

Striving For Health And Beauty

THE OBJECT OF SCIENTIFIC EXERCISE

(Continued from page 41).

hands. Still they have no need to be despondent, for it is an accepted fact that their problem is not nearly so serious as that of the man or boy who wishes to develop.

This is due to the fact that the texture of their muscular tissue is not so firm and therefore not so hard to break down, the first step in building new tissue.

Of course, the ultimate object men and women have in mind is quite different. Many men are interested in attaining the maximum of physical development, whereas most women want a graceful symmetrical body and aim at the minimum of physical development which will make them seem to be built proportionately.

PROPER physical proportions are the real foundations of a perfect body, and women have in their smaller and more delicate bones a decided advantage in the appearance side of their physique. It is necessary to have a larger calf than knee, something not nearly as unusual in girls who have never exercised as in men. Also, since their knees are smaller to begin with, they do not have to get the full development of the calf to attain their proportion.

Against this most men are under-developed from the waist down, whereas most women are under-developed in their upper body. Everyone realises how much easier upper body work is and how much more quickly results can be obtained. This fact also gives women a decided advantage in exercise, and is one more good reason why more and more women are bound to realise how much they can gain in this way.

Most women who are too fat realise

that a combination of exercise and diet will reduce them any time they really wish to reduce. Not so many people who are too thin believe that anything will help them. I have admitted that their case is a little harder, but most certainly can the thin woman make noticeable headway right at the start of her exercising, and much more easily can she achieve her object than can the thin man or boy.

Really, any girl who desires to have an attractive form and does not attain her desire, has every reason to be disappointed with herself. With all the inducements of the outdoors, and all the information given her in magazines and papers and in lectures, there is no excuse for her remaining undeveloped, unhealthy and unhappy. It is only because she lacks the initiative to go ahead and do something for herself, to exert a little effort. In a nutshell, she must exercise regularly, eat wisely and sleep well.

New Children's Serial

FOLLOWING "The Children of the Dark People," the Australian Broadcasting Commission's Young People's Sessions have started another of its popular serial plays, "The Crown Prince of Carlsbeck," by Claire Meillon. This is the story of a twelve-year-old prince, who, in the lonely grandeur of the royal palace, thirsts for adventure. Meanwhile, his father is working desperately to save the kingdom from war, and a secret gang works equally hard to bring it about. "The Crown Prince of Carlsbeck" is relayed over 3AR, Melbourne, at 7.0 N.Z. standard time every night.

The Right Niche

ANALYSIS of the careers of the Australian Broadcasting Commission's celebrity-artists for 1938, makes interesting reading, for it shows that the majority of the artists were trained for other work. The Russian basso, Alexander Kipnis, completed his training as a military band conductor before he discovered his potentialities as a singer.

Dino Borgioli studied for the legal profession, but became a Grand Opera star instead.

Richard Tauber completed his training as an orchestral conductor before he took up singing as a career.

Dr. Malcolm Sargent was for years a church organist in an English country town before his genius for conducting was discovered.

Although it was intended that Georg Szell should become a professional pianist, he himself was determined to be an orchestral conductor. By a fortunate chance, at the age of 16 he was called upon to deputise for an eminent conductor, and he was able to convince people he was a born conductor.

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