

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 a 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. Mullen, who afterward, in a mile competition, open to all comers, walked Mr. Stern off his feet, and on the last lap spurred him out of sight. The square planting of Mr. Mullen'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 straightened 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 hitches 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 bald, 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 Spire. 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 heaven or a hell of a 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.*

LACONIC 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 other 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 eradicator of this distressing and obdurate 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 irrefragable 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, my 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 complete illustrated treatise giving full means of cure, World's Dispensary Medical Association, 663 Main Street, Buffalo, N. Y.

SHAD jokes are bony-fide humor.—*Philadelphia Call.*

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

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If "NATURE abhors a vacuum," why should she create a dupe?—*Texas Siftings.*

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

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

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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 work 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 at the *art universal*. One of the most prominent of this class of publications is THE WESTERN RURAL AND AMERICAN STOCKMAN, of Chicago.

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