

## WALKING AS A PASTIME.



THE greatest foe to exercise is monotony, but even monotony can be overcome by making exercise contribute interesting thoughts, or by giving to the mind change of thought. This is done when one gets into a new environment. The great advantage of travel consists in the change of scene. Often the pleasantest part of a traveling trip of any kind is in the unforeseen episodes. In travel it is not the riding in the close cars, or the contact with strangers, so much as the diversion of the mind which makes it a recreation. If we could travel without the accompaniments of bad air, crowds, late hours, and irregular meals, we would gain in recreation. This is just what travel by walking does for us. In a walk the traveler has a change of environment or of scene every minute of the way. He is in a new hotel or a new house every night. He sees new faces, he becomes acquainted with the people of the country, and he knows the topography of it far better than if he were whirled through it on the cars.

Another way to make walking a recreation is by the study of history. It is a good plan, therefore, to read the local history of the region through which a trip is planned, and then, having seen the places of interest, to refresh the mind with the story of them. It is wonderful how alive history seems to the traveler who clothes its scenes with the images of bygone years. History to the trumper who can appreciate it becomes a fact and not a myth.

Though tramping is of itself a recreation, it is made much more beneficial by company. With good companionship the hours pass swiftly, and fatigue is scarcely felt.

On one occasion I walked with an editor, who said that he did not care to make great distances, but only wished to be out of doors. It was in the springtime, and when we struck north he expressed anxiety about getting into snow; but though it lay in spots on the hillsides, the road was generally free from it. Finally, in Massachusetts, coming through a notch between hills, I saw considerable snow on the heights north of us, and, turning to my companion, said with emphasis, "There is your everlasting snow on the everlasting hills." The words were hardly out of my mouth when we heard a piping voice a little to one side say, "Amen." We supposed that the child who

uttered the pious ejaculation was only showing a proper respect for what she thought to be a biblical quotation.

On a trip taken in the spring, I climbed to a town in the hills of Berkshire County, Massachusetts. One of my companions had taken the degree of Ph. D. at one of the Eastern universities, and was known among us as "Doctor." A few days previous to the trip he had sprained his knee at tennis, and the tramp in the mud intensified the hurt. Having started, however, he refused to take our advice either to return home or take a conveyance of some kind. In the aforesaid town he dragged himself after us into the large room of the hotel, which served the purpose of bar-room, office, and sitting-room. There were two men present, either of whom would have made a good model for Rip Van Winkle. As our friend limped into the room, one of the men, addressing himself to me as a man nearer his own age than either of my comrades, said, "Has that man a cork leg?" "No," I replied; "he is only a little lame." "Well," he replied, "he walks as if he had had his leg cut off here"—making a line on his own leg under the knee. The second, encouraged by my willingness to talk, entered the conversation with, "I say, mister, is he a real doctor—I mean a physician?" In my answer I could not go into an explanation of the intricacies of the requirements of a doctor's degree, so I merely answered, "No, he is not a real doctor; but we call him so." "Oh, I see," said he; "he is a kind of a quack."

It shows the effect of a tramp upon the man of brain-work that the editor to whom I have referred complained on the trip of the bother and worry of his business, and said he almost wished he could get out of newspaper work. After seven days of out-door life, in rain and sunshine, we returned to New Haven. I met him down-town soon after, looking fresh and healthy, and I said, "How do you feel?" "Oh," replied he, "I can run seventeen papers now."

With a companion I was traveling from Marlborough, Massachusetts, toward New Haven, and, wishing to pass through a corner of Rhode Island, we had to take a long walk of over thirty miles before reaching our hotel at night. It was so dark that when we came to turns in the road one of us had to climb the mile-post, and strike a match, to see which direction to take. Finally we reached the hotel, and found it a rather barn-like structure. We were waited upon by

an old woman, who gave us a very good supper, and furnished us with a room with a fire in it. When we came to settle, we were told to go down to the bar-room, which we found full of loafers. The man who kept the bar and took the pay for our night's lodging was a companionable man, and in conversation with him one of us remarked upon the amount of forest, and asked him if there was any sport there. He, misunderstanding the question, said, "There used to be, but it is all broken up." To which his interlocutor replied, "You misunderstood me; I mean shooting." "Oh, yes," he said; "I understand. I thought you meant 'sport.' We used to have 'mills,' dog-fights, and all such things, but the officers of the government broke it up, and now it is very dull here. But we used to have lively times." When asked if he was the landlord, he said the landlord was in Arkansas, and he felt very anxious about things that he saw by the papers were happening down there—shooting, stabbing, etc. "Well," we replied, "what has that to do with your landlord?" Motioning with his hands as if he were dealing cards, and nudging us in the ribs, he said, "He is down there in this business, for he is one of our kind." We could only infer that the house had been a resort for shady characters, and that, as we came into the hotel after nightfall, we were supposed to be crackmen, or gamblers of a higher grade. When, at the last, I mentioned to our hostess something extra which we had had, she replied, "Oh, you have been such pretty gentlemen, I shall not charge you for that." It is to be presumed that some of their guests of "our kind" had not been "such pretty gentlemen."

This mode of travel, besides being independent, has other advantages. No great preparations are needed for a trip. A vacation of a few days can be utilized by a man's swinging his pack on his back, and going off into the country. Owing to the continual change of abiding place, in three days, it often seems as if the traveler had been absent a week.

Another advantage is the light expense. In all other traveling trips the cost of mere locomotion is a great item. By walking, the change from place to place is made without paying any railroad or steamship fares, without paying any expressman or hackman, and without any of those unavoidable expenses which often make the cost of a trip a matter of anxious thought.

The greatest advantage is the tonic effect on the body and mind. This is due to the freedom from care, and to the natural life—the continual exercise in the open air, which stimulates the appetite, and causes a great demand for food. The amount of food consumed on one of these trips is generally three times what is taken at home. The stimulating action on the

skin, by the constant flushing of the pores in consequence of the exercise, and the baths required to keep one clean, bring into a state of healthy activity a part of one's system generally neglected by those living sedentary lives. In the coldest winter weather I often find, on closing a day's tramp, that my undergarments are wet with perspiration. Then, too, fatigue brings good sleep. Thus, with exercise, good food, free perspiration in fresh air, and plenty of sleep, a man takes nature's best tonics.

It must not be supposed that these tramps exercise only the legs and feet. If one carries a pack, the upper part of the body, and especially the muscles which hold the shoulder-blades, are thoroughly exercised. The back and the abdomen come in for their share, so that when the trip is over, and one goes about without his pack, it is not very hard to walk erect.

If a man wishes to begin the practice of tramping, I should advise him to take at first daily walks of at least four miles. After a little hardening of the muscles in this way, he should try the experiment of going for the whole day with a bag or knapsack; and, after a week or more, for two or three days. With this preliminary training, the candidate for walking will be ready for a longer tramp. But, above all things, let the beginner not do too much at once. After tasting the good effects of walking, I am quite sure that if a man has any love for nature in his soul, and any admiration for the beauties of scenery, he will not willingly forego the pleasure of tramping whenever he has opportunity to enjoy it.

Walking is a natural exercise. It is one which can be taken at any time. It is not like other exercises, in which there is danger of hurts or strain. The fatigue which walking brings on is a natural fatigue, if regularly followed. It strengthens the digestive organs. It drives the blood away from the tired brain, and is one of the best cures for nervousness.

These walks can be taken at all times of the year. The best seasons are spring and fall. The winter, though, is a pleasant time to walk, and all of my longest trips have been taken in mid-winter. I once walked over two hundred miles when the ground was covered with snow. One advantage of the winter trip is that the air is bracing. In the fall and spring, except in the early spring, the roads are generally better than in winter. But the season makes very little difference, because, if the weather renders walking difficult, one simply makes less distance in a day. As one of my companions says, "You can still keep out-of-doors, and get a great deal of walking to the square inch." In summer it is best to do most of the walking in early morning, and after four o'clock in the afternoon, lying by during the hot hours of the day. I

know of no better way of curing any tendency to rheumatism than by a tramp in hot weather. It has all the advantages of the Turkish bath without the disadvantages of the bad air. Even in inclement weather, flushing the pores of the skin with constant exercise will sometimes cure the worst case of rheumatism.

On one occasion a friend of mine who was troubled in this way, having appointed a certain time for a week's walk, came to me in great distress to say that he had such an attack of lumbago that he thought it dangerous to go. On my assuring him that if he would do as I told him, I would guarantee a cure, we started, though I must confess that when we struck a storm of snow and sleet, on the very first day, and the slush was deep enough to come over the tops of our shoes, even my confidence began to give way. But I kept my friend walking, and though he was very anxious to stop at some hotel long before we came to the day's end, we pushed through to Wilmington, Delaware, for the night. After drying off, changing our clothes, and having a good supper, the patient was no worse. The next morning his rheumatism was gone.

On another occasion I had been suffering from the only attack of neuralgia that I ever had. Having agreed to take a tramp, though it was midwinter, I started, taking with me some simple remedies. It stormed the first three days of the trip. After the first day I had no return of my neuralgia, and at the close of the trip I was entirely well, and have never had another attack. This is merely to show that nature is very kind to those who trust her. The best remedies for the ills "that flesh is heir to" are fresh air, exercise, and good food.

In winter most of the walking has to be done in the forenoon. On account of the shortness of the days there is very little time to walk in the afternoon, and the brisk air makes rapid walking more practicable than in either spring or summer. One peculiarity of winter walking is that if there is snow on the ground the feet are never blistered. The snow acts as a cushion against the ground, and prevents the heating of the feet.

The exhilaration of spirits can be illustrated by one or two cases in my experience. I have walked with a number of unusually solemn men, but, after two or three days of stimulating air, these same men have been guilty of shouting like boys. Certainly if anything can make men shout for joy it is to get on some hilltop from which one can see for miles and miles, and feel the blood course through the veins with a better stimulant than wine.

Once, after the preliminary trip by means of which the muscles had been hardened, a companion was ambitious to see what two old fellows could do. So we started from the Mas-

sachusetts line early in the morning, shaking hands across the line stone, and slept that night by the salt water, having walked across the State of Connecticut in one day, a distance of fifty-five miles. The secret of the exploit was in the fine preparation, and in the fact that our digestion was so good that we were able to assimilate our food. After all, a man is something like a steam-engine; he must have plenty of fuel in order to accomplish work. I do not advise exploits. I begin to feel as an old man expressed himself when on this last-mentioned occasion we stopped for dinner. He was sunning himself on the piazza of his hotel, and, on our presenting ourselves for dinner, was curious to know what two gray-haired men were doing walking. When we told him our ambition, and how much of what we aimed at had been accomplished, to conceal a smile he put his hand to his mouth, and said, "Well, I have heard of boys doing such things, but old men!" It was not necessary for him to finish. We understood the rest of the sentence; but he failed to understand how just such things keep old men young like boys.

It has been asked whether these trips are good for everybody. I say yes, with a reservation. It would be unwise for persons unaccustomed to walking to attempt to walk across the State of Connecticut in one day. Without the preparation which my companion and I had had for that trip, I have no doubt such a long walk would have been attended with bad consequences. As it was, we felt only the better for it.

Few people know how to walk correctly, and therefore walking is not to the great majority a means of recreation or a mode of travel. One hindrance to correct walking is improper footwear. Most persons have neither proper shoes nor proper socks. In consequence of wearing bad shoes from childhood, their feet are distorted. Perhaps not more than one out of four persons uses his toes in walking, and the toes are an important part of the means of locomotion. In walking once with a man of good physique I noticed that he walked entirely from his knees. By this I mean that he put one foot forward, and did not push himself with the toes of his other foot, but leaned forward and pulled the other foot after him. I found that he made no use of his toes, owing to his wearing badly made shoes from childhood.

At the age of twenty-one I was interested in a pamphlet "Where the Shoe Pinches." After reading it I procured lasts made on anatomical principles. Their use has prevented the usual deformity of the foot. Some fourteen years ago, and after I began regular walking, I found even these lasts faulty, and had another pair made. As I progressed in the know-

ledge of walking, I found even the second pair of lasts unsatisfactory. In order to obtain a correct form for my shoes I made plaster casts. In a box large enough to contain both feet I made a partition, and covered the bottom with a layer of putty. Then I put each foot in the putty, thus making an impression. Into the impression I poured plaster-of-Paris. On lasts formed from these models I obtained the best possible shoes.

The modern shoe is made partly for use and partly for show. The part that is for show is the heel. The heel is an unnatural device. It inclines the foot forward, stubbing the toes, and it also brings the weight of the body too far forward, necessitating an unnatural crook in the knees. After twelve years of walking I discarded the heel from walking-shoes, though so far deferring to fashion as to keep it for wear in the cities, and going to the expense of having two pairs of lasts made on the models referred to—one pair for heeled and one for heeless shoes.



INCORRECT FORM OF WALKING-LAST.

If any person interested in having a correct shoe will take the trouble to examine the various lasts on which shoes are made, he will find that they have the form of the last in the figure labeled "incorrect form." Ten chances to one they will be of worse form, being pointed so as to pinch the toes. A correct shoe for walking can never be made on such lasts. They are meant for heeled shoes. If a shoe without a heel is made on this kind of last, the foot will not rest flat, but will turn up at the toes.

By using a correct last, the sole of the foot from heel to toe will rest flat, as nature intended it to do, and the weight of the body will be distributed over the whole surface. In the shoe made on a bad last the weight is brought unevenly on different parts of the foot. In a long walk this uneven distribution of weight makes a great difference in the fatigue of the foot.

A laced shoe is to be preferred to any other.



CORRECT FORM OF WALKING-LAST.

Another improvement which I made was in doing away with the lining of the shoe. Still another improvement was in dispensing with all pegs. Hand-made shoes are generally "lasted" with wooden pegs. When the last is pulled out of the shoe the pegs stick up inside around the edge of the insole like so many nails. The shoemaker cuts them off with a knife, and then rasps them down. After the shoe has been in use some time, and the leather becomes dry from wear, these pegs work up, and are one cause of the blistering of the feet. I found that a shoe could be manufactured without the use of these wooden pegs, so that when the shoe was taken from the last there was nothing to blister the feet, or, in other words, so that the insole could be made perfectly smooth. To obviate the discomfort caused by seams in the shoe, I have each of my shoes made of one large piece of leather, with an additional small piece set in on one side, as shown in the accompanying cut.



DRAWN BY AUGUST WILL.

CORRECT FORM OF WALKING-SHOE.

Another frequent cause of discomfort in walking is the sock. Most socks are manufactured with seams, and are pointed at the toe. These seams on a long day's tramp will cause blisters. If a person who wishes to become a walker will exercise care in the selection of his socks, he can obtain them without seams and square-toed. Woolen socks are to be preferred to cotton ones.

To travel properly, the walker must have two pairs of shoes, one pair made with light uppers and soles, the other pair with heavy uppers, heavy soles, and "bellows" tongue. In addition to the convenience of having shoes adapted to the weather, the change of shoe after a long walk is a great relief.

The next thing to be considered is the knapsack, or pack; for this mode of travel is an independent one, and the traveler carries his own luggage. The lighter the pack, the less labor to carry it. The best pack is made of carriage leather without a single piece of board, or stiffening of any kind. In this pack sufficient change of clothing can be carried for a two weeks' trip, if the trumper takes advantage of the opportunity to have washing done when he stops for the night. The principal part of the lug-

gage is underwear and socks. In the matter of clothing, novices err on the side of too much rather than too little. For daily wear a flannel shirt is better than any other.

The exercise of walking, even in severe weather, is sufficient to warm the person without extra clothing. I never carry a rubber coat or cape. An umbrella is sufficient protection from the weather at all times, besides furnishing a convenient staff.

There are certain particulars in the care of the person, both on the tramp and after the walk for the day is over, the advantages of which I was long in learning. In the first place, on a long tramp I make it a principle to start out early, never doing more than twenty miles the first day. Walking with novices, I endeavor to begin in the afternoon, if possible, so as to give rest to their weary muscles after only a few hours of exercise. The third day is always the trying one; it seems to take about seventy-two hours to get to the critical point of fatigue. I have never known any one to pass the third day, and keep on walking, without making a successful pedestrian, and every man who has failed in a walk has failed the third day.

It is also one of my principles to rest at least once in eight miles,—in the afternoon once every hour,—and in this rest to take a reclining position. In fact, part of the enjoyment of the trip comes from selecting for a place of rest some outlook where one can find a good view, and enjoy the scenery. Not only is the body rested, but the mind is refreshed as well, while the circulation of the blood is equalized. When the weather is warm, it is well before dinner to obtain a room, and to make a thorough change of clothing. The time taken for this change gives another rest, and also better enables the digestive powers to assimilate the food. This delay sometimes seems a waste of time when one is anxious to reach a particular point, but the beauty of this kind of travel is that one need not be in a hurry. In the evening it is also well to take a complete bath before supper. If the tramp has been a very hard

one, and the person is very much fatigued, it is wise to avoid cold water; if warm water is not to be had, it is better to take a dry rub-down. This regular friction of the skin at least once a day, and, if possible, twice, takes the soreness out of the muscles. It acts as a counter-irritant by drawing the blood to the surface.

In all kinds of exercise the food is what furnishes the power. It is, therefore, of the first importance to keep the digestive organs in good condition. To this end, the walker must be careful not to drink much water on an empty stomach before dinner, or at night before supper. Some young pedestrians, whom I have been unable to convince, have had to learn from hard experience that drinking much water at the close of a tramp deranges the digestive system. If the walker feel very thirsty, and must have something, let him rinse his mouth two or three times, and gargle his throat with cold water. When he goes to the table, he had better content himself with weak tea, and not too much of that. On the walk he can drink with impunity all he wants, but not near the close of the tramp, or just before a meal.

A person can make the most progress, and make it with the greatest comfort, by taking the longest part of the day's walk before noon. After getting into condition to make long distances, if he wishes to walk twenty-five miles in a day, he had better walk fifteen miles before dinner, and ten miles after, rather than reverse the order of the distances. The physical powers are in their best condition in the morning.

After a long experience I have set the limit of sixty miles for the first two and one half days of a long tramp—a limit not to be exceeded except in a case of necessity. For persons beginning to take walks it is wise to set a lower limit. In general, if a walker is in doubt whether he should take a greater or less number of miles for the first three days, let him take the less number. By observing a few precautions at the beginning of a tramp, the whole trip will be made comfortable, and a greater distance can be covered in a given number of days, if the first three days are taken easily.

*Eugene Lamb Richards.*

## DOCTOR AND PRIEST.

NO leech can cure, how great soe'er his wit;  
Tissue he cannot heal, nor the bone knit:  
Life's secret means his splint and draft supply,  
Nature then cures—or bids the patient die.

Wise through thy creed, dream not, presumptuous man,  
'T is thine to save that which thou didst not plan:  
Serve thou a mightier force than it or thee,  
And each soul's self shall that soul's savior be.

*Dora Read Goodale.*