

# The Inglenook

## Walking as a Fine Art.

The criticism is generally made that the American woman do not walk well. A prominent Englishman is reported to have said recently that he had never seen an American woman who walked properly.

Most women hobble. The effect may be due to tight shoes or physical infirmity, but it is ungraceful and undignified. Some women walk with a lunge, notably the business woman with masculine ambition. The fashionable girl walks with rigidity. Some women flop and some jerk, but none, like the heroine of the romantic novel, "glides."

In England an ungainly gait is the exception and not the rule. The reason is apparent. English women walk habitually. From early childhood the walk is as much a part of the day's routine as dinner.

The majority of women do not know that the elastic muscles in the balls of the foot act as a cushioned spring to avoid a jar and make the foot rebound lightly.

The reason why American women do not walk as well as their English cousins is not alone climate. It lies deeper. The fact is that the importance of the subject is not recognized. Parents ignore it, and children grow up without forming the habit of walking.

There are other reasons for taking a daily constitutional than the acquirements of a fine carriage. But if this were the only good attained it would be sufficient reason d'être.

To walk well is an art that should be learned by every woman when she is young and then as she grows older she will walk gracefully as a matter of course.

The training of a child to walk correctly should begin at its earliest years. As soon as it is old enough to be taught how to do it properly. Most children are put on their feet by their nurses and allowed to run about anyhow.

When you walk you should put the foot firmly, yet lightly on the ground. Do not mince. Hold the body erect, the head up and shoulders back.

For a walk to do good, one should always have a companion, as in talking the blood circulates more freely in the brain and the benefit one derives from the open air is greatly increased.

A walk with an object in view is better than an idle saunter. Avoid a long walk when the stomach is empty or immediately after a full meal.

If the mouth is kept closed and breathing is earned on through the nostrils the fatigue of a walk will be lessened.

The Greeks who made so much of beauty regarded a graceful gait as the crowning charm of a beautiful woman, and to a Roman poet it was a revelation of the divine.

Certain it is, a beautiful face fails of half the charm if the figure of the owner be ungainly and movements ungraceful.

Think of abounding life and the joy of living, in walking. If such be held in the mind, the body will take on a similar expression.

Walking well, is often a simple affair of shoes.

Great care should be taken that the boots and shoes worn should be perfectly easy and comfortable to the foot.

A comparatively new, well made boot supports the foot because it has not lost the shape.

On no account should too small a shoe be chosen or the foot will be cramped, and walking will be awkward.

On the other hand, too large a shoe is nearly as bad as then the foot slips about from side to side,

instead of walking firmly; one is apt to shuffle like a flat-footed person and to look inelegant.

A sole a trifle longer than the foot is said to be beneficial and quickness of step increase in height of heel.

To get out of the ordinary activities of life all that is possible one must learn to stand and walk.

A drawing of twelve persons, chosen at random, would undoubtedly show a flattened chest and distended abdomen.

Unconscious bias in walking is common and can only be explained on physiological principles.—By Katherine Louise Smith, in Table Talk.

## March in a Swamp.

By FRANCIS STERNE PALMER.

For months King Winter has ruled in the swamp  
With ice and snow and glittering pomp,  
A frosty tyrant, as hard to get at,  
As icy as ever was autocrat;  
But now wood creatures laugh again.  
For the spring has risen against his reign.

March has come; and the South wind blows,  
Sounding a warning to lingering snows,  
Telling the brooks they soon shall be freed  
From chains the Winter King decreed,  
Starting the birds on poplar boughs,  
Bidding the forest birds to rouse,  
And in the branches overhead  
Marshalling squirrels in coats of red.

In madcap frolic the white hare goes  
Dancing over the melting snows—  
"If it's mad to dance when Spring's in the air,  
Then say that I am a 'mad March hare.'"  
—The Outlook.

## The Dangers of Palmistry.

Mr. Andrew Lang is an appropriate person to write on palmistry, seeing that he has steeped his mind for these many years, in thoughts of fairyland and the spirit world. He may safely be taken as an authority on all matters pertaining to superstition. But in regard to subjects of common interest—less ethereal, but perhaps a little more important—he is not always so trustworthy. In the Westminster Gazette of last week, he takes exception to the law which regulates the art and practice of palmistry. Mr. Lang does not support the palmist, for the sufficient reason that he does not believe in him. But he wishes to know why the palmist, who charges a guinea for his "reading," should remain unmolested by the police, while another of the same fraternity, who charges two shillings and sixpence, should be collared, taken to Bow Street and fined. We do not know that there is any real distinction of the sort, but we can quite understand how it is essential to put down such superstitions among the poor. Wealthy people who care to throw away a guinea in such a fashion, do so without much injury to themselves; but the poorer classes who are many of them ignorant enough to think palmistry is among "the exact sciences," and who consult one of its learned votaries, are really being cheated. Moreover such dealings tend to increase their originally quite sufficient stock of superstition, while the palmist often takes this method as a ready, safe and easy one to extort larger and larger sums of money. This abuse of a science, which Mr. Lang terms a very harmless one, should be dealt with effectually. We do not say there is any excuse for the invidious distinction between half-a-crown, and one guinea palmists, but as long as there are people in the world who delight in doing foolish things, and have the money to carry them through, consultation of the latter kind of palmist is not more foolish than most foolish things of which we hear nothing.—Christian Leader.

## Substitutes for Ivory.

The following information on how ivory may be distinguished from bone or other substances is given in the December part of "Work"; Ivory differs from bone in its finer structure and greater elasticity, and in the absence of those larger canals which carry blood-vessels through the substance of bone, and appear upon it as specks or streaks according as the bone is cut lengthways to or across the grain. On examining a cross section of a tusk cut at a distance from the growing pulp, its middle is seen to be occupied by a darkish spot of different structure; this is the last remains of the pulp roughly calcified. The outer border of the tusks consists of a thick layer of cementum (commonly called "bark"), with which the whole tusk is coated, and the rest is ivory. The different ivories are the mammoth, found in Siberia, African, Indian, Ceylon, and Desert, found in the sands. The best ivory is African. The largest quantity comes from Africa; less than one-fourth comes from India. African ivory is closer in the grain, and has less tendency to become yellow by exposure than Indian ivory. When first cut it is semi-transparent, and of a warm color, and as it dries it becomes more lighter and more opaque. Ivory also shrinks considerably during the drying process, so that it is necessary to season it like wood when such things as box lids are to be made from it. In buying ivory it is not always possible to judge its quality before the tusk is cut up. The tusk should be smooth and polished, and of a deep copper color, and should not show any large cracks. As about one-half the length of a tusk is hollow, when cutting one up great care must be taken to cut it up to the best advantage. With age ivory turns yellow, and various receipts have been given for restoring its whiteness, but they mainly depend on the removal of the outer surface and no more satisfactory method is known than exposing it to the light. Ivory may be made flexible by submitting it to the action of phosphoric acid; when washed and dried it becomes hard, and when moistened again resumes its flexibility—but at the sacrifice of many of its properties. Ivory takes dye well without interfering with the subsequent polish of its surface. Of other ivories, the canine teeth of the hippopotamus furnish an ivory harder and whiter than that of the tusk of the elephant, and less prone to turn yellow. The tusks of the walrus furnish ivory of a dense and rather imperfect consistence. The spirally-twisted tusk of the nar-whale, the teeth of the sperm whale, the ear bones of the whales, and the molar teeth of the elephant are also made use of as sources of ivory.

## The Shah of Persia.

Muzafer-ed-Din, Shah of Persia, who is coming to Britain in the summer, has a genealogical tree that puts the alleged Norman ancestry of our old nobility out of all comparison. He traces his descent from Japhet, the son of Noah, and sports enough titles to dazzle the understanding of the most ambitious tuffthunter. Not only is he Shah of Persia, but he is the King of Kings, the centre of the Universe, the Shadow of God, the Well of Silence, and the Footpath of Heaven, besides bearing several other appellations of minor importance. He is, nevertheless a very simple man in his habits, and is never so happy as when out with his gun "plotting" game, large and small. A strict Mussulman, he never touches wine. He rises early, performs his devotions, and receives his ministers at eight o'clock.

The Shah is described as a tall, broad-shouldered man, with a heavy, lethargic, dull-eyed, morose demeanour. His walk is very awkward, as he suffers from an incurable malady, which causes him great agony. He is very well read, and is a great Arabic and Turkish scholar. He speaks French with great fluency, and knows his Bacon well. He is a generous patron of education. When he comes to England he will have to reform his manner of eating, which is not at all elegant. His favorite delicacy is marrow, and he loves to stick his hand among the rice, searching out bones from which he can suck the marrow. He is attended by an English doctor, Mr. Hugh Adcock.