

Description List/Text Sheet

Exercise Corset Book series

***Health, Strength, Grace and Symmetry, Vol. 2:
Develop to the Highest Degree of Attainable Perfection***

Tamar Stone © 2007

Outside/Cover Corset:

Antique quilted doll corset with hand sewn button holes.

Machine stitched, cotton embroidered text.

Height: 6 1/2"

Width closed: 5 1/2"

Width open: 11 1/2"

Interior Pages:

Digital ink jet images/text printed on cotton twill

Machine and hand-stitched 18 fold-out stitched pages with cotton trim.

Page Height: 4 1/4"

Page Width: 4 1/2"

Total length of pages: 46"

Title **Health, Strength, Grace and Symmetry**
Embroidered outside
corset front **Vol. II**

Printed text inside
corset Develop to the Highest Degree of Attainable Perfection
Tamar Stone © 2007

Embroidered

Book Cover front **Develop to the Highest Degree of Attainable Perfection**

Embroidered

Back
(inside book)

The “GYM GIRL” was especially designed for the athletic girl but, is universally worn and endorsed by the college girl, office girl and factory girl.

These waists have adjustable shoulder pieces and under arm lacing *and* can be adjusted to fit any figure.

It really lies with young women of this class to make themselves – *in proportion to their height* – almost what they will.

Page 1

Ferris Good Sense Athletic Waist

Physical Perfection can never be attained in a rigid corset.

The Growing Girl or Matured Woman who desires *physical* beauty finds this the ideal garment. It is the only waist that creates the *Perfection of Contour* demanded by particular women, without the slightest restriction or discomfort.

Page 2

Exercises for Developing Suppleness and Symmetry.

The value of suppleness and symmetry in enhancing womanly beauty can hardly be emphasized too strongly.

Swimming will do more to develop perfect health in women than any other form of exercise. It develops the whole body symmetrically, loosens the joints, and gives free action to the limbs..

One of the hindrances to woman’s swimming well is the dress she must wear. The best garb is *the one nature has given us for general all-around wear*, it fits closely and is not in the way; it never hinders the moment of muscle or limb.

Page 3

The first step toward Physical Culture is to realize the importance of beginning and carrying out a Series of Systematic Exercises.

Both of these particular *Elements of Beauty* are of especial value.

Without symmetry, that *Concordance of Contour* which blends together in harmonious curves the different parts of the body, there can be no beauty.

Without the Charm of Suppleness and the grace which accompanies it, there is little chance of a woman ever acquiring that *Condition of Body* recognized as Beautiful.

Page 4

The Winning Girl ...at any *feminine sport* is the girl who is dressed for comfort and freedom.

Her body is free from rigid restriction, her movements are Easy and Graceful.
Her muscles are under perfect control.

(The question of her physical development lies in her own hands).

A beautiful body has a style of its own. It is clothed with the charm of its own personality, beaming through whatever may be its covering.

Page 5

The drilling, training and developing of the Will Powers of Self-Control – must be a constant part of a girl's education.

(will power depends upon a perfect nervous system)

Physical education is not only useful to develop and strengthen our physical organization, but indirectly, it contributes to cultivate and unfold our mental powers and moral sentiments.

One half the battle of physical training has been won when girls begin to take a real interest in their bodily condition.

Page 6

Standing a little way from two chairs *as shown*, bend forward, allowing the body to go downward. Return to the original position. Repeat until tired.

This an excellent exercise for the chest, as well as for the arms.

These chair exercises are rather vigorous and should not be attempted for a while if you are not strong.

Page 7

All the parts of the body have so much to do with each other that each one has some effect on all the others.

Every girl who loves an active, healthful life, should wear a garment that perfectly supports the body and keeps it erect; that imparts the symmetrical *Lines of Beauty* demanded by fashion; allows *easy respiration* and *perfect control* of the muscles in any position.

(Made in shapes to fit every form.)

Page 8

Adjustable Health Waist is the Scientific, *Common Sense Method* for retaining all of the Symmetry and Grace of the Natural Form, (without the cruel and sometimes deadly restrictions of the corset).

It gives *freedom and ease of movement* as well as *ample support* for every garment, it allows the *Refined and Careful Woman* to dress healthfully, and at the same time artistically.

Page 9

Many suffer from physical defects which can be *easily remedied* by systematic exercises of the defective muscle.

Page 10

Anatomy of the Human Body

The human body is a segmented mechanism. Its framework of bones, the skeleton, held together by ligaments and moved by muscles through stimulation by the nervous system, is capable of constant and intricate adjustments for the purposes of weight bearing and the maintenance of equilibrium.

Page 11

Do not allow *at any time* clothes to interfere with the movements.

In the well poised body all the organs are held in the best position for the Proper Performance of their functions.

There must be perfect freedom in every part; if you desire a very decided improvement, use required systematic effort.

The New System of Physical Training has been introduced into female seminaries with complete satisfaction. Its beautiful games, graceful attitudes, and striking tableaux, possess a peculiar fascination for girls.

Page 12

The less clothes worn the better.

In fact, if the exercises are taken entirely nude it would be more advantageous, for the reason that the air coming in direct contact with the surface of the body is a tonic of no mean value.

There are certain exercises which tend to develop symmetry more than others, though symmetry can hardly be developed without using exercises which also produce suppleness and grace.

Page 13

Grace cannot exist where there is stiffness and inability to bend the body as Nature intended it.

Why should she not reduce herself to a weight which shall make her a symmetrical woman, and inasmuch as the only obstacle to her being a beautiful woman is her superfluous flesh.

As little emphasis as possible should be laid up on the fact that she exhibits an abnormal condition that she has been segregated from her companions in order that she may be "corrected." The term "corrective" has too often been a stigma and has a tendency to cause introspection, morbidity and self-consciousness – the most undesirable concomitants.

Page 14

Look at the famous beauties of any age; and everything in the picture or statue points to the *same firmness and symmetry of make*; this freedom from either leanness or flabbiness.

The Venuses and Junos...the Madonnas, the medieval beauties; *all alike have the well-developed and shapely arm and shoulder; the high chest; the vigorous body; and the firm and erect carriage.*

That the same vigorous exercise and training which brought forth Womanly Physical Beauty in ancient days will bring it out now, there need be no manner of doubt.

Page 15

She will notice in a very short time not only an increase in strength, but there will be more ease and pliancy in her movements.

And what if this daily exercise, besides improving the body, should also bring actually better mental work?

Unbending the bow for a little while; taking the tension from the brain for a few minutes, and depleting it by expanding the chest to its fullest capacity, and increasing the circulation in the limbs; — these, instead of impairing the brain, will repair it; and will markedly improve its tone and vigor.

Page 16

Beautiful arms area absolutely essential to set off a beautiful figure.

Beauty of Arms has always been quite desirable to a woman from the fact that conventionality has allowed her to display them in sleeveless evening gowns.

They must be firm, well-rounded and pleasing in contour.
They should not be too large, nor too fat.

There is a vast difference between a large arm overloaded with fatty tissue, and a firm, muscular arm *rounded into beautiful curves* by just the right deposit of fat between the muscles. Where fat accumulates in such quantities as to change the form of any part of the body, it becomes unsightly.

In nearly every instance a beautifully shaped arm is a strong arm.

Page 17

Venus Physical Culture Waists

Wear a “Venus” Waist and you will be able to breathe deeply and freely; your organs of digestion will not be hampered or crowded; and the muscles of your waist and chest will become strong by constant use.

An Important Feature: The straps to which all of your clothing is fastened are stitched upon the waist. This is the reason there is no pull on the shoulders, no sagging, no annoyance or irritation from slipping straps.

Comfortable: No stays or stiffening, *yields to every movement of the body.*

Guarantee that it will bring her out a Strong, Hearty, Well-built Woman; *Lissome, Graceful, Fleet of Foot;* with bright eyes; clear skin; and a Degree of Personal Magnetism *always* found with a Superb Physique.

Page 18

Who can estimate the value of Superb Womanhood?

That Degree of Health and Strength so essential to the accomplishment of life’s purposes?

(The question of her physical development lies in her own hands)

Without this Power of Superb Womanhood, without the Beauty and Strength of Body which is part of this ideal condition, a woman is not woman.

If old age has not intervened, the proud consciousness of the attainment of Superb Womanhood may be realized.

Even though you are on the *downward slope of life,*
your closing years may be rendered healthy and helpful.
