PAVLOWA AND HER DANCE PARTNER TELL OF EXERCISE

BY MARTIN A. DELANEY.

Chicago Evening American Physical Adviser for the City of Chicago and Physical Director of the Chicago Athletic Association.

Yesterday I told my readers of an interesting interview I had with Madame Anna Pavlowa of the Russian Imperial ballet. I declared that I was convinced she is one of the greatest athletes in the world. Since then I have been permitted to see the dancer go through the series of exercises which she takes every morning of her life—exercises lasting an hour. I defy the greatest athlete in the United States to follow this little woman through that series of exercises. He would be completely exhausted before they were half through.

Alexander Volinine, Madame Pavlowa's dancing partner, and one of the greatest dancers of the Russian school, also gave an exhibition of some of the most startling and daring exercises I have ever seen.

This remarkable pair of dancers and athletes have taken over my column for a day to tell something of their system of living.

DANCER DESCRIBES HER EXERCISES

BY MADAME ANNA PAVLOWA.

Premier Danseuse of the Imperial Russian Ballet.

I think it so strange that Mr. Delaney, whom I am told is the greatest instructor of athletics in the United States, should ask me how to exercise. I should not ask him about dancing, although I think he would have made a splendid dancer if he had started when he was younger—perhaps as good a dancer as Volinine.

I think I understand, however. There are the exercises that I take for an hour every day—now only forty minutes though, because I work so very hard in this country—and there are exercises that Mr. Delaney teaches in his gymnasium. They are quite different. I do not think that the men Mr. Delaney teaches to exercise could stand on the ends of their toes as we do. They would have much difficulty in balancing.

They must lift heavy weights and throw big leather balls at one another and hit each other in the face with big gloves. That is for men—not for women.

HOW WOMEN SHOULD EXERCISE.

Women should exercise as I do to be strong and light and graceful.

One thing should be insisted upon. One must exercise every day. Not to-day and then maybe the day after to-morrow, and perhaps next week—but to-day, to-morrow and the next day, and so on and so on—every day in the year—always. Exercise is like breath and like food. One must not go without it. To be healthy it is imperative to exercise.

I exercise to be supple. Each morning I must warm up—not by sitting in a hot room before a fire and holding out my hands to it—but by exercising. The movements are much as in dancing. Never do I use weights or the dumbbells. Those weights make the muscles big and plump, but we do not want them big and plump—we women. We must be graceful. The muscles must be long and smooth and rythmic. It should be this way with every woman—not only for the dancer.

MUST EXERCISE ALL MUSCLES.

Much of my exercising is of posing—balancing. This is difficult at first. It is hard work. You must keep trying, though. Do not exercise with the arms alone. You must not stand still and swing them about. The arms and the legs and the body must all be exercised together. If you are going to be graceful and strong you must remember this. The muscles at the tips of the fingers and toes must respond just as the other muscles. Do not forget any of them. They will spoil all the beauty of the picture if you do.

I have not time here to tell about each of these exercises and poses. There are hundreds of them—no two like any other two. Start slowly and when you finish they must be very quick, because then you are warm.

The exercises must not be taken in a room that is too warm. There must always be fresh air. You must breathe as you exercise—smoothly and easily and with the exact rythm.

BETTER WITH MUSIC.

It is always better to exercise with the music. Then you will exercise properly—you cannot help it. Such exercises as these should be taught to the pupils in the schools when they are very young. Afterwards they would not forget.

Mr. Delaney has said that I am one of the greatest athletes in the world. He is joking. I am only a little woman—just five feet and one inch tall. And now I weigh only 109 pounds. How can a great athlete be as little as that?

But still, if the women would all learn to do the exercises that I do, I am sure they would feel much better. They would never be sick. And they would be strong. For, though I am little, I know I am very strong. If I were not, could I dance night after night—oh, so many dances?

TRAINING IS WORK SAYS VOLININE

BY ALEXANDER VOLININE,

Pavlowa's Dancing Partner.

I do not expect the American men will follow the exercises that I take every day. They are exercises for a dancer—not for a business man nor an athlete. They would prefer to play a game of golf or a game of tennis, just as I do. I love to play golf and tennis. Dancing with me is a business.

Without the exercises I could not dance. For an hour every day I take them. When I am through I am almost tired out. I am wet with perspiration. I am like a man who has run twenty miles.

MUSCLES STRONG AS STEEL.

But these exercises I take are good exercises. Because of them I am never sick. I am very healthy. I have a splendid appetite for my two meals a day. And I am able to dance.

Many of the American athletes would look at me and say, "He is no athlete. Look at his muscles. They do not stick out. He has no development."

They would be wrong. I am very strong. My muscles do not stick out, it is true—but they are as strong as steel. They must be for my dancing.

But I would rather play tennis or golf, I never dance for the pleasure of it.

DRINK MILK HIS ADVICE.

Mr. Delaney told me he could make a fine pole vaulter out of me. I do not even know what that is. I should like to try, but I am afraid I would hurt myself so that I could not dance. I cannot skate and I cannot play the football for that reason—for fear of injuring my feet. A dancer must be careful of his toes just like a musician for his hands. There must be no risks.

If you want some advice here it is: Drink milk. Sometimes I drink five bottles of milk a day. I very seldom eat meat—vegetables and fruit and game—but not meat.

Mr. Delaney has told me I am a very fine athlete. Well, maybe. I do not know. All that I know is that I am a dancer.

Following are Mr. Delaney's regular daily answers to letters:

Eat All the Apples You Want.

Dear Sir: I am a constant reader of your articles in the Evening American. I am 14 years old, 5 feet 8½ inches tall and weigh 114 pounds. What should my measurements be? Do apples hurt me, as I eat very many of them? Does basket ball hurt me? I play three times a week at the Y. M. C. A., I get dizzy riding in the street car, but not on the L.

Y. R. E.

Answer—Height, 5 feet 6½ inches; weight, 113½; age, 14; neck, 12½; chest, 31¼-33¾; waist, 26; forearm, 9¼; bicep, 10½; thigh, 17½; calf, 12¼. Eat all of the apples you want to. Do not play basket ball more than twenty minutes in hard scrimmage. Drink a glass of cold water in the morning thirty minutes before breakfast.

Way of Using Decides Worth of Exerciser.

Dear Sir: I have a new idea of an athletic exerciser for developing the neck and arms and it can take the place of the wall exerciser. I think it will be one of the best devices for the neck that one could wish, as it can take the place of the wrestler's bridge and I have found that one of the best exercises for the neck. I have had eleven years at training and have a lot more to learn and will do so as long as you are writing for the American. So if you can tell me about what I could do on this, or if you think I am going too far. I find it great if one cares to have a good workout.

C. M. A.

Answer—The whole worth of an exerciser is in the way it is used. Every athletic man has a hobby on some patent exerciser. Very few have succeeded with them.

Have Your Tonsils and Teeth Examined.

Dear Sir: There are eight of us girls and we belong to your Walk Home Club. We certainly do a lot of walking, so one of us will ask you for some advice. I will be very pleased to have you answer the following questions: In the morning I have such a bad taste and all day long bad breath, although I drink a glass of water in the morning before breakfast. Frequently I get a head noise.

BROWN EYES.

Answer—Drink water—cold water—thirty minutes before breakfast. Do not eat for three hours before bed time. Have your teeth examined—also tonsils. Your walking is the very exercise. Be careful about your eating.

Your Diet Is All Right; Eat Slowly.

Dear Sir: I am a boy 17 years old. I stand 5 feet 6 inches tall and weigh 127 pounds. I am muscular. I have a very fast job. I am on my feet all day and moving around. I have been getting dizzy spells in the afternoons which make me work slower. I also have pimples on my face, back and chest. For over two years I have been bothered with bad blood. I have learned that it is all through excessive eating. I always was a fast eater and didn't care what I ate. I am going to take up boxing and naturally this means perfect eating. I wish you would please correct a little diet. I have started on. For breakfast I drink a glass of hot water with salt in it and eat cornflakes with milk and some toast and one egg. I eat a sandwich and an apple for lunch, and for supper I always eat a lot of bread and potatoes. I eat very little meat. I don't smoke nor drink and always get my regular sleep. I got a charley horse in my right leg last Summer, and every time I run now my leg gets stiff right above the knee.

SONNY.

Answer—Discontinue the salt in your water. Drink two glasses of cold water thirty minutes before breakfast. Drink the water fairly fast. Eat bran bread. Your diet is all right. Eat slowly and chew your food well. The longer the food is in the mouth the shorter it is in the stomach. Drink plenty of water between meals—at least two quarts per day. Massage your leg after putting on hot towels. Use any good oil to keep the skin from being irritated in the massage.

J. P. L.—I do not recommend sudden methods for increasing the height.

Harry James—I do not know.

Welling to Box Mike Snyder at Milwaukee

Joe Welling, Larney Lichtenstein's lightweight boxer—and Larney wishes it known that he considers him the coming champion—will likely meet Mike Snyder in the semi-windup to Jimmy Clabby-Mike Gibbons match.

* * *

Sid Mercer, who knows whereof he speaks, says: "There is nothing startling in the announcement that Marquard will not pitch for the Giants next season. He didn't pitch for them last season."

BRAVES MAY GET COOMBS

Philadelphia, Pa., Dec. 22.—Jack Coombs, formerly one of the Athletics' star pitchers, who recently was released unconditionally by "Connie" Mack, may pitch for the Boston Braves. The Braves were the only major league team which failed to waive on him and Coombs, it is known, is anxious to play in Boston as his home is nearby, in Kennebunk, Me.

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Your reindeers run away,
And kinda smash Jim Gilmore up.
I'd thank you every day.
"Yours, BAN."

* * *

"Billiards prevent indigestion," remarked Lord Lonsdale. Probably because the chronic billiardist has no time to eat and, therefore, can't contract indigestion.

* * *

Our entry in the acrobatic contest is Walt. Johnson.

* * *

BULLETIN.

New York, Dec. 22.—The Gunboat Smith is in a sinking condition. It was torpedoed by Submarine Sam Langford and torpedo boat Jim Coffey.

* * *

Dear Sir: Who holds the long-distance skating championship?—N. H. K. The baseball magnates.

Harvard Gives Out Football Schedule

Cambridge, Mass., Dec. 22.—The schedule for the Harvard football team of 1915, which was officially announced last night, included the most radical changes ever made by Crimson. Five of the nine dates are filled by new teams.

Cornell takes the place of Michigan, Carlisle supplants Tufts, University of Virginia displaces Washington and Jefferson, Colby is taken instead of Bates, and Massachusetts Agricultural College has the date formerly held by Springfield Y. M. C. A. College. The Yale, Princeton, Brown and Pennsylvania State games remain.

All contests except that with Princeton, which will be played at the Palmer Stadium, are to be held at Cambridge. The schedule follows:

September 26, Colby; October 2, Massachusetts Agricultural College; October 9, Carlisle; October 16, University of Virginia; October 23, Cornell; October 30, Pennsylvania State; November 6, Princeton; November 13, Brown; November 20, Yale.

RESERVE RATE IS CHANGED.

Washington, Dec. 22.—The Federal Reserve Bank of St. Louis today changed its rate of discount to 5 per cent for thirty days, 5½ per cent for sixty days and 6 per cent for long maturities.

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ROLLER SKATERS MAY JOIN A. A. U.

Trouble with the Western Skating Association, which has resulted in practically open revolt, will likely bring all the roller skaters in the country under the wing of the International Skating Union, according to Allan I. Blanchard, president of the International Union. Mr. Blanchard declared yesterday on his return from New York that a formal application would soon be made by roller skaters to come under the jurisdiction of the ruling skating body.

In this event the roller skaters will be formed into a subsidiary organization to the International Skating Union, with one delegate representing them on its board of control.

KILLED HUNTING RABBITS.

Pana, Ill., Dec. 22.—Claude Thomas, aged twenty-six, died here as a result of a gunshot wound received while hunting rabbits.

MRS. RUNDE IS GIVEN DECREE

Judge Foell in Superior Court has granted a decree of divorce to Mrs. Lillian Runde, daughter of Judge George Kersten, from Otto Runde on charges of cruelty.

Mrs. Runde, who says she is twenty-four years old, testified that she was married June 21, 1910, and that she lived with her husband until June 3, 1914. One child, George Runde, was born. On June 3, 1914, she testified, he ordered her out of the house.

"He threatened me and said I should never come back again," she said; "that he didn't want me any more and would kill me if I came back."

MESSENGER BOYS TO DINE.

Marvelous! Astounding! They're hurrying. The messenger boys will be given their annual Christmas dinner and entertainment by the Western Union Telegraph Company this evening. They will march to the Lincoln Inn Restaurant, headed by a squadron of mounted police and a band of forty pieces.

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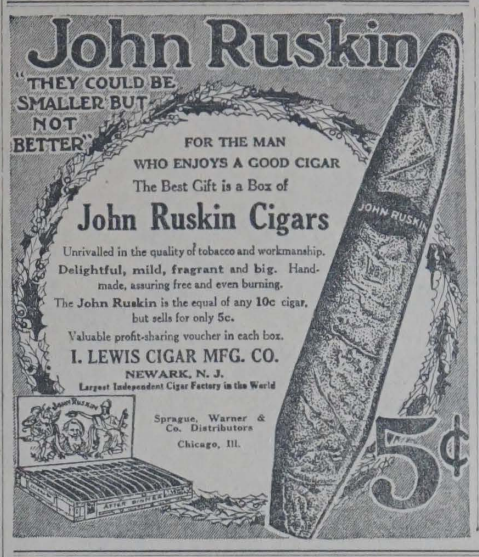

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Countess Expects $40,000 From Santa

Circuit Judge Baldwin yesterday authorized Wallace Heckman, executor of the $400,000 estate of Mrs. Ida A. Richardson, to expend $7,500 on alterations in the Merchants' Building, La Salle and Washington streets. The Countess Cora Slocumb di Brazza Savorgnan of Udine, Italy, beneficiary of the estate to the extent of $40,000, expects to receive that amount to-morrow.

APPOINT TRADE BODY SOON

Washington, Dec. 22.—President Wilson has decided to name the members of the Federal Trade Commission before the new year. It previously had been decided at the White House not to make public the personnel of the commission until after the Christmas holidays of Congress.

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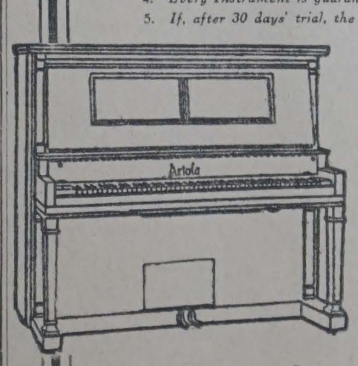

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