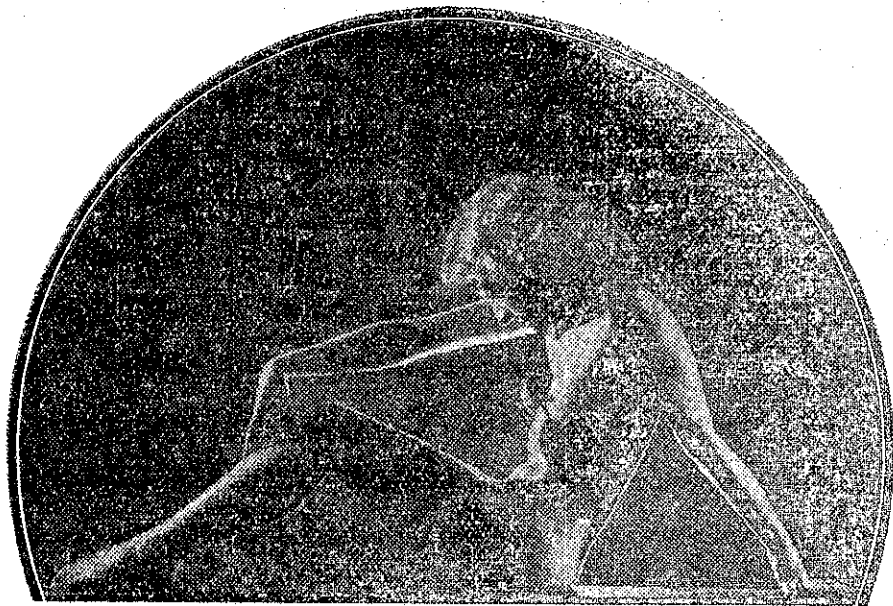


Health—and Beauty

The Viewpoint
of the
Physical Culturist

by

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MANY times I have been asked to give my viewpoints concerning beauty. And invariably I have stated that my ideals of beauty consist, first, of a healthy body; secondly, a beautiful and graceful form; thirdly, personality; and only lastly good facial features.

No ambition is really more important for either men or women than a desire to make the most of themselves physically. It is my contention that a well-developed, well-proportioned healthy body must be good to look it.

Improved Figures

UNDoubtedly the girls of to-day are healthier and better looking than the generation that preceded them. Like all good things there must have been more than one contributing cause in so far as this change is concerned. Perhaps the largest single change has been in the great spread of athletics and athletic training among girls.

When croquet was a violent sport, it neither claimed nor got much in the way of physical development from the devotees of the game. I am not an expert in the gentle pastime, and may underestimate the degree of skill required for attaining excellence, but no one can under-

estimate the amount of physical energy burned up in an afternoon spent at the grand old game.

YET not all good figures are produced in swimming-pools or on athletic fields. Some of us get them in spite of ourselves. But, and here a big but, the number that are on the screen, the stage, and in fact in every sphere of activity where a figure counts, purely and simply as a result of hard work in producing a beautiful body is much larger than the average person realises.

For all that, it is surprising the number of women there are to-day whose waistlines are so much out of proportion with the rest of their bodies. What I am going to suggest, if you be among the number, is that you should exercise.

For the average woman no claims too great can be made for the benefits of exercise. Probably most of the "made" beauties in this world first determined that diet would be the means by which they would gain a perfect physique. This is undoubtedly true of the great class who are most interested in weight-reducing. Nowadays, it is not unusual in girls' schools, shops and offices all over the world to come in contact with girls who have resolutely adopted and are resolutely following a well-planned diet scheme, and who are getting results from it. Any number of them do not eat white bread or potatoes, give up sweets altogether, never take a second helping of anything else, and so on.

More Difficult

A WELL-PLANNED diet scheme will work wonders. In most cases, however, the diet scheme is combined with exercise in some form or other, and the combination is doubly effective. Real as the problem of the woman or girl who wishes to reduce may be, there is no question that she can achieve much by exercise and diet, and the practice of exercise and diet by women has become so universal that private gymnasiums and training schools have arisen in practically every city of importance throughout the world.

Girls who are rather thin, and want to develop rather than reduce, have a much more difficult problem on their (Continued on page 43.)

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