver's sake, their complexion's sake, or even for their mind's sake, answer: "But how can I? I am always so tired."

No one is always tired. Some persons are often tired. And some persons think they are always tired. But it is not in the splendid mechanism of our bodies to be always fatigued.

There are times of the day when we are the strongest. It depends upon our temperaments and manner of life what time this is. For myself, an opera singer, accustomed to doing my greatest work, being keyed at the highest tension, in the evening, when I am to appear before audiences, I am at my strongest.

"Lying on the back, raise each leg until the body is like a pen-knife half open."

my energy being at full tide, in the evening hours. The person who is accustomed to do his work from sun to sun may awake strongest in the morning. Others feel strongest at midday.

But there is a time when he is at any rate "least tired" when he

should have exercise. The theory that a young person who is growing requires exercise, but the grown person needs no more than is involved in his daily work and everyday pursuits is old-fashioned and not deserving of consideration. The man or woman who spends all day in an office assuredly needs exercise to rid his body of the poisons accumulated during the day. Such persons should manage to secure some out-of-door exercise if it is only in dropping off the street, car a few blocks before reaching home and, walking rapidly, pumping some fresh air into the lungs starving for oxygen.

But for all tired persons, whatever the occupation or manner of life, these exercises are practicable, for they take but little time and require no gymnasium because they can be taken on what all of us possess, our beds. Choose the time when you feel freshest, either at night before falling asleep, or in the morning on awakening.

Lie flat upon your back, so that the head and feet will be of nearly the same height, and the blood be evenly distributed throughout the body. Lying thus, press gently but slowly and firmly upon the abdomen with the palms. Begin at the hips and successively press with the palms until the fingers meet. Then begin again at the waist



"The knuckle exercise is helpful to the weak back."

line and continue the pressure downward and toward the centre until once more the finger tips meet. So continue until every part of the

abdomen has received the gentle pressure several times. Do not persist in this until the muscles feel sore, which, at any rate, is not likely to happen, if the pressure is light, as I have advised.

This exercise is of great value if the intestines are clogged.

Without other help, our complexions have been cleared as if by magic after a few weeks of these exercises.

To stir up stagnant circulation this is better. Still lying on the back as directed, go over the abdomen lightly with the finger tips, giving every inch of the surface a quick, sharp patting. Complete this stage of the exercises by gently kneading the abdomen with the knuckles.

Let this be followed by the rocking exercise. Still lying on the back, slowly raise the body until the weight rests upon the forearms and the soles of the feet. Supporting it thus, fancy that your body is a hammock and swing it slowly and regularly from side to side.

A fourth exercise is one which is borrowed from the actually lower animals, but it proves that we can learn from all beings. This has been taught us by the despised pig. Have you watched him rub his backbones against the railing of his sty and grunting the while as though he experienced the utmost satisfaction? And so he did, for he was massaging the nerves and

muscles along his spinal column, awakening them to new life and stimulating every part of the body.

This is what we do when, clenching our hands and holding them beneath us, we draw the back up and down over the knuckles. This is so fatiguing that three or four movements of the body back over the knuckles are enough.

Lying on the flat of the back, raise each leg several times until the body is like a pen-knife half open. Alternate until the muscles are tired. This is one of the best exercises for reducing a high abdomen.

While still lying in bed, utilize a few minutes, if not more than two or three, in vigorously massaging the scalp. You will be rewarded by the new beauty and vital appearance of your hair all day.

To make the arms supple and graceful, raise one at a time, then both together, above the head. Twirl the arms round and round, keeping the elbows unbent. Spread the fingers apart and let the hand bend at the wrist. Pretend that you are trying to shake the hand loose from the arms.

These exercises can be finished in fifteen minutes. If taken in the morning, and followed by deep breathing at the open window, and drinking two or three glasses of cool or hot water, according to taste, this series of exercise is an excellent preparation for the day. If, on the contrary, you awaken with a feeling of lassitude and don't feel equal to the exercises, try them at night. They may enable you to sleep better. I have known persons who had vigor and determination to take the exercises in both the morning and evening. You will be the best judge of which agrees with your needs and habits. But choose that and persist in it, and your reward will be better health, improved spirits and greater beauty.

## The American Boy

**A** COLLEGE professor in civil engineering is reported to have said: "The best advice I can give to my graduates in engineering is this: 'Let your competitors smoke.'"

The professor meant by this that if a young man is going into a business or profession of any kind it will pay him doubly to leave smoking, drinking, gambling, and the like, to his competitors, because they are time-wasters. Hence, leaving out all that could be said about these habits, they reduce the actual working hours.

It is queer that we count money so closely and never count days, hours and minutes. Even if we live to be seventy years of age, which is far above the average of human life, we have at our command only a trifle over twenty-five thousand days. If an American boy works from seventeen to twenty his working time is at once cut down to nineteen thousand days. At the least calculation he will sleep one-third of this time, which leaves him about twelve thousand days. If he eats and finds relaxation days. If he is three hours a day he will use up one-eighth of this balance, or fifteen hundred days, leaving him ten thousand days of his total allowance.

He has now before him a fair time allowance for work on the basis of a seventy-year life. But he cannot be sure of seventy years, nor of one year. The gift of long life is not promised. And if it were, he may have to reduce his ten thousand five hundred days more or less considerably by charging against them days of illness, accident, enforced idleness (when there is no work to be had), and so on. Thus, his ten thousand five hundred days, out of an uncertain seventy years, dwindle again.

One day equals twenty-four hours. If the American Boy is his own boss, he can work as many of the twenty-four hours as he pleases. As sufficient sleep, properly eaten food and cleanliness are the basis of health, he will learn what time he must devote to them. They are more his business than his actual work, for work depends on health and health comes from proper sleep, food and care of the body.

Now, with the work hours before him, he is master of a situation that will yield him power and independence UNLESS HE BECOMES HIS OWN COMPETITOR. If he does that, he has sold out to the enemy.

An American Boy becomes his own competitor when he introduces into working hours, time-destroying activities. There is considerable grim humor in the popular saying: "If whiskey interferes with your business, give up business." It sounds like a joke, but it has a basis of truth in it, for it may be translated into this form: "If whiskey interferes with your business, it will probably kill both the business and you."

Let the other man kill his business, if he wants to; but you stick tight to yours, and get something out of every minute of the working day. And even if you do this, there is still another thing for you to do, if you want to make the most of the other man's weakness. It is this: Do nothing OUTSIDE OF BUSINESS HOURS that will send you back to your job the next morning with a bad head.

The brain, the nerves, the muscular system are your servants with which to get work done. It is poor economy to strain and destroy the very servants on which you depend for success.

And, speaking of success, it always becomes a question whether the American Boy cares more for his future independence and character than he does for his stomach. If he sets more store by the former, he will be a man among men; if by the latter, there is no classification for him, because the lover of evil things for the stomach is neither a true man nor a true animal. A true man eats and drinks to live, and a true animal never goes for a drink at the back door of a saloon.



"The rocking exercise is admirable for stirring up stagnant circulation."

## Dwarf Forests Which Grow in Winter

**I**NCIDENTAL to a study which the Forest Service has been making of the pigmy forests in southern California, many curious and interesting facts have been ascertained. They are, it appears, true forests, but composed of oaks and other kinds of trees, which, owing to deficiency of moisture and other adverse conditions, have become dwarfs.

Such "elfin woods" are found in several parts of the world. In South America they occur in the coast region of Chile; in Europe and Asia along the borders of the Mediterranean and eastward into Turkestan; in Africa on a small area to the west of the Cape of Good Hope.

A characteristic tree of the pigmy forest in southern California is the evergreen "scrub oak," known to the botanist as *Quercus dumosa*, which, under favoring conditions, attains a height of twenty-five feet,

with a spreading crown and a stem a foot in diameter. In the elfin woodland, on the other hand, it frequently forms a dense thicket only eight or ten feet high.

As one advances into high latitudes or climbs to corresponding altitudes, trees diminish in stature. A similar phenomenon is observed as one enters desert regions, though the result is a dwarf forest of an entirely different kind. In either case, of course, the dwarfing is due to a struggle against adverse conditions. But in parts of southern California there is a combination of conditions which produces a pigmy woodland that leaves out both the alpine and the tropical species. It is altogether peculiar.

The fact that the pigmy forest often forms an almost perfect miniature of the typical woodlands of the temperate zones naturally suggests that dwarf trees are the stunted survivors of full-sized specimens which once covered the same areas. This, indeed, is probably the fact. Accounts of early explorers appear to show that the white men who first reached the coast of southern California found full-grown forests where the elfin woods now flourish.

A visitor from the East, seeing the pigmy forests of southern California for the first time, feels as if he were entering a new world. Everything seems to be topsy-turvy. We usually think of springtime as the season when plants begin their growth, and when trees and shrubs spread a new foliage, which remains green until Autumn. In the elfinwoods this is reversed, and most of the growth is accomplished during the Winter. Through the Summer season the mountains are brown, and from a distance look lifeless, but immediately on the advent of the Winter rains they put on a venture of green, which remains all Winter long.

One may add that the pigmy forest in places assumes such a density of growth that passage through it is impossible, save by clearing a path with the axe. It is literally a continuous and well-nigh impenetrable thicket, the matted vegetation being rendered still more impassable by the sharp-pointed spines with which many of the tiny trees are fearfully armed.

### HE TOOK IT.

Once upon a time a very cool man called on his doctor and asked him for medical advice.

"Take a tonic and dismiss from your mind all that tends to worry you," said the doctor.

Several months afterwards the patient received a bill from the doctor asking him to remit \$15, and answered it thus:

"Dear Doctor—I have taken a tonic and your advice. Your bill tends to worry me, so I dismiss it from my mind."

Final—Advice sometimes defeats its giver.

"This is the fourth season I have met you at this watering-place, Miss Brown, and every time you appear ten years younger!"