

## **Description List/Text Sheet**

### ***Mechanics of Beauty***

Tamar Stone © 2012

#### **Outside/Cover Corset:**

**Antique flannel child corset vest. 5 plastic closure buttons, 2 buttons for straps, and 10 buttons for attaching hosiery.**

**Machine stitched, cotton embroidered text. Lined with pink cotton flannel.**

Height: 14 1/2" including straps

Width closed: 13"

Width open: 30" at widest edge

#### **Interior Pages:**

**Vintage recycled cotton flannel fabric with machine embroidered images.**

**Digital ink-jet prints on sheer organza fabric with hand embroidery.**

**Machine embroidered and hand-stitched pages bound with twill tape and mechanical watch parts.**

**Book attached with ribbon loops to antique white glass buttons sewn inside vest.**

Page Height: 7 1/2"

Page Width: 6 1/2"

#### **Sources (partial list)**

*H&W Corset* – Advertisement

*The Queen* magazine, July 1861

*Health, Beauty, Sexuality from Girlhood to Womanhood,*

Bernarr MacFadden and Marion Malcom, 1904

*The Well-Dressed woman: A Study in the Practical Application to Dress of the Laws of Health, Art and Morals,* Helen Gilbert Ecob, 1892

#### **Patents:**

No. 681,974, *Doll*, R.C. Purvis, September 3, 1901

No. 1,382,708, *Mechanical Doll*, D. Zaiden, June 28, 1921

No. 1,415,344, *Mechanical Doll*, S. Haskell, May 9, 1922

No. 1,485,137, *Talking Doll*, C.A. Hunter, February 26, 1924

**Title**  
*embroidered* outside  
corset front

**The Mechanics of Beauty**

*embroidered* inside  
corset – *right side*

We so invariably see the female body distorted into artificial shapes that taste has been perverted and our eyes have lost the power to distinguish its true beauty. 1892

*embroidered* inside  
corset – *left side*

Different fashions have been made to represent a great number of difficult ideas; ...the whole cycle of the sciences has been pressed into service, and made to give something towards the establishment of particular modes of dress. 1861

**Book Cover**  
*embroidered*

**A Breathing Place** [image of black line tracing ]

Costal. Abdominal

*back cover*  
*(inside book)*  
*embroidered*

Dr. Kellogg's investigations were made with the pneumograph and recording cylinder. The pneumograph is placed successively on the chest and abdomen. It rises and falls with the act of respiration, and the power of the movement is indicated by the registering cylinder.  
Sketches showing the changes in contour of the thorax and abdomen were made by accurately ascertaining the normal and corset outline, in the same subject, by blackboard tracings.

**Sheer 1**

Fig 1 [image of mechanical doll with back door]

**Page 2** front  
*embroidered*

[image of corset vest Style No. 508]

Style No. 508  
Children's Waist.  
1 to 6 years

*back*  
*embroidered*

*How shall women breathe?*

Fig. 2 [image of black line tracing]

Costal. Abdominal

**Page 3** front  
*embroidered*

[image of corseted skeleton figure front]

Anterior view of thorax in the corseted figure.

*back*  
*embroidered*

[image of corseted skeleton figure back]

Posterior view.  
The spine of the corset wearer

**Sheer 4**

Dr. Kellogg has made very important observations, by means of an air-pessary connected with a tambour, showing the influence of the corset upon the movements of the pelvic organs. These observations and experiments show that “there is a normal movement of the pelvic viscera corresponding to those of respiration” and that “these movements are lessened by constriction of the waist.”

---

**Page 5** front  
*embroidered*

[image of woman side view, silhouette with corset]  
The heavy outline is the tracing of the corseted woman;  
the light, the same without corsets.

*back*  
*embroidered*

Fig. 3 [image of black line tracing]  
Ordinary. Forced.  
Respiratory Tracing (Vaginal).  
Exhibits the movements of the pelvic organs produced by respiration, ordinary and forced, in a patient in a horizontal position, and without constricting bands of any sort.

---

**Sheer 6**  
*hand embroidered*

[CU image of mechanical doll with back door]  
A perfectly fitting corset should fit smoothly and easily upon the whole figure.  
The front and side steels can be bent as the wearer wishes until they conform to the lines of the body and are easy.

---

**Page 7** front  
*embroidered*

[image of uncorseted “natural” skeleton figure front]  
Anterior view of thorax in the natural form.

*back*  
*embroidered*

[image of uncorseted “natural” skeleton figure back]  
Posterior view.  
The natural shape of the spine.

---

**Page 8** front  
*embroidered*

[image of girl in corset vest Style No. 310]  
Style No. 310  
Fine Corded Waist for Girls from 4 to 12 years,  
with slight bust and hip fullness.

*back*  
*embroidered*

Fig. 4 [image of black line tracing]  
Without Corset. Tightening Corset. With Corset.  
The sudden elevation in the centre of the tracing indicates the downward movement of the pelvic organs occasioned by the tightening of the corset.

---

**Sheer 9**  
*hand embroidered*

The movements of the pelvic organs depend upon the action of the diaphragm.

Fig 5 [image of gear]

“This muscle not being able to descend to the usual degree, there is less movement of the pelvic viscera.”

---

**Page 10 front**  
*embroidered*

[image of woman front view, silhouette with corset]

The heavy outline is the tracing of the corseted woman; the light, the same without corsets.

*back*  
*embroidered*

In childhood and until about the age of puberty, respiration in the boy or girl is exactly the same.

Although there is a change in the mode of respiration in most females, usually soon after the age of puberty, marked by increased costal respiration and diminished abdominal or deep respiration, this change can be accounted for on other than physiological grounds.

---

**Sheer 11**  
*embroidered*

This is a novel mechanical motor device for producing a rhythmic movement of the arms and shoulders.

...engaged by said springs, whereby its impulsive movement in each direction will be checked and reversed in synchronism with the operation of the escapement mechanism.

...to swing up and down, thus in turn causing the arms to partake of the rhythmic movement...

---

**Page 12 front**  
*embroidered*

[image of mechanical doll with back door]

*back*  
*embroidered*

...thus produced so that the upper ends or shoulder portions of said arms rise and fall rhythmically thus stimulating to a very realistic degree the movements of the so called “shimmy dance.”

*When clothed the illusion is enhanced, since the movement of the arms and shoulder portions is imparted to the dress, thereby causing a swaying movement of the latter which adds considerably to the effect and life-likeness of the simulated dance.*

---

**Sheer 13**

Fig 6 [image of mechanical girl doll with hair bow and dress]

Shallow breathing means shallow mental qualities, and what man can be attracted by a shallow woman?

Show the corset which prevents free, deep breathing and which dwarfs your lungs so that you cannot develop into a well formed, beautiful womanhood.

---

**Page 14** front  
*embroidered*

I believe the cause of this modification of respiration is in the change in dress which is usually made about the time of puberty.

The young girl is now becoming a woman and must acquire the *Art of Lacing*, wearing corsets, stays, and sundry other contrivances which will aid in producing a "Fine Form."

*back*  
*embroidered*

Fig. 7 [image of black line tracing]

Ordinary. Forced.  
Vaginal Tracing, with Corset.

Shows the movements of the pelvic organs resulting from ordinary and forced respiration, patient horizontal wearing a corset moderately tight.

*The movement of the pelvic organs is less when the corset is tight than when it is loose.*

---

**Page 15** front  
*embroidered*

...shape from corset-wearing than the abdominal, for the reason that the thoracic organs may readily accommodate themselves to a pressure which simply squeezes out some residual air, while the abdominal viscera must be displaced.

*back*  
*embroidered*

Women who know nothing of waist constricture exhibit no Costal type of respiration.

Fig. 8 [image of black line tracing]

Costal. Abdominal

*Abdominal breathing is as prominent as in males who lead sedentary lives!*

---

**Sheer 16**  
*hand embroidered*

[CU image of mechanical girl doll with hair bow and dress]

Learn to breathe deeply by taking breathing exercises, and you will have learned the secret of becoming a strong, captivating, and magnetic woman.

---

**Page 17** front  
*embroidered*

[image of contour of corseted waist]

Contour of Corseted Figure.

Fig. 9 [image of black line tracing]

Costal. Abdominal.

[image of contour of natural waist]

Contour of Natural Waist.

*back*  
*embroidered*

[image of side view - coil mechanical doll with hair]

**Sheer 18**

The spinal column is the pivot on which the body should freely swing. To secure this free action on the spinal column, nature has purposely left all the parts about the waist soft and without bones.

The spinal column itself is made flexible by its numerous joints.

---

**Page 19** front  
*embroidered*

[image of coil, spinal column front view and CU of side view vertebrae]

The vertebrae column follows the delicate and subtle  
*Line of Beauty*

Two convex curves separated and joined by a concave one.

*back*  
*embroidered*

[image of girl in corset vest Style No. 100]

Style No. 100  
Sizes 22 to 28 inches with pearl buttons.

---

**Page 20** front  
*embroidered*

[image of gears]

The curved line is the *Line of Beauty* in motion as in form.

*back*  
*embroidered*

[image of front view - coil mechanical doll with hair]

---

**Page 21** front  
*embroidered*

[image of girl in corset vest Style No. 245]

Style No. 245  
For Misses, 10 to 15 years of age,  
Sizes 20 to 28 inches.

Especially adapted for growing girls,  
buttoned in front, laced in back.

*back*  
*embroidered*

Tracings by the pneumograph gave strong abdominal curves,  
showing *male* type of breathing.

Fig 10. [image of black line tracing]

Costal. Abdominal

*(These women breathe after the manner of men.)*

---

**Sheer 22**  
*hand embroidered*

Fig 11. [image of gears inside mechanical doll]

Unrestricted circulation and an unhampered waist and hips are most necessary to health.

The hips to be beautiful should be neither too straight, but fully rounded and in just proportion to the figure as a whole.

Square hips or exaggerated hips are like an abomination.

---

**Page 23** front  
*embroidered*

[image of corseted rib cage front skeleton]

For it is easily to be seen the lines can be better revealed here and there on you...

*outside back cover*  
*embroidered*

[image of black line tracing]

Tamar Stone © 2010

---