



The Greeks had two words for it: Beauty (kallos) plus strength (sthenos) means calisthenics. Here's a modern version

By Betty Kyle

## PUT UP YOUR FEET

What a rush of blood  
to the head can do

WITHOUT being too nasty about it, we will assume that your face is taking on the look of a distressed turnip. You are acquiring wrinkles and jowls. Your figure is becoming something that little children point at on the streets. Your gentleman friend finds that things are in bad shape at the office and he has to work late.

You know what you do in a case like that? You stop wherever you are and put your feet up in the air. Heels over head. That awkward position is known as the beauty angle and it was invented by a lady named Ann Delafield, who makes a lot of money from rich women who prefer to be tilted rather than tilt themselves.

Miss Delafield is a sensible female who discovered that a rush of blood to the head is an admirable thing that can be made to pay dividends. An occasional blush isn't enough; you have to get blood into that area in quantities. Being convinced of this, she has been able to build up a clientele of her own in New York, become official beauty expert to the American Federation of Women's Clubs and acquire a reputation as a lecturer calculated to keep her out of breath for years to come.

If you talk to Miss Delafield on the subject, she will begin drawing you a chart. Here's your "Up Elevator" system—this artery carrying fresh blood to the head, these capillaries that take the blood from the artery to your tissues. Here's your "Down Elevator" system—capillaries gathering up the used blood and bringing it back to the main vein from which it goes to the lungs and heart for purification.

The trouble is that the artery is only about the size of a lead pencil while the vein is as large around as two thumbs. Your head and neck are being drained of blood faster than the supply warrants. You're suffering from a partial and perpetual anemia from the collar line up! Like a wrestler.

So, what?

### Heels over Head

So you call in the old force of gravity to help restore the balance of your circulation. When you lie flat on your back and get your heels higher than your head, you slow up that draining process. You get more of that life-giving blood into your head and neck. You give yourself an internal beauty treatment that shows up on the outside.

When you stop to reason it out, the theory seems to make sense. You know you don't feel as rested after sleeping sitting up as you do lying down. Or do you? If you do, you're unusual and should look into it. You know that after a hard day's shopping your first instinct is to get your feet up—nothing else restores you so quickly. But getting your feet up, according to Miss Delafield, is only a halfway measure. It only partially restores the balance.

Up at her gray-and-silver Fifth Avenue shop, they have padded tilting chairs to do the trick. First they tilt you up till you're lying flat. While in that position they give you a facial, each little pore soothed with the appropriate cream, and then they give you the real tilt. Your feet go up, your head goes down, the lights are turned low and the blood rushes to your head for twenty minutes. After that, if there is any justice at all, you ought to look like Andrea Leeds. In any case, you should look better.

You can do the same thing for yourself at home. You have a davenport with three stiff cushions. Haul the cushions off and pile them on the floor. Climb on—with the cushions under your hips, your head on the rug and your heels on the edge of the sofa. If you have no

(Continued on page 55)

PHOTOGRAPHED ESPECIALLY FOR COLLIER'S BY MARTIN MUNKACSI

# Can We Prevent Chaos in Mexico?

By George Creel

CARTOONS BY D. R. FITZPATRICK

Our southern neighbor, harried by debt and mismanagement, is plunging toward chaos. Only the United States can save her. But that does not mean armed intervention nor, primarily, the words and works of diplomats. Mexico needs businessmen, engineers, technicians. For she has splendid resources, and all she needs is the knowledge of how to use them

HOW to be happy though next-door neighbors; that is the problem that has vexed the United States and Mexico for a century. Particularly the United States. Blunderingly perhaps, but nevertheless sincerely, various Presidents from James K. Polk to Franklin D. Roosevelt have attempted to aid Mexico in the solution of her difficulties, hoping for the establishment of orderly, stable and democratic government, but always these efforts have ended in failure and the return of strained relations. Today, for example, after five years of a "good neighbor" policy based on sympathetic understanding of Mexico's need for a new social order that will lift her unhappy millions up into the sun, Washington is witnessing a wholesale expropriation of foreign properties that, despite the assurances of the Mexican government, has the appearance of confiscation.

What adds to irritation is an element of surprise,

for when Lazaro Cardenas took over the presidency in December, 1934, there was confident expectation that he would be a Roosevelt "buddy," sparing no effort to promote international amity by removing all causes of friction and guarding against recurrence. Instead of that he has been a worse neighbor than any of his predecessors, giving us the boot so often and vigorously that Uncle Sam's sacroiliac cannot now be distinguished from the nape of his neck.

The Constitution of 1917 proclaimed Mexico's ownership of all subsoil rights—oil as well as minerals and natural gas—and established land distribution as a governing principle, but Carranza had no money for indemnification and lacked the daring to confiscate on any large scale. Obregon went farther, expropriating estates here and there to satisfy importunate generals, but for the most part took pains to keep within the bounds of international law. Calles, after three years of enmity and aggression, calmed down and negotiated a peace pact with Dwight Morrow in 1928 that safeguarded American investments against actual confiscation, although restrictive laws continued to be passed. Ortiz Rubio and Abelardo Rodriguez, both Callistes, respected the agreement.

Not so with Lazaro Cardenas. A soldier throughout his adult life, and unembarrassed by the doubts and fears that come from intimate contact with the complexities of finance and economics, he has gone about endorsing every article of Mexico's constitution with all of the simple directness of a range bull. That document is the Bible of the Man from Michoacan, and he follows its high-powered, streamlined radicalism in utter disregard of what the outside world may think or do.

## Part of a Long-Time Process

Judging from excited columns in the press, it might be thought that Mexico's expropriation of the oil properties of seventeen foreign companies was something new, a sudden outbreak of nationalism, but as a matter of truth, it is part of a process that has been going on from the day that Cardenas took office. Between 1915 and 1934, seven Presidents of Mexico expropriated 25,666,442 acres of agricultural land, and while in no case was there any adequate indemnification, at least they went through the form of issuing agrarian bonds. Some of the confiscations were stained with blood, for Mrs. Evans, an American woman with an English husband, was murdered in defense of her property, but for the most part, wholesale expropriation was avoided. About the richest grab was a 73,000-acre tract highly developed by American capital.

In the first three years of the Cardenas administration, exactly 29,134,597 acres have been taken away from the owners and given to individuals and communities, while many owners rejected the bonds offered in payment. At no point, either, has there been anything piecemeal or picayunish about his expropriations, for among them were the Laguna tract of 1,105,812 irrigated acres in the states of Coahuila and Durango; broad stretches in the Yaqui, Mayo and Mexicali valleys; the German-owned coffee plantations in Chiapas, the rich henequen properties in Yucatan. Americans, English and Spaniards were hardest hit, although many "antisocial" Mexicans suffered along with them.

Just as the peasants were given land without waiting on any slow process of purchase, President Cardenas also lost no time in making good on his campaign pledge that labor should receive a lion's share of the profits of industry. As early as 1936 he expropriated all private ownership in the National Railroads of Mexico, and on May 1st of this year, by way of completing the job, handed their management over to a Worker Administration, made up of five union executives and two federal comptrollers. In addition, many strikes have ended in the expropriation of factories on the bland theory that it was the one way to "restore tranquility."

From his very first day in office, Lazaro Cardenas made it plain that he would stand or fall on a policy of "Mexico for Mexicans," meaning land distribution and the recapture of the machinery of production, along with all natural resources, from foreign con-

