

Women and the Home

Radio is the slender wire that brings the world and its affairs into the tiny kitchens and living rooms which hitherto had isolated so many housekeepers in the performance of their duties
—Margaret Bondfield



INTERVIEW

THE BODY BEAUTIFUL

These Should Interest You:

Talks prepared by the A.C.E., Home Science Tutorial Section, University of Otago:

- "Uses for Household Waste." Monday, September 2, 1YA 3.30 p.m., 2YA 3 p.m., 3YA 2.30 p.m.
- "Substitutes for Cream of Tartar." Wednesday, September 4, 4YA 3.15 p.m.
- "Lime, Iron, Iodine and Vitamins." Thursday, September 5, 1YA 3.30 p.m., 3YA 2.30 p.m.; Friday, September 6, 2YA 3 p.m.
- "Plans for Spring and Summer Clothing." Friday, September 6, 4YA 3.15 p.m.
- "Fashions": Ethel Early. Tuesday, September 3, 3YA 11.15 a.m.
- "Cooking by Electricity": Miss D. McStay. Wednesday, September 4, 4YA 11 a.m.
- "Food Value in War Time: London Exhibition": Miss M. G. Havelaar. Thursday, September 5, 3YA 11.15 a.m.
- "Outdoors in Australia: Australian Animals": Alatheia Solomons, B.Sc. Thursday, September 5, 3YA 11 a.m.
- "Talks by a Biologist: Insects, Birds and Mammals": Alatheia Solomons, B.Sc. Thursday, September 5, 4YA 10.50 a.m.
- "Help for the Home Cook": Miss M. A. Blackmore. Friday, September 6, 3YA 11.15 a.m.
- "Cooking by Gas": Miss J. Ainge. Friday, September 6, 4YA 11 a.m.
- "What Shall We Eat? Food and Fitness": Dr. Elisabeth Bryson. Friday, September 6, 4YA 7.30 p.m.
- "The Morning Spell (3) The Cheerful Taker": Mrs. Mary Scott, Saturday, September 7, 2YA 10.45 a.m.

Duty and Profit

A novel competition was conducted recently by an Australian broadcasting station. Women knitters were invited to visit the studio one afternoon. Wool was supplied by the station, and a prize awarded to the one who had knitted the most by the end of the afternoon. The work went to the local patriotic depot—and the fastest knitter got her prize. A good way of combining duty—and pleasure.

TEN years ago, in London, a small, vital Irishwoman, Mrs. Bagot Stack, founded the Women's League of Health and Beauty. This cult was something new in the way of physical development, based as it was on correct posture and the co-ordination of mind and body; an ideal aimed at by the Greeks.

Mrs. Stack lived long enough to see her idea taken up by 100,000 women throughout the British Empire. When she died, her daughter, the famous Prunella Stack, now Lady Douglas-Hamilton, continued the work. Prunella was a Juno; a magnificent figure, with lovely colouring—and she brought to the work all her mother's originality and enthusiasm.

While all this was happening, a certain English family were living quietly in Southampton. They were a happy family group, three girls and six boys—reared in the country, and loving dogs and horses and the sporting life of the countryside. Their father was a portrait painter; a romantic figure who painted most of England's great men of the day—roamed the world—and produced a book on his wanderings.

The two elder girls—shall we call them Elizabeth and Susan?—were now outgrowing the tomboy stage and turning their eyes to a more serious future. They were eventually led to take up the study of the Stack Health and Beauty Movement; a work in which they both quickly excelled.

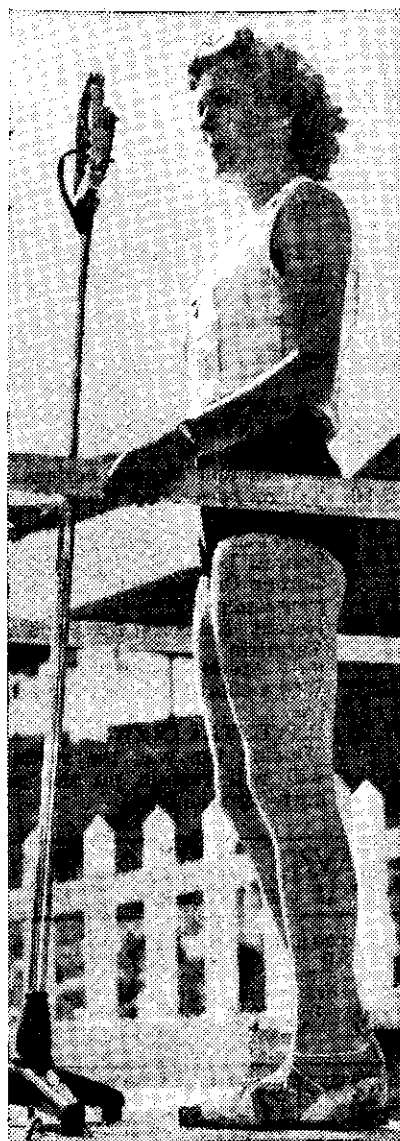
Susan's Story

Then something happened that altered their entire future. But I'll let Susan take up the story—

"Maybe, we were getting restless and dreaming of further fields; anyway, the people living next door to us were New Zealanders, and they often used to lend us periodicals and papers they received from home.

"One day when we were looking through a journal, we got the great idea. Why shouldn't we move to this new land—the whole nine of us—and Elizabeth and I could continue our work over there?"

"It is remarkable," she went on, "the misconceptions people have about New Zealand. Most of our friends told us we were crazy. All the people over there were farmers, they said; what interests would they have in Physical Culture Development? But we had already persuaded ourselves—read up extensively on New Zealand cities and their populations—and were able to give back argument for argument. Anyway, three years ago we made the big trek. It was an undertaking, too, I can assure you—Mother, and her family of nine. The Old Lady who lived in a Shoe had nothing on us."



Lady Prunella Douglas-Hamilton at the microphone during a parade of the League of Health and Beauty in London

our first School in Auckland. Wellington followed—and other centres. Now we are represented in eight leading towns throughout New Zealand."

"But you didn't accomplish this all on your own?" I asked.

Susan showed her really lovely teeth in a smile.

"Hardly—what we did was to train a number of teachers and send them out to the various centres. At the present time we are considering a scheme to extend our work to country centres. We have had so many appeals from country women, but we can't accomplish everything at once."

Wide Scope of Work

"What exactly is the nature of your work?" I asked.

"Recreational," she said, "health-giving and beautifying. The three, actually, are interlinked. Greek dancing is also a part of our teaching—for the Greek ideal was for grace of posture and movement. A thorough understanding of the body is necessary before one can be qualified to instruct. But apart from physical value, the mind is also benefited. It is impossible to feel depressed, or to nurse a grouch when you are swinging or stretching your limbs. It seems to work all the gloomy patches out of your mind."

It was impressive to listen to this young girl gravely voicing these words of wisdom. Both girls typify the culture they teach. They have a perfect physical development—and a keenness and enthusiasm that infects all those about them.

Elizabeth has a classic Greek face, a fair skin and short golden hair. Susan, two years her junior, looks like a golden-skinned boy, her fair hair swept upwards from her temples—with delicate features and blue eyes that slant up in the most fascinating manner.

For Health—or Beauty?

"Tell me," I asked Susan later, "do the older women come here for health—or beauty?"

Susan considered the question gravely.

"Perhaps they themselves are the only ones who could answer that question. Being feminine, I should say a little of each. This class is fairly young—you should just see my grandmothers."

"Grandmothers?"

"Of course," said Susan, proudly. "There is no age limit to physical well-being. And they are just as keen as the young ones. Not apropos of the grandmothers," smiled Susan, "why don't you come along yourself and give it a trial?"

"I do gymnastics on my typewriter, Susan, for several hours a day," I said, "but if ever I run out of a job I might consider your offer."

Schools in Eight Towns

Auckland was their first landing place, and this plucky family set themselves the task of settling down in their new land. Elizabeth and Susan, two ardent young crusaders, lost no time in starting on their chosen work.

"Nothing is easy when you are just beginning," said Susan, "but looking back now, I think we were remarkably lucky—people were so kind to us. Elizabeth and I worked hard in establishing