

## HEEL AND TOE.

Nature and Characteristics of Good Walking

In view of the uncertainty that pervades the minds of athletes on this coast as to what is and what is not a square walk, it might perhaps be well to give a short account of the history, nature, and distinguishing characteristics of heel-and-toe walking. In England, some years ago, Mr. Perkins walked the fastest mile ever recorded in the remarkable time of six minutes and twenty-three seconds. His gait was what is popularly known as heel-and-toe walking. In the early history of walking in this country, Mr. Stern made a mile on New York track in seven minutes, at that time considered very fast. His style was not heel and toe, and formed quite a contrast to that of Mr. Mullin, who afterward, in a mile competition, open to all comers, walked Mr. Stern off his feet, and on the last lap spurned him out of sight. The square planting of Mr. Mullin's legs and heels was remarked and appreciated, and thereafter heel-and-toe walking became the standard gait of New York athletic clubs. Rules were made regulating the walking gait, and flat-footed shuffling was relegated to the shades of the past.

In 1876, in this country, Mr. Armstrong walked a seven-mile race in very fast time, and thereafter won the amateur championship of the United States, and held it some years, although pressed by Mr. Holske. No better examples of the two styles of heel-and-toe walking can be found than those of Mr. Armstrong and Mr. Holske. Mr. Armstrong employed the gait of Mr. Perkins, a high knee action with a strong swing of the hips and a mechanical, enormous stride. Mr. Holske's stride was more natural, with very little action of the knee and a quicker movement of hip and leg. Both walked heel and toe—that is, the action of the knee strengthened the leg just before the heel touched the ground, throwing the toe up and necessarily lengthened the stride. The advantages of this gait are evident, and if it should be asked why it is accepted as standard and others rejected, it may be answered that the straightened limb is without a question the position of beauty, strength and skill, whereas the bent knee is the sign of weakness and the refuge of helters and skippers, mongrel-gaited pedestrians and all such.

In a race, if the pace be two stiff or the man tired, he naturally comes down to a flat-footed gait. The ballet dancer uses the stiffened knee and pointed toe, and the principle of the heel-and-toe walking is exactly the same. The actor and orator use the extended, full sweep of the arm; the eagle and the king vulture maintain the power of their graceful flight by the wide extended pinion. The athlete lifts his 100-pound bell to the extremity of his reach, and if he did not his performance could hardly be called a feat of strength. By instantaneous photographs we find that the foreleg of the racing trotter at full speed is straightened just before the hoof touches the ground. In fact, if a man is cut out to be a walker, he takes to this straightened-knee, heel-and-toe gait naturally.—*San Francisco Examiner*.

## Peculiarities of Yosemite Rock.

A correspondent in the *Overland* writes: Already I observe two very distinct kinds of structure in the granite of this region, which, singly or combined, determine all the forms about this wonderful valley. These two kinds of structure are the concentric structure, on an almost inconceivably grand scale, and a rude columnar structure, or perpendicular cleavage, also on a grand scale. The disintegration and exfoliation of the granite masses of the concentric structure give rise to the bold, rounded domes; the structure itself is well seen in Sentinel Dome, and especially in the royal arches. The columnar structure, by designation, gives rise to Washington Column, and the sharp peaks, like Sentinel Rock and Cathedral Spires. Both these structures exist in the same granite, though the one or the other may predominate. In all the rocks about Yosemite there is a tendency to cleave perpendicularly. In addition to this, in many there is also a tendency to cleave in concentric layers, giving rise to dome-like forms. Both are well seen combined in the grand mass of Half Dome. The perpendicular face wall of this dome is the result of the perpendicular cleavage. Whatever may be our theory of the formation of Yosemite chasm and the perpendicularity of its cliffs, we must not leave out of view this tendency to perpendicular cleavage. I observe, too, that the granite here is very coarse-grained, and disintegrates into dust with great rapidity.

## She Could Cure It.

"You do not look well," said a Chicago lady to a Boston girl who was paying her a friendly visit; "you are pale and seem in low spirits."

"I am not feeling as cheerful as I could wish," replied the young lady; "although, believing with the immortal Milton that the mind is its own place and can make a sheol of heaven or a heaven of sheol, I have made every mental effort to fancy myself happy and contented. These efforts—and it is with no little chagrin that I admit the fact—have entirely failed, owing, doubtless, to my never before having been so far away from the parental roof. In short, dear friend, I am afflicted with nostalgia."

"Good gracious!" exclaimed the kind-hearted hostess, "why didn't you tell me so before! Nostalgia! I can cure it right off. I've got half a dozen cures for catarrh in the house."—*Boston Courier*.

LAONIC patient to physician: Caught cold. Physician: Take Red Star Cough Cure; no morphia, no poisons. Only twenty-five cents. St. Jacobs Oil cures pain.

## How to Tell a Hog's Age.

In a hog case being tried before Judge Adams at Springfield one of the witnesses caused the whole house to roar with laughter. Some of the witnesses swore that the hog was of one color and age, and some another. One witness said he was slate-colored and 2 years old. The prosecuting attorney asked:

"How old did you say the hog was?"  
"Two years," said the witness.

"How can you tell a hog's age?"

"By looking at him."

"I don't see how you can tell a hog's age by looking at him," said the lawyer.

"Well, by his size," remarked the witness.

"Can you tell a hog's age?" asked the lawyer.

"Well, I reckon I orter know how to tell one's age, when I have been raised up with hogs all my life."

When the witness said that, the judge, jury, and lawyers roared so that it was thought some of the shingles on the house were loosened.—*Guyton (Ga.) Chronicle*.

## The National Complaint.

Dyspepsia is the national complaint. Almost every man or woman you meet has it, and the result is that the number of pseudo-remedies for it is as numerous as Pharaoh's host. They are for the most part worthless. There is, however, a searching eradicant of this distressing and obtrusive malady, one whose genuine merits long since raised it to a foremost place among the staple medicines of America. Hostetter's Stomach Bitters extirpates dyspepsia with greater certainty and promptitude than any known remedy, and is a most genial invigorant, appetizer and aid to secretion. These are not empty assertions, as thousands of our countrymen and women who have experienced its effects are aware, but are backed up by infrequent proofs repeatedly laid before the public. The Bitters also promote a regular habit of body and give a healthful stimulus to the urinary organs.

## The Wrong Kind of Emotion.

"My dear young man, I wish to tell you that I consider you a man, sir. A man, sir; I would feel proud to take you by the hand, sir. When I see a man moved to tears by a drama, sir; I always wish to make his acquaintance. Very affecting scene, that. D—my eyes, I was crying too," said a breezy old gentleman to a young man, as he saw tears in the latter's eyes when the curtain went down on the last act.

"Much obliged for your kind opinion, but I'm sorry to say that for once it is misplaced," replied the young gentleman.

"But I really saw tears in your eyes and visible marks of emotion betrayed by your face."

"Well, you see, it's this way. I'm the author of that drama, and when I saw how the managers had butchered it, it made me hopping mad. I always cry when I'm mad. Good-evening, sir."—*Brooklyn Times*.

## A Suspicious Mamma.

"That look doth pain me, dearest. Our parting is but for one brief day."

"Yes, me heart would fain be content; but—"

"What then, fair one?"

"I fear me mother's wrath."

"The cause, angel of me existence? Me life is at your call!"

"Your paper collar's busted, and mamma is so suspicious!"

## Wrecks of Humanity,

who have wasted their manly vigor and powers by youthful follies, including nervous debility, impaired memory, mental anxiety, despondency, lack of self-confidence and will-power, weak back and kindred weaknesses, should address, with 10 cents in stamps, for a large illustrated treatise giving unflinching means of cure, *World's Dispensary Medical Association*, 663 Main street, Buffalo, N. Y.

St. Ides jokes are bony-fide humor.—*Philadelphia Call*.

## The Great German Physician.

The remarkable phase in the practice of Dr. Peter W. Schmidt (frequently called Dr. Pete) is, he never asked one to describe their disease but tells each one their trouble without asking a question. His success is phenomenal. His practice enormous. He is sought after by hundreds wherever he goes, because he cures when every other physician and remedy have failed. He has allowed his great medicines, Golden Seal Bitters and Lung Food for Consumption, to be offered to the suffering, and we assert without fear of successful contradiction that there is no disease they will not cure. Thousands of bottles have been sold. Thousands of broken-down and discouraged invalids saved. Send to Golden Seal Bitters Company, Holland City, Mich., for facts for the million! Free.

## "Put up" at the Gault House.

The business man or tourist will find first-class accommodations at the low price of \$2 and \$2.50 per day at the Gault House, Chicago, corner Clinton and Madison streets. This far-famed hotel is located in the center of the city, only one block from the Union Depot Elevator; all appointments first-class.

## HOYT & GATES. Proprietors.

MENSMAN'S PEPTONIZED BEEF TONIC, the only preparation of beef containing its entire nutritive properties. It contains blood-making, force-generating, and life-sustaining properties; invaluable for indigestion, dyspepsia, nervous prostration, and all forms of general debility; also, in all feebled conditions, whether the result of exhaustion nervous prostration, over-work, or acute disease, particularly if resulting from pulmonary complaints. Caswell, Haard & Co., proprietors. New York. Sold by druggists.

Less than one bottle of Athelphorus completely cured me of rheumatism, and I have not had the least indication of a return of the painful disease, etc., the cure being perfect. I regard it as invaluable. Rev. C. Hartley, Huntley, Ill.

The Farm, Field and Stockman, of Chicago, has been purchased by General C. H. Howard, late publisher of the *Advocate*, and James W. Wilson, late business manager of the *Western Rural*, and is now published weekly.

The bowels may be regulated, and the stomach strengthened, with Ayer's Pills.

No Opium in P. & S. Cure for Consumption. Cures where other remedies fail. 25¢.

EVERY one is perfectly satisfied who uses Buckingham's Dye for the Whiskers.

A POOR, WEAK SISTER, who is suffering from ailments peculiar to her sex, dreading to go to a physician, but knowing she needs medical help, will find, in Dr. Pierce's "Favorable Prescription," a preparation which will give her strength and new life; through the restoration of all her organs to their natural and healthy action. It is the result of many years of study and practice by a thoroughly scientific physician, who has made these troubles a specialty. To be had of all druggists.

NATURE abhors a vacuum, why should she create a dude?—*Texas Siftings*.

To break up colds and fevers, use early Dr. Pierce's Extract of Smart-Weed.

THE mother who goes whaling usually finds lots of blubber.—*St. Paul Herald*.

LOCK YOUR STABLE DOOR before your horse is stolen. Root out disease before it gets a vital hold and the system becomes fatally weakened. Promptly attack all diseases with Dr. WALKER'S VEGETABLE VINEGAR BITTERS, and attack them before you find yourself confined to your bed, every square inch of your body throbbing with pain, and so weak you are unable to move hand or foot.

A HEN-PECKED man is not always shrewd.—*St. Paul Herald*.

## Of Interest to Farmers.

There is not a mechanical trade in America but is represented by a journal in its class. What trade is there that is of more importance that requires more genius, and more careful attention to detail, than farming? The worker in iron, if he wishes to prosper, knows that he must choose the representative journal of his trade, study the market reports of iron, and otherwise keep himself thoroughly posted. He relies implicitly upon the statements contained in his favorite champion of the industry, and is enabled to buy and sell with a firm knowledge, which surprises his negligent competitors. By careful perusal of the well-timed editorial comments, and the closely gleaned notes of interest to the trade, he gathers ideas which are to him invaluable. The farming community of the West are beginning to comprehend the fact that there are for them newspapers which give such clear-cut and well-defined ideas on the science of farming, that their trade, the *King of Industries*, takes its place at the head of the long list as the *Art Universal*. One of the most prominent of this class of publications is *THE WESTERN RURAL AND AMERICAN STOCKMAN*, of Chicago.

How proper it is that agriculture should be represented by such a worthy champion of its interests. *THE RURAL AND STOCKMAN* has long been recognized as one of the best journals of its kind in the world, the editor and publisher having been for years a successful farmer. There is no question, however scientific, relating to farming, but is answered in its columns in a free and comprehensive manner. Farmers will recognize that there is but one way to sustain a journal of this class, and that is to join hands in its support.

Send for a sample copy of the paper, and judge of its value before subscribing.

The subscription price of *THE RURAL AND STOCKMAN* is \$1.65 a year, or \$1.50 in clubs of twelve, with an extra copy to the getter up of the club. Samples free. Address MILTON GEORGE, Publisher, Chicago, Ill.

## A Quick Recovery.

It gives us great pleasure to state that the merchant who was reported to be at the point of death from an attack of Pneumonia has entirely recovered by the use of DR. WM. HALL'S BALSAM FOR THE LUNGS. Naturally he feels grateful for the benefits derived from using this remedy for the lungs and throat; and in giving publicity to this statement we are actuated by motives of public benefaction, trusting that others may be benefited in a similar manner.

## Red Star Cough Cure.

Free from Opium, Emetics and Poison.

SAFE. SURE. PROMPT. 25 Cts.

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Cures Rheumatism, Neuralgia, Backache, Headache, Toothache, Sprains, etc., etc.

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is the great Blood Purifier and Life-giving Principle; a Great Purgative and Tonic; a perfect Renovator and Invigorator of the System.

In Vinegar Bitters there is vitality but no alcohol or mineral poison.

Diseases of the Skin, of whatever name or nature, are literally dug up and carried out of the system in a short time by the use of the Bitters.

Vinegar Bitters allays feverishness. It removes all fevers, cures Rheumatism, Neuralgia, Gout, and similar painful diseases.

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