

THE CYCLO FOOT.

A serious and formidable question is now attracting the attention and portending the equanimity of the lady bicyclist. One of our weekly contemporaries, says the *Globe*, having published some letters on the regrettable tendency of modern women to develop large feet, it has been suggested that the ubiquitous cult of the wheel may be in some measure responsible for this deplorable expansion of what another journal has beautifully designated the "pedal extremities." The attitude of thoughtful and self-respecting woman is no doubt accurately expressed in the appeal of an earnest inquirer who, after asking for information on this momentous subject, adds, "I am an enthusiastic bicyclist, but have no intention of ruining the shape of my foot with overmuch pedalling." This is as it should be. Under exceptional circumstances the possession of a large and solid foot may be a distinct advantage, as, for example, in the case of an emigrant to Colorado, where

the beetles come from. But the normal conditions of life in a civilized country point in a different direction, and this being so, it is highly reassuring to learn that in cycling the movement should be almost entirely from the ankle and the knee. The pressure on the pedal by the foot itself is "only sufficient to bring into play the actual work done by the knee and ankle," nor is the exertion on the part of the muscles of the foot calculated to "widen the tread." At the same time, no one who has watched a lady cyclist who, after a long ride, is walking uphill with her cycle, can fail to have been impressed with the curious, jerky mode of locomotion which she affects.

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