

the foot will allow of—and in the same way, when standing or upright, the human frame, can by the tarsal action of the foot or feet raise itself and without effort, and with the heaviest weight upon the shoulders, to a height several inches above the normal.

The great strength of even one of the toes, the greater or big toe, is fully exemplified in the ballet dancer who can twirl around upon tip toe, though of course the very velocity of the motion causes a centrifugal action which tends to diminish the weight upon this last articulation, of the pedal member ; and this is analogous to the additional capacity which a man acquires for leaping or somersaulting, after starting for it from a distance on the run ; in the same way as certain birds that can not rise to winged flight without this, and, as of a flying machine which is also benefited by a run along the ground before it acquires the speed or momentum necessary for the effort of rising into space : all of which are but examples of how centripetal action is or can be nullified or overcome by a velocity sufficient to give the necessary centrifugal or counteracting force.

See how you can spread the feet laterally until almost into line or heel to heel, and again in the contrary direction or toe to toe, and how, when at right angles to each other, they embrace or enclose between them or within themselves the greatest area of base to stand on and thus bring the *centre of gravity* of the system into a position of stable equilibrium—and was there ever a lovelier reversed curve than that formed by a well made foot, and to all degrees of curvature, by the arching of the tarsals upwards and the corresponding lowering or curving downwards of the phalanges of the toes into the appearance or form of an *invert* ; a concave or inverted arch : together an *ogee* curve.

And now that we have seen the action of the system as a whole—if we come to consider that of the separate or component parts thereof, - the diversified or differential, while at the same time simultaneous action of the several members which as the arms, hands, legs and feet can act in pairs or individually ; we will marvel at their apparent endlessness. We have for instance, while standing on one leg, the action of the other at kicking as at foot ball, or as a stay or strut when in sawing wood one leg is used to steady the log, or one knee raised and resting on a board or bench to hold it fast while ripping ; illustrating thus the action of a *clump* or *rise*.