

be subject to our own passions the most grievous slavery.

the spirit of liberty is not merely, as some people imagine, a jealousy of our own particular rights. but a respect for the rights of others and an unwillingness that any man, whether high or low, should be wronged and trampled under foot.—

[Channing.

By Their Walk.

A Shoemaker's Way of Telling When Men Walk Well.

A Shoemaker says, as soon as a man comes into my shop and takes off his shoes I can tell whether or not he is a good walker, and it is astonishing to find how few men know the proper way to step out. If the shoe is worn down at the heel, not on the side, but straight back, and the leather of the sole shows signs of weakness at the ball of the foot, a little greater on the inside just below the base of the great toe, I know that the wearer is a good walker.

If, however, the heel is turned on one side, or is worn evenly throughout and the sole is worn most near the toe, I know that I have to deal with a poor pedestrian. The reason of the difference in position of the worn spots lies in the fact that the poor walker walks from his knee and the good one from his hip.

Watch the passer-by on the street and you will at once see the difference. Nine men out of

ten will bend the knee very considerably in walking, stepping straight out with both hips on the same line, and the toe will be the first to strike the ground. The tenth man will bend his knee very little, just enough to clear the ground, and will swing the leg from the hip, very much as the arm is swung from the shoulder, and not from the elbow. By so doing he calls upon the muscles that are strongest to bear the strain, and increases the length of his stride four or six inches. The heel touches the ground first and not the toe. A slight spring is given from the ball of the foot on making another stride.

Men that walk in this fashion cover the ground thirty per cent. faster with the same exertion than those that walk from the knee. In pugilism the old rule is to strike from the shoulder and not from the elbow. In pedestrianism it is to walk from the hip and not from the knee.—GLOBE-DEMOCRAT.

My friend, your golden age is gone,
But good men still can bring it
back again;
Rather, if I must speak the truth,
I'll say
The golden age of which the poet
sings
In flattering phrase, this age at
no time was
On earth one whit more than it
is to-day;
And if it ever was, 'twas only so,
As all good men can bring it back
to-morrow.—GOETHE.