

# The Wrong and Right Way

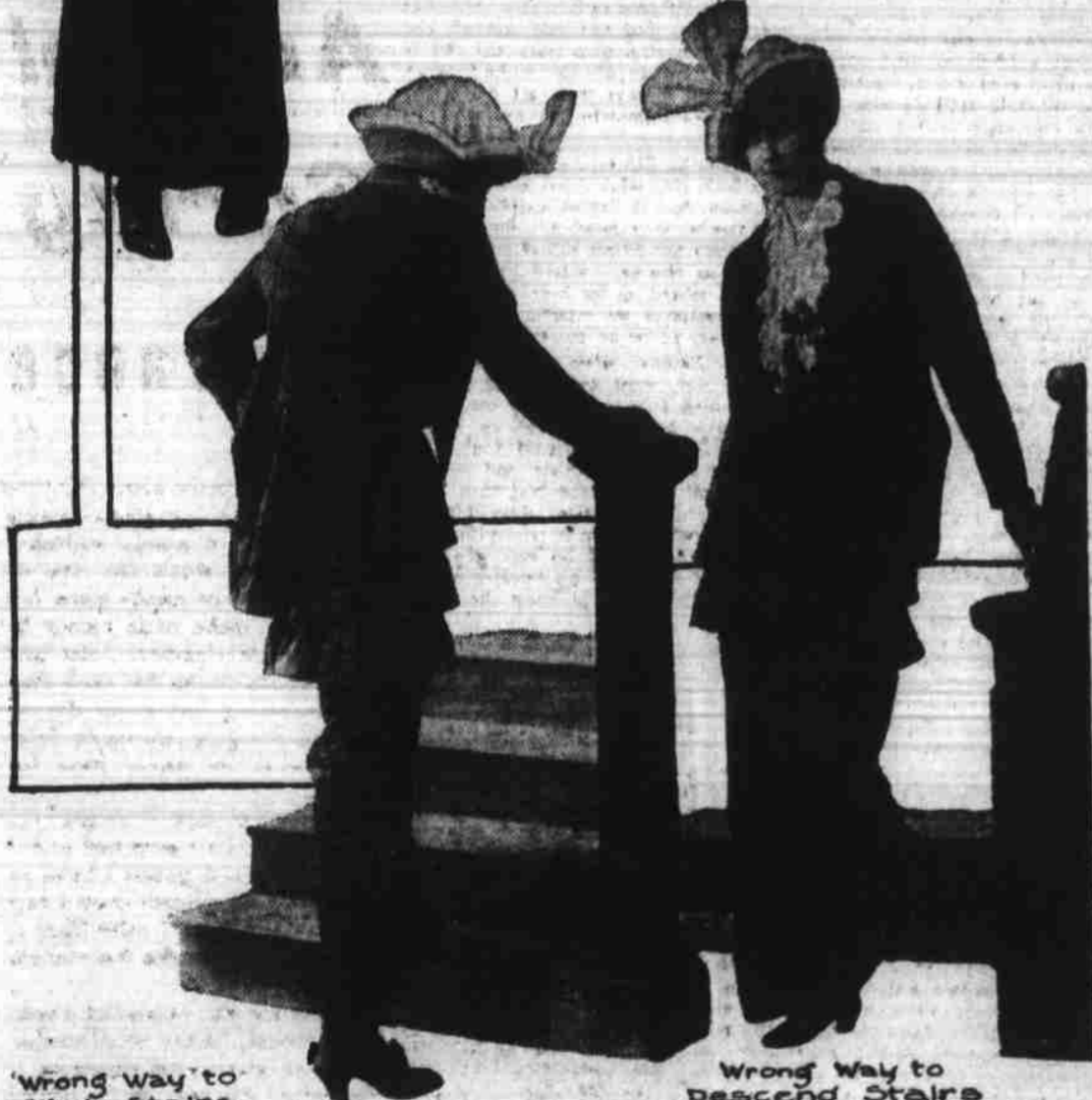
By Lillian Russell



Wrong Way to Stand



Wrong Way to Walk



Wrong Way to Climb Stairs

Wrong Way to Descend Stairs

Wrong Way to Sit



Photo by Monfort



Right Way to Sit



Right Way to Stand



Right Way to Walk



Right Way to Descend Stairs

Right Way to Climb Stairs

**T**HERE is a right and a wrong road to beauty, grace, and health. Which road are you on? If you have not learned to stand correctly, to sit correctly, to walk correctly, to maintain correct posture when you are climbing and descending stairs, or to balance yourself correctly when you stoop to pick up things from the floor or do any other bending, you are on the wrong road to beauty, grace, and health.

Study the illustrations herewith. If you find that you are not maintaining correct postures on all the occasions referred to in the illustrations, set about to work the remedy before, it is too late.

First, let us take the standing position. Do you stand with your head bent forward, your chest sunken, your back rounded so that the shoulder blades hang outward, your abdomen protuberant, and your entire weight upon one leg? To continue standing in this way is to do yourself a great wrong. You not only interfere with your freedom in breathing but suffer the consequent ills of undeveloped lungs and chest. Habitually standing upon one leg—generally the right one—leads to a tilting of the pelvis to one side, with a consequent spinal curvature and lowering of one shoulder.

To stand correctly place your heels nearly together, with the toes pointed slightly outward. Hold your legs rigid, your trunk and head erect, and your shoulders somewhat back so as to allow for a free expansion of the chest. Let your arms hang easily at your sides. If your standing position has to be maintained for any great length of time one foot should be placed slightly in advance of the other, the weight being borne upon the straight leg and the active supporting foot, the other being relatively passive. Change to the other foot so that the two extremities may be brought alter-

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nately into play and in equal proportion. The most common defect in standing is making the same leg always bear the weight of the body when standing.

**How do you sit?**  
Do you throw yourself into a chair with your head drooping forward and your shoulders rounded, your chest flat, and legs crossed? Besides being a most unlovely attitude, attending this posture are a dozen ills, chief of which are spinal curvature, a hollow chest, and the collapsing of the body forward with a crease at the waist, which interferes with the work of heart, lungs, and digestive organs. In fact, such a sitting posture as that illustrated here affects almost every part of the anatomy in a more or less harmful way. It is anything but a restful position.

The most important thing for you to remember is that a correct sitting posture demands that you push back in your chair as far as possible before leaning forward. Then draw crown of head forward and back. Sliding downward and forward in the seat tilts the pelvis into its most harmful position, and must never be allowed. Of course, the height and shape of chairs have much to do with sitting positions. It is impossible in many to assume a good posture. But do not allow yourself to lounge in a chair. If you are too fatigued to sit straight, lie down until you are rested, but never allow yourself to flop, and, above all, never sit on one foot—a habit quite common among girls.

All leaning forward in a sitting position, as in formal conversation or at the dining table, should be from the hips, not from the waist.

**Walking:** How do you perform this most natural and by far the best form of exercise? Do you "toe in" or "toe out"? Are you a foolish victim of the "grotesque walk" craze? Do you slinker slouch, which, translated, means, do you throw your whole body out of position, letting your chest flatten and your abdomen lead in your walk?

To walk correctly your toes should point directly forward in the "straight foot" position. "Toeing out" is just as incorrect as "toeing in." A perfectly erect carriage of the trunk of the body is essential to graceful and healthful walking. Carry your chest high and let your legs move freely from the hips in a long, swinging step. The arms should hang easily, moving slightly, but not swinging. If the movement of the arms be restrained, the reaction will show in some twist of shoulders or hips. It is correct for the heel to touch the ground first, but if the weight be poised well forward it will be transferred quickly to the ball of the foot. The idea that in walking the toes should touch the ground first is one of the fallacies that has grown from the wearing of high heeled shoes. For the sake of daintiness and elegance, however, you must avoid thrusting your toes noticeably upward when the foot is extended for a step in walking. But they should not touch the ground first.

Remember that walking is a heart, chest, and lung exercise, therefore one that means prolongation of life. It is difficult for microbes to find a lodging place in those who know how to walk correctly and who practice walking and deep breathing religiously. And with the right walking posture inhaling long, deep breaths is an easy matter.

Don't bend your knees when you stoop to pick anything off the floor. Bend from your hips. To maintain balance, always lead with left leg.

That bugbear with so many women—going up and down stairs—when done correctly is a healthful exercise. It is stimulating to good circulation and deep breathing when not carried to excess. None, not even the young, should run upstairs. It throws too much work upon the heart.

The essential point in stair climbing is maintaining an erect posture. The lifting of the whole weight of the body by the large muscles of the legs and thighs will stimulate heart and lung action quickly. This is the affect that makes stair climbing a good exercise. If you bend forward at the waist the action of heart and lungs is quickly interfered with and undue fatigue and distress result. The way in which the foot is placed upon the stairs in climbing is a matter that usually takes care of itself instinctively when the body is held erect. In descending stairs, however, the toe should touch first so as to lessen the work of the "hold back" muscles and save far to the body.

Remember: Correct pose will become second nature to you as soon as you bring your will power to bear upon it.

DOROTHY DULIN

## LILLIAN RUSSELL'S ANSWERS TO INQUIRIES BY BEAUTY SEEKERS.

**B. E.:** The red veins which come on the sides of the nose and the cheeks are a peculiarity of the individual. The walls of the capillaries are thin and give way. You should go to a skin specialist and have him treat them, for no mild applications will avail. I shall be happy to send you my astringent lotion.

**A. B. D.:** I would advise you to consult an oculist. It may be that your trouble is coming back again. Wash your eyes with a good eye wash each morning and at night rub a bit of vaseline into the lashes. Be careful you do not get any of it into the eyes. I shall send you the formula for eye wash if you will send me a stamped addressed envelope.

**ANNA:** Don't have any of your teeth pulled just to straighten the front teeth. Go to a good dentist. He will straighten your teeth for you without pulling them. When the skin peels from the face it is dry and needs a good nourishing cream to supply the oil that is lacking in the skin. I shall send you the formula for the skin food, also instructions for removing blackheads and pimples, if you will send me a stamped addressed envelope.

**JANE:** The forehead expresses personal character. It also speaks, with the eyebrow for its interpreter. Care should be taken when massaging the forehead to use rotary motion, ending either downward between

the eyes or upward into the hair. A frown is not in keeping with a happy nature and should be the first to be taken care of. A pleasant thought will do more to remove such lines than any kind of massage. The muscles of the eyes are delicate and should be most carefully treated; never rubbed, but patted lightly. A most important muscle is the sphincter muscle of the mouth, the one which controls the beauty of expression. This is perhaps the most sensitive muscle of the face, for it is instantly affected by grief, joy, or mental strain; it is notably so told immediately by the expression of the mouth. In massaging these muscles gently rubbing upward from the corners of the mouth to the eyes is best, then three or four gen-

tle movements from the corners of the mouth toward the ears.

**A. L.:** To keep blonde hair in good condition it should be washed about every three weeks. Here is a shampoo that is excellent for blonde hair: One tablespoon of Hysterine, three tablespoons of tincture of green soap and the white of one egg. After wetting the hair and scalp thoroughly with warm water pour the shampoo mixture over the head and rub with it a finger tip until a stiff lather is formed. Do this three times. This cleanses the scalp thoroughly and by bringing the blood to the minute vessels that nourish the scalp greatly benefits the hair follicles. Be sure

to rinse the hair well; spray all the shampoo lotion out of it. If any soap is allowed to remain it will surely spoil the gold tint so much desired by the blonde girl.

**D. R. D.:** There are many good eyebrow pencils on the market that you may use to darken your own lashes and brows. I am sorry I cannot give you a permanent dye.

**F. L. H.:** I do not think the pompadour has any effect on your hair. It is not injurious to the hair in any way. Every two weeks is not too often to wash your hair if it is oily.