

ember, 1907—Mrs Garlick, Hutt, 3/9, Miss Lochore, Christchurch, 1/3. To August, 1908—Mrs Routley, 2/6, Miss Jenness, 2/6, Mrs Jos. Knight, 2/6, Mrs Spilman 2/6, all of Hutt. To August, 1907—Mrs Hobbs, Hutt, 5/-. To April, 1908—Mrs Mason, Hutt, 2/6. To December, 1908—Miss Saunders, Papanui, 5/-. Mrs A. A. McDonnell, Lower Rangitikei, 5/-. Mrs Page, Papanui, 5/-. Mrs R. J. Findlay, Thames, 2/6. To July, 1908—Mrs Hornsby, Cobden, 2/6, Mrs Reeves, Nelson, 2/6. To March, 1908—Mrs Mackley, Waipuna, 2/6, Mrs Weston, Papanui, 5/-. Mrs W. Seaton, Wellington, 2/6. To September, 1908—Mrs F. A. Thompson, Palmerston North, 5/-. Miss Ensom, Christchurch, 2/6, Miss Moody Bell, Kumara, 5/-. To April, 1908—Mrs Powell, St. Clair, 2/6, Miss E. M. Perret, Nobles, 2/8, Mrs Gear, Porirua, 5/-. To January, 1909—Mrs Mander, Whangarei, 5/-. To June, 1909—Mrs F. P. Duncan, Matawhero, 7/6. To August, 1908—Mrs Sheath, Napier, 5/-. Mrs Low, Studholme, 2/6, Mrs Judkin, Christchurch, 2/6. To October, 1909—Mrs T. A. Field, Nelson, 5/-. To March, 1907—Mrs Thomas, Eltham, 5/-. To June, 1910—Mrs Lamb, Auckland, 10/-. To January, 1908—Miss Stuart, Whangarei, 2/6. To August, 1907—Mrs Frazer, Colyton, 2/6. To November, 1907—Mrs S. J. Morgan, Woodville, 3/-.
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THE HOME.

POISE—A STUDY IN BODY CULTURE.

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(National Superintendent of the Department of Physical Education.)

The human body, as vehicle and servant of the soul, is marvellously adapted to its mission. Bones for framework, supporting and protecting; muscles for locomotion and activities; vital organs for digestion, respiration, and circulation; a nervous system guiding and controlling. Upon the proper adjustment of all these parts of the body hinges the possibility of health which makes mere existence a luxury, and largely determines success in life. Specialists, in the main, agree that incorrect relative adjustment of the

various organs is largely responsible for the misery of existence.

In these times of health-seeking, some terms are taking on new meaning, even when they have been fairly understood physiologically. **Pose** and **poise** are examples. These are opposite terms as they concern the body. **Pose** is negative, indicating rest, or inactivity. **Poise** is positive, indicating balance, or "ready-for-service" attitude which is possible **power**. These two terms express two essentials in human existence—viz., rest and action. The night for sleep, recuperating the body, follows waking hours. One rest day in seven is a necessity, from the physical standpoint, to break the strain of continuous working days.

After fatiguing hours on the feet, sitting rests the lower extremities, and is also opportunity for rest to the hands and arms, if improved.

We rest the entire body by lying down. In this position only the force of gravity acts upon the body, and under the most favourable conditions permitting as complete rest as can be experienced, if one knows how to relax fully.

Even while sitting, either for convenience, or to relieve the extremities, the trunk should maintain an upright position, with organs properly related. Too many, however, in these days of nerve demand, whether standing or sitting, attempt to assume the double attitude of **pose** and **poise**, the tendency of which is to throw all parts of the body out of harmony, and into conditions of strain. As result of this, the chest is contracted, limiting breathing capacity, and hindering heart action; the stomach and liver are unduly crowded; and, indeed, all the abdominal organs are lowered, which eventually means disaster to health.

While addressing a parlour gathering in the great Sanitarium at Battle Creek, Dr. J. H. Kellogg advised his patrons and guests never to attempt so foolish a thing as trying to "sit up and lie down at the same time," assuring them it could never be successfully accomplished.

It is this struggle between **pose** and **poise**, with the "hold-back" usually prevailing, which accounts for protruding chin and abdomen;

round shoulders that modify, and sometimes completely change, essential curves of the spine; also, the gyrating movement of hip joints, "out of line," which develops the ungainly gait so common in walking.

With the body in proper **poise**—like a bird ready for flight—working demands of this wonderful mechanism are reduced to a minimum. The centre of gravity, instead of acting as hindrance, becomes, to some extent, propelling power. If, even when standing, in order to start to walk, or turn around, a woman must every time first pull herself from **pose** to **poise**, that motion may result, she becomes personally responsible for extravagant and useless expenditure of nerve force, which ought to be conserved. Is it any wonder that so many people have so little ambition, and that life is pronounced dull existence?

What, then, is advised? First. Realise that correct **poise**, or body balance, is a fundamental essential to good health.

Second. Learn that it is lack of proper **poise**, preventing deep, full breathing, which permits tuberculosis and pneumonia—the two dreaded diseases—to be so prevalent, and so fatal, in modern times, with liability to any of the modern diseases.

Third. Understand that it is this "out-of-gear" vital condition, crowding heart and lungs, the liver, stomach, and other digestive organs; also, the sensitive organs of reproduction, which materially helps to make women so frequently the victims of tumours and malignant growths, practically unfitting them for the simplest duties of life, besides ensuring miserable existence. If there is no higher impulse, the selfish motive to save herself suffering, should influence any woman to command her body as the Creator evidently designed.

What is Correct Poise?

When the body is in correct standing position, with all the organs properly related, a perpendicular stick placed at the outside of ball of foot, in front of the shoulder, and at a point in front of the ear. The edge of a door may be used for the same