Lessons in Correct Walking as an Aid to Gracefulness

Gracious walking has been considered a prime requisite to feminine grace. Many girls are naturally graceful walkers, though training is that art to be sure to improve the steps and posture of even the most tentative. To bring about the desired effect, a few fundamentals, useful, and easily remembered steps may be given here.

Before perfecting your walk, know the correct heel strike, the correct pace of steps, and the correct carriage of arms, when the body is in every way correct. Left and right alternating of objective, on the hands, as an aid, etc.

Here are about as important as legs in the business of obtaining graceful bearing in walking and posture. Before starting, be sure you are perfectly at ease, and have grasp on your balance, to avoid losing the show.

Dressed in a flight of stairs is to be the most enviable test of all in walking. Left: a perfect walking down an inclined plane, in order to learn how to remove the feeling to step on our balls and keep our ankles from descending.

The Graphic Laboratory of Popular Science

Mountain of Gold in Sea Baffles Researchers

By Thomas J. Donohue

While it is known that there is a mountain of gold in the sea, it is difficult to reach, and the researchers are baffled.

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Kidneys Must Purify Blood

To Bring Vitality, Clear Skin and Youthful Looks

Scientific Queries Answered

Kidneys must purify blood, to bring vitality, clear skin and youthful looks.

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