

VALENTINO PLANS TWO APPEARANCES

ARRIVAL OF FILM STAR TO BE
KEPT SECRET—TRAVELS
IN PRIVATE CAR.

Owing to the fact that throngs of admirers clustered around in hotel lobbies where Rodolph Valentino had registered in the East, he is making the remainder of his continental tour in "The Mayflower," the private car used by Woodrow Wilson while he was President. The hour of Mr. Valentino's arrival in Dallas will be kept secret and he will remain in his car except when he goes to the Adolphus Hotel and Gardner Park Roller Rink for his two appearances next Saturday.

The affair at the Adolphus in the afternoon will be a tea dansant. At Gardner Park Auditorium Saturday night there will be given the program as previously announced. At the hotel, Mr. Valentino will present a prize to the most beautiful girl and at Gardner Park, will present prizes to the winning couple in a fox trot contest.

Like many professional dancers, Mr. Valentino is an enthusiast on athletic sports. Mr. Valentino recently said:

Like Gymnastics.

"Although I have not completed in any branch of athletics since my grammar school days, I have always been more or less a 'bug' on gymnastics. I did, at one time, harbor the thought that I might become a marathon runner, but a few races over the roads convinced me that route was not for me.

"In those days ambitious runners performed without shoes and hit the hard trails often covered with sharp stones instead of running on a smooth track.

"My short experience as a competitive runner was of great value to me, however, for it taught me that one must exercise with a certain regularity in order to keep in condition at all times. Since then, I have made it a habit to devote at least five minutes each morning to callisthenics.

Dancing Not Enough.

"Dancing naturally keeps one's muscles alert, but to keep them pliable, supple and elastic, exercise such as is taught in most of the gymnasiums is absolutely essential. Exercises as bending and twisting, reaching and deep breathing are largely responsible for that regular and much sought thing called poise.

"I recall that when I was on my first location in the Far West I looked with much anxiety upon a long trip on horseback. I had done no riding whatever at home, but knew that one must learn the art by easy stages. Whatever hesitancy I had about the new venture was dispelled after the first few hours in the saddle, for despite the fact that the trails were rough and my mount was by no means fully broken I felt perfectly at home. My muscles were perfectly attuned simply because of my morning exercises.

"Dancing is fatiguing only when it is overdone, but I find keeping one's self in condition helps to offset any harmful results from overwork on the ballroom floor."