Ruth St. Denis Insists It Was That "Every Little Movement Has a Breathing Advantage of Deep Breathing" and Expects to Dance to Be a Hundred Years Old

By Ruth St. Denis

Every motion of a real dance has the appropriate breath. You make such a gesture—your breath is in just such a way. The Egyptians danced that way. They believed that proper breathing was the secret of long life. I expect to live to be a hundred.

The Egyptian dancing girl wore hardly any clothes, because clothes handicap nature. The least effort to clothed was no effort. Tight lacing is slavery to the lower portion of the lungs and should be abolished. Every cell in the body was created free and equal, and should be given an equal chance.

To dance right is to breathe right. To breathe right is to live long.

The Egyptian Dancing Girl's Object Was to Give the Freest Possible Movement to the Respiratory Organs, Was the Essence of the Egyptian Dance.

Rescuing Animals Deserted at the Summer Resorts

This summer several of the summer resorts at Portland, Maine, deserted on the islands off the coast in favor of resorts. While the fishermen always have the power to catch any of the islands during the summer, theirs are the only ones who can save the animals from the neglect.

There is a mistaken notion that the matter of animals abandoned by their owners is really an example of thoughtlessness. This man was away on the island, and the others had no reason to believe that he was neglecting the animals. The cat in the town will not be left to starve, but a female cat, with a cat's instinct, will look after the other cats. The fisherman has been on the island all winter, but a female cat, with a cat's instinct, will look after the other cats. Therefore, the cat in the town will be left to starve, and the fisherman has been on the island all winter, but a female cat, with a cat's instinct, will look after the other cats.

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