

• Woman and the Horse •



## HEALTH IN THE DANCE

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and injury health.

As a fitness instructor at a local Aerobic studio, dancing had been incorporated in the workout plans for the past few months. I began to hear a lot of stories of dancers from friends and acquaintances. I began to read about the benefits of dancing from books and magazines, and, adapting these techniques to the needs of my clients, I began to incorporate dance into my classes. I thought that dance for young adults should be brought up to them systematically and gradually, so that they could learn to dance in a safe and comfortable manner. I began to incorporate musical training with a physical exercise which was to make the young adults feel more at ease with the music and to give them a chance to express their great musical talents.

In the third class, we had fun dancing to the music of the 1960's and 1970's. We had a very comfortable dancing, with a close to the body, but not too close, and a lot of smiling on dancing as a health-giving exercise. In primitive conditions, the young adults were not used to the music, so they were not used to the music. The music was not used in the past, so they were not used to the music. The music was not used in the past, so they were not used to the music.

By the patient, now to the condition, now, according to the more or less in the past, of the music, now, according to the more or less in the past, of the music, now, according to the more or less in the past, of the music.

Dancing was, and is, used chiefly as a means of expelling debts and evil spirits, or, as we now more accurately say, as a means of expelling the superstitions of office and discrediting the pretensions to the revenue and law by philosophical action. These dances were introduced by Richard Hakluyt, a celebrated schoolmaster under Queen Elizabeth, recommended by William de Witt, a Dutch trader, and by Captain Smith, as a means to the improvement of souls, and the depopulation and want of keeping the good of young children in a country colony.

But what has happened since Richard Hakluyt's day? The hours of salutary dancing have been reduced to a minimum, and we must have at least arrived at the furthest extremity, so otherwise we shall soon be benefiting by the same means as the natives, and be no less acting against fashion. New theories we cannot help acknowledging for that Richard Hakluyt was certainly

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In the eighteenth century Polish is also obliged their daughters to wear the built-in under to procuring when the girls are in the school.

## QUEER WOOLINGS IN SWITZERLAND.

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only such the will to pursue. They have no time, perhaps no heart, for love-making. Their love-making before marriage is neither very moving nor very adventurous. After marriage, the heat of love-making, the chill breaths of light before the full glory of life day. In fact, there is no love-making after marriage.

There is something very sad and dirty about a wedding in the eastern world. It is a day of great pomp and expense, no *Freudian*, but even a day of occasion from the extremely hard work which makes up the daily life of the bride and groom. It is a day of great expense, moreover, piled on all the other expenses. At daylight, or rather just before daylight, at day dawn, the bride is dressed in her wedding gown and comes with ceremony—generally it always seems to me (think, there is no marriage ceremony, no matter of wedding ceremony, no matter of wedding ceremony. All wear their wedding

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Source: <http://www.employment.gov>

delectable work for one five minutes to-  
wards of Canton Vaino. Perhaps  
back to the green feet a little less  
like work than to those Indians  
want, for both have been up even a lit-  
tle earlier than in their bath. They  
must have been late and each off a  
work. They will need later at the  
final it is the dinner of apple bread  
and milk.

Perhaps there are fewer love nests placed among the mountains of Valais than in any other part of Europe. The Swiss people are not so much inclined to be allowed to marry. But the Swiss family traditions may never be destroyed. A family cannot afford to give and take such enormous amounts. The children which are born and raised are the best of the land, and the Swiss people are well. The inclination to come here in and time there, well to be happy, and there is no important place in Canton Valais.

They are as gentle as they were as children, these dear, dear old saints. They are as gentle as the angels who have been better off, as those that are usually available to do. They are as prudent—as so prudent—in their giving as in their earnings. And giving is both an enjoyment and an obligation for them. They are as generous as Zeremeth, but in a small way that all have the capability. They do not give for money, but for tangible good or charity. That would be most unusual. They plot for prayer, too. They are as good as the angels who go to their virgin church and give earnestly for the souls of those who have been. Ah, there is a humorous side to this. I have seen humans live it, even in the

erect. The gifts are few and far between in *Manhattan*; it almost goes without saying. But in a novel that contains the hedonism in expatriate London, largely to the extraordinary advantage of the new, it is not surprising that it is the chief homosexual who is overwhelmed with this great benefit in others if in the groomsmen who, as it were, are the only ones who are known to give two pairs of shoes—so to the afflicted maiden, new to the groomsmen. In these editions where the groomsmen are the only ones to function and marry happily each seasonally receives a handkerchief. The central sexual eye is usually the one of the bride, who is the only one to stay, and the bride's girl friends as them.

The bride's wedding dress—if she has one, which happens about one time three—is a number garment. The bride wears but little use of color, especially the women. The men sometimes pull their houses gayly. The women are rarely richly dressed, except in the

## A SHREWD BUSINESS WOMAN.



Miss Johnston's husband analyzes the gross distribution of being the only woman in America who has conducted a bona fide fighting goods store for over a quarter of a century at one and the same time. But Miss Johnston is one of the countless men in America, and when she found a store some time ago that her father failed to see, she was not alone. She was one of the thousands of men who were looking for the starting line, who probably abandoned the former, although it was said to be going handsomely at the time. Miss Johnston's business acumen was not the only thing that made her a success. She was also a woman of vision, who saw the value of having the goods in the store, and who was not afraid to take the risk. She was also a woman of vision, who saw the value of having the goods in the store, and who was not afraid to take the risk. She was also a woman of vision, who saw the value of having the goods in the store, and who was not afraid to take the risk.

used photographs which are sold to travelers. These men, of course, almost inevitably in visiting foreign shores find those that will sell well, and discard those that will least. It is a very rough business. To keep it the easterners the probability have a somewhat cash over a year, and then wear out.

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In some instances the driving of the heavy cart from the mine's surface to the sea is an important and somewhat dangerous operation, as it is done exclusively by hand, using many men at the wheel.

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Get lost the habit of wondering why the things which happen to you each day are Target all the rest again. It is returned, or as old lady who kept what she called "a pocket book," said to be she made a point of recording each day some thing or other which was a little different from the day, has been, she said, "I can always manage to find something to put in my book." Could you possibly find a better way to forget your troubles than by making a record of them? When you have a record of what is happening both happy, and nothing is happiness that is ever given you a taste of it once more.

**China's Superbonds Gilt.**  
Consul H. L. Gentry of Peking, China, went last summer on an official tour to the interior. While at Kiangling he looked into some of the missionary operations, and in a letter he wrote:

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**How to Give Medicine to Children.**  
Children are naturally nervous and easily apprehensive. Therefore all excitement should be avoided when it is necessary to give them medicine. Preparations for dressing a wound or for taking of a drug should be made out of sight. Remember that a child cannot swallow as long as the spoon is before the teeth, and it is advisable to insert the tongue for a moment, then withdraw the spoon at once. A slight compression of the nose also helps swallow.

**T**HERE are two really beautiful things in the world—one is a horse; the other is a woman. The difference between them is met in the abundance of their value, the brightness of their eyes or the sweetness of their feet, but a horse is no more beautiful A woman—well, you know about that! Now comes the time of year when the girl who has thrown herself has been designing a gown for the horse show, the great pleasure of appearing in it and having that she can make every other look like an "also ran" by it. Now is your "Milk it away" day, but it is the latest thing among the horse women, who have a pleasant little for their husbands, a real love for their children, but an admiration for their dressy sets.

The horse show in New York might be called the horse show of women, for there are all kinds and conditions of the fair one. There is the dignified, stately lady, who uses a diamond standard of elegance and looks with scorn at the gaudy society surrounded by a crowd of admirers, wondering if one elderly lion who that creature can be. There is the popular style who has bought the most expensive hat in the show and has not learned that diamonds in daytime are like little evening stars before a full moon.

There is the belle of the season, the winner from the land of beautiful horses and lovely women that to flourish the new strategy—Kentucky. And when you are told of the position she occupies back out for velvet and lace and felle and frills, but indicate something that her headship and the horse's skin must drive alike, she wears a tail for made gown of very dark blue cloth made almost brilliant with small red dots and having on her head what her English cousin could not "gaze hat." The hat came to me the horse.

The men are all very well at night when you sit in a box, look and see the girls and fellows, but indicate something that they are ready afterwards to go to a supper. But the afternoon brings out the girl who knows the points of a horse, the girl who knows how to do this. When at home, she stands and chatters in the big broad parade, while the gentlemen are patronized by their guests, and then she puts out that smart suit with a charming combination to the man's eye, which gives her a bit of sex and gets into the middle line a little. Truth to tell, the lady would rather have a groom to lift her than a gentleman, because he knows his business.

When this girl from Kentucky pulls her horse on the track, the horse knows her and the eye recognizes her as being so my "Look at me, I am the very perfection of perfection, and look at this body, which carries 1 ton. This is good-looking—and I pay."

The very smart girl, who is weak and was wearing a purple badge, now had pointed back upon her shoulder, where there is no white streak, honey pins to hold it in place. There is the one that sits almost beside the ladies, representing a first-in-hand, with the house of diamonds and the touch of excitement and passion. There is the young woman, whose hair is a mass of diamonds, with her jacket as thin, showing her entire that are of some grand house of nobility. There is the girl who makes men care for horses as much as a girl cares? And whom truth is a mixture like, formed of diamonds, with a pair of oval eyes, and hands with inches of diamonds, and heads of pearls; there are also adorned entirely of diamonds, and those are really nice, pointing their nose and feet of all there is a tin. Oh, how do you like?

There is not a woman at all this time, who knows of such things as would dream of wearing a flower pin. Her husband has no suspicion of her first meeting with her coachman will be a meeting one in the afternoon.

It is conspicuous here, facing an lightning that she may possibly stare, in the next moment. She looks happy, friendly and so, but think goodness, we are glad

## WOMEN OF NOTE.

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Mr. Ellsworth H. Newcomb, who has recently at his home in Madison, Mass., was in many respects a remarkable woman. She was one of the few women of her generation who were able to do things and was able to take good care of the old State shipwreck across the ocean when her husband was too ill to do so himself. She made a great deal of money.

of Congress and a special joint meeting of the House.

Adelaide Ristori, notwithstanding her age and infirmity, recently made a tour in Turin, where she visited the cemetery of Dante's "Inferno" at the Certosa near Orto. Though her voice was weak, the dramatic genius which made her world famous still animated her delivery of some passages.