

WALKING FOR EXERCISE AND RECREATION

(DR. LATSON IN OCTOBER CIRCLE MAGAZINE.)

Of all exercises walking is the best—best because most natural, most convenient and most healthful. Correct walking develops every important muscle of the body and increases the activity of all the vital organs.

The heart performs more perfectly its important task of sending the blood to all parts of the body. The lungs expand more fully, taking in larger supplies of the life-giving air and throwing off a greater quantity of the poisonous gases made by the body. The operations of stomach, bowels, liver and other organs are also greatly accelerated.

Walking is, in reality, an art—a also art, it might almost be said. For a correct walk, a walk that is at once free, graceful, dignified, expressive and void of self-consciousness—such a walk is a very unusual accomplishment.

Now what is the correct walk and how shall we learn it?

Taking these questions separately, I would say that the correct walk is one in which the body is carried in a straight, erect column, in line with the down-pulling force of gravitation. The weight is to be carried well forward, almost on the balls of the feet. The chest should be up and forward, the head up and back. The leg should be swung easily forward; and, as the foot touches the ground, the weight should be transferred to it easily and rhythmically, without shock or jar.

The question sometimes raised as to the "straight-leg" or "bent-leg" gait is important. For ordinary walking in the city or the house, the erect "straight-leg" walk is the only suitable gait. For long-distance walking, however, especially across a rough country, through sand or snow or over hills, the "bent-knee" walk is preferable for many reasons. This is the gait used by most savages, especially when on long march. It is, in reality, only a very slow and easy "fox trot" or run, different from the run only in that one foot is not lifted from the ground until the other foot is put down.

The difference between the two styles of walking is mainly that the "straight-leg" walk is the more graceful and elegant; the "bent-leg" walk the more adapted to rough going and to endurance. This is because the "bent-leg" walk is the more rhythmical—more free from shock.

To tell the secret of a fine walk is not at all difficult; it may be expressed in two words—erect carriage and free movement. To gain those two things, however, is, for most persons, not easy.

To gain the erect body and the free action of the muscles necessary in proper walking persistently practice the following exercises:

Exercise No. 1.—Stand with feet near each other, arms hanging easily at the sides. Now take full breath and at the same time raise the arms straight up at the sides until the backs of the fingers meet over the head. Then, holding the breath, stretch upward firmly. After a few moments exhale the breath, relax the muscles and return to position.

Exercise No. 2.—Standing in same position inhale full, slow breath, at the same time raising the arms straight up in front of you. When the lungs are full the arms should be extended straight up over the head. Then, without holding the breath, exhale at once, sweeping the arms downward at the sides.

The object of these exercises is to lift up and straighten the body so that it may be taught to hold itself erect without conscious strain or effort.

Exercise No. 3.—Stand easily, feet well apart, as though about to take a step forward. Then relax all of the muscles, and without moving the feet, sway the body freely forward and backward, resting the weight first upon the forward and then upon the hinder foot.

Exercise No. 4.—After swinging back and forth, as described, four or five times, advance the rearward foot, make a step and then repeat. Then another step, and so on.

The object of the two exercises is to correct the pernicious habit of jolting the body as its weight is passed from one foot to the other. This jarring or jolting of the body is taking the step is the main cause of fatigue in walking.

Exercise No. 5.—Stand with heels together, arms hanging. Exhale the breath in a gentle sigh and let the head fall on the chest. Gradually allow the body to follow, keeping the knees back until the finger-tips are as near the floor as you can reach without straining. Then slowly rise to erect position.

This exercise not only straightens the back but is a great help to that muscular ease and flexibility with-

out which the perfect walk is impossible.

Exercise No. 6.—Walk easily up and down the room, relaxing all the muscles, dragging the feet and imitating the gait of one overcome by exhaustion.

This exercise, although not especially picturesque, is very valuable, inasmuch as it helps to inculcate the habit of free and flexible motions in walking.

Exercise No. 7.—Take a full breath, raising the arms and holding the hands palms forward over the head. Then, throwing the weight of the body forward, walk easily up and down the room, keeping the arms upstretched as though trying to reach something just beyond the finger tips.

This exercise, if properly done, embodies the good effects of all the rest, and is most valuable in developing an erect, dignified and graceful walk.

Why Colds Are Dangerous.

Because you have contracted ordinary colds and recovered from them without treatment of any kind, do not for a moment imagine that colds are not dangerous. Everyone knows that pneumonia and chronic catarrh have their origin in a common cold. Consumption is not caused by a cold, but the cold prepares the system for the reception and development of the germs that would not otherwise have found lodgment. It is the same with all infectious diseases. Diphtheria, scarlet fever, measles and whooping cough are much more likely to be contracted when the child has a cold. You will see from this that more real danger lurks in a cold than in any other of the common ailments. The easiest and quickest way to cure a cold is to take Chamberlain's Cough Remedy. The many remarkable cures effected by this preparation have made it a staple article of trade over a large part of the world. For sale at Dr. Stone's drug store.

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AN INDIANA FARM HAND WRITES TO THE PRESIDENT

Washington, Oct. 17.—An Indiana farmhand has written a letter to President.

"I have been a farmhand just long enough," says the President's correspondent, "to learn the cause of so many sons and daughters and well-meaning, reliable farmhands leaving the beautiful farm and country and going to the city. A lack of order and system on the farm and too long hours for a day is what is driving the best minds from the farm to the city and shop. What can we expect of a hand, or the farmer's wife and her posterity, in the way of intellectual development when they get out of their beds at 3:30 in the morning and work from that time until 8 or 9 p. m.? And no attention paid to the sanitary conditions of the home, and necessary conveniences on the farm for doing the farm work with the least labor and time."

This man has given some very interesting first-hand information about rural conditions in the eastern and middle states and recommendations based on a long experience in farm work and farm life. He has worked for all kinds of farmers, good and bad, he says, and he has always had his eyes open to detect the causes of their success or failure. He has drawn his own conclusions and sets them forth in down-right, straightforward fashion. Education pays in farming, he says. The farmer who plans out his work and carries it through in a systematic, business-like manner, just as the city man does, will be able to shorten the hours of labor. "So many farmers measure everything on the farm from the standpoint of muscle," he continues, "and are extreme in some things and slack in others. I decided several years ago that life is too short to work for Peter Tumble-down farmers."

"Now, Mr. President," he writes, "you can take this for what it is worth. I have not given you half of my experience. Compel the farmer to be a business man. Go into the homes of some of the farmers and the so-called farmers and ascertain how they live, and learn of their methods of doing the business in which they are engaged. And you will be surprised what a variety you

will find. As certain what they read, and what stress they put on the literature that comes into their homes (if any comes) bearing on the business they are engaged in. See what per cent study their business.

"Give me the educated farmer as a boss and the educated farmhand as a hand. When I come in contact with a hand or farmer that studies his business I find him advancing, and it is a pleasure to work for such men.

"The majority of the farmers are eight-hour men, that is, eight hours in the forenoon and eight in the afternoon. Eight or ten hours on the farm cannot well be adapted in all cases, but it need not be from 14 to 16 hours. If the family arise every morning at 5 o'clock and the wife and daughters attend to the household duties, and the farmhands and sons attend to the chores and go to the field at 7 o'clock and work until 11 or 11:30 and go to the field again at 1 and keep at it until 6 o'clock, and go to the house and eat the supper and then do the evening chores, they have done a farm day's work. Regular hours for work, and regular hours for meals, and regular hours for rest and recreation, with plenty of standard papers and books, including the best agricultural papers and books, and a full faith in God, and good grub is wanted.

"The family should rise at 5 o'clock on Sunday morning as well as on week days, and do the necessary Sunday morning chores, and then go to church and show the business man in the city that Sunday on the farm does not consist in changing the stock from one field to another, or salting it, or unloading a load of hay that was brought in on Saturday evening.

"Coming to the meals at the meal hour makes it easy on the wife so she can arrange her household duties in order, as can also the husband his farm work.

"Men of worth and standing in the shop and city tell me that if order and system were used on the farm they would go back to the farm. If the farmer wants to keep his sons and daughters on the farm he must not lengthen the hours for a day's work at both ends. Limit the hours

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COLONIST'S TICKETS will be on sale during SEPTEMBER AND OCTOBER from the East to all points in Oregon. The fares from a few principal cities are:

From Denver	\$30.00	From Louisville	\$41.75
" Omaha	30.00	" Cincinnati	42.50
" Kansas City	30.00	" Cleveland	44.75
" St. Louis	35.50	" New York	55.00
" Chicago	38.00		

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WM. McMURRAY, General Passenger Agent, Portland, Oregon.

RAILROAD TIME TABLES

CORVALLIS & EASTERN R. R. TIME TABLE.

ALBANY AND YAQUINA TRAINS.

No. 2 Daily Ex. Sun.	STATIONS	No. 1 Daily Ex. Sun.
a. m. lv		a. m. ar.
7:35	Albany	7:15
8:35	Corvallis	6:35
9:53	Philomath	6:02
9:22	Wrons	5:32
9:50	Blodgett	5:07
10:10	Summit	4:50
10:32	Nashville	4:22
11:39	Chitwood	3:23
12:03	Elk City	3:03
12:39	Toledo	2:31
1:15	Yaquina lv.	2:00

Albany-Corvallis-Philomath.

No. 10 (daily)—

Leaves Albany 7:50 p. m.

Leaves Corvallis 8:30 p. m.

No. 8 (daily)—

Leaves Albany 12:35 p. m.

Leaves Corvallis 1:35 p. m.

Arrives Philomath 1:53 p. m.

No. 6 (daily)—

Leaves Albany 8:30 a. m.

Leaves Corvallis 10:10 a. m.

Arrives Philomath 10:30 a. m.

No. 2 (daily except Sun.)—

Leaves Albany 7:35 a. m.

Leaves Corvallis 8:35 a. m.

Arrives Philomath 8:53 a. m.

No. 1 (daily except Sun.)—

Leaves Philomath 6:02 a. m.

Arrives Corvallis 6:35 a. m.

Arrives Albany 7:15 a. m.

No. 5 (daily)—

Leaves Corvallis 6:30 a. m.

Arrives Albany 7:10 a. m.

No. 7 (daily)—

Leaves Philomath 10:45 a. m.

Arrives Corvallis 11:15 a. m.

Arrives Albany 11:58 a. m.

No. 9—

Leaves Philomath 2:00 p. m.

Arrives Corvallis 6:00 p. m.

Arrives Albany 6:40 p. m.

No change in service between Albany and Detroit.

Oregon Electric Time Table.

Time of arrival and departure of cars at Salem is as follows, Portland and intermediate points:

Arrive Leave

Local 8:40 a. m. 6:00 a. m.

Express 10:50 a. m. 9:05 a. m.

Local 1:25 p. m. 11:05 a. m.

Express 4:20 p. m. 1:45 p. m.

Local 5:45 p. m. 3:28 p. m.

Express 8:20 p. m. 6:00 p. m.

Time Card No. 54, Southern Pacific Co., Effective Sunday, Aug. 10, 1908.

Toward Portland, Passenger.

No. 16.—5:13 a. m.—Oregon Express.

No. 18.—8:40 a. m.—Cottage Grove passenger.

No. 12.—2:45 p. m.—Roseburg passenger.

No. 14.—9:13 p. m.—Portland express.

Toward Portland, Freight.

No. 222.—5:0 p. m.—Portland fast freight.

No. 226.—10:40-11:28 a. m.—way freight.

Toward San Francisco, Passenger.

No. 11.—11:03 a. m.—Roseburg passenger.

No. 17.—6:45 p. m.—Cottage Grove passenger.

No. 15.—9:56 p. m.—California express.

No. 13.—3:31 a. m.—San Francisco express.

Toward San Francisco, Freight.

No. 221.—2:43 a. m.—Portland fast freight.

No. 225.—11:28 a. m.—way freight.



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