

CHAPTER 28

WESTON’S WALKING CLUB

In the late portion of December, 1907, and the early part of January, 1908, Weston would join up with New York’s *Evening World* to form **Weston’s Walking Club**. Every word written in that newspaper about the event, including some illustrations, is transcribed below...

The Evening World, December 21, 1907

WESTON IN TOWN; SAYS WALKING IS “NOT A SCIENCE”

Glad to Be Home Again — Tells Interviewer

That Walking Is a Test of Endurance.

EDWARD PAYSON WESTON walked up Broadway from Wall Street, to the Fifth Avenue Hotel last night with the same snappy vigorous stride that carried him from Portland to Chicago. He steps never longer than twenty-eight inches and his average is about twenty-four.

Descriptions of hat, clothes, shoes, and general size were useless, for the moment the young looking old man of sixty-nine, with his white hair, moustache, and bright brown eyes, was observed swinging through the crowds at Twenty-Third Street and Fifth Avenue, anyone would have known it was Weston.

Without turning to the right or the left, he walked briskly up to the hotel desk, asked for his mail and the man who had waited there nine long hours was rewarded.

“Never felt better in my life,” was his cheery greeting, and the men there who had known him forty years said that he looked ten times better than when he started on the long walk across the Eastern and Middle States in October.

“I am always glad to get back to New York,” he said. “You know it is my home. I was treated so royally in Chicago that I was unable to reach here in time for Thanksgiving dinner, but I will make it even when I look over the list of good things on Christmas.”

Mr. Weston would have been taken for a perfectly dressed dandy of the old school. He was attired in the height of fashion benefitting one of his age. He wore a frock coat, long overcoat conforming to his shape and a silk hat of latest shape. On the lapel of his flyer coat flashed a pink carnation. But he wore no pointed shoes. That is one of his hobbies. His feet were encased in broad-toed plain calf shoes.

“Walking is not a science,” said the venerable athlete later on, as he got down to the main object of the interview. “It is nothing more than a test of endurance. Everybody knows how to walk but the pity is they simply won’t do it. Still, I will admit that some are better endowed naturally with enduring qualities than others. There are some men who could never walk more than thirty miles in a day. They are not built right.

Believes In Athletics

“I am a firm believer in athletics.” Mr. Weston went on, “but I don’t believe in trainers and I don’t believe in mechanical appliances for developing muscles. I used to do somersaults, flip flops and that sort of thing, but I never used such things as horizontal bars, pulling machines and so on. I believe mechanical devices are responsible for many cases of rupture. On the other hand I believe that no man is ever in danger of being hurt in that way so long as he confines his muscular exercises to what he can do without artificial assistance. I don’t believe in too much training anyway. You should have seen me two days before I left here for Portland to start on that walk. I was all frazzled out and felt as limp as a wet rag. But the walking braced me up and I improved in strength as I went.”

Mr. Weston is of the opinion that walking as a sport will be revived. "I would love to see the young men of the country start it," he said, "for it would spread all over the country and would help to improve our nation physically.

"Oh, yes, I know a lot of boys will be starting out right away," and he laughed good-naturedly. "For it is just like you and I did as boys when we tried to be acrobats and bareback riders for three or four weeks after a circus came to town. But it ought to last.

"Boys should be very careful in starting out on long walks," advised the old pedestrian, "or they will do too much. No boy under sixteen years of age should ever walk more than twenty-five miles in one day under any circumstances. I would advise them in starting on a ten-day walk to go one or two miles the first day and then take good rest. The next day they should go three, and then progress accordingly.

"What should they eat?" he exclaimed in answer to a question. "Why that's all tosh taught by a lot of trainers. Eat anything they like, so long as they don't eat too much and gorge themselves. The only thing that boys should be aware of is the crust on pastry, especially the brittle end of pies. That is very bad for the stomach whether they are walking or not. Otherwise they should eat lightly so that their systems will thoroughly assimilate the food.

"And another thing," he added. "If you are going to tell boys how to walk, ask them to be very careful about boots or shoes. Be sure that the boot is comfortable and has plenty of room to spread. Get soft leather shoes that are strong and able to keep the foot braced when going over rough roads. In a little while they will soon learn what are the best kind of shoes."

Was a World Reporter

Mr. Weston drifted back to his long walk. "I did a very foolish thing on that trip that caused me to lose several hours, and at one time, I was a little afraid that I would lose more. I ate some clams the most indigestible of food, and I had an attack of ptomaine poisoning. I suffered from it for two days. A very kind doctor out West finally gave me something to thoroughly cleanse my stomach and put it back in natural shape. Then I was all right. And when I went to pay him you know what he said? Why, he felt offended and said that my autograph in his prescription book would be sufficient. It was gladly given.

"I could have gotten into Chicago a little earlier," he explained "but in deference to the request of the Mayor, I waited so that I could walk through the streets of the city in daylight. It made me feel a little vain for the first time when the Mayor told me that I had received a greater ovation than did Admiral Dewey or the President.

"Yes, I am going to stay in New York for a while he concluded. I have two offers to go on the lecture platform and one to go in vaudeville. I love New York anyway.

"By the way," he recalled, "I first learned of my powers of endurance when I was a reporter on The World. I was a police reporter, and that was twenty-one years ago."

The Evening World, December 25, 1907

WESTON TO LEAD WALKS FOR *THE EVENING WORLD*

Great Pedestrian Joins in Plan to Promote

Healthful Outdoor Exercise for New Yorkers.

WESTON BIDS THE BOYS TO JOIN WALKING CLUB

BY EDWARD PAYSON WESTON.

Weekly outdoor walks will go further toward building up the physique of the young men of New York than any form of exercise they could enjoy.

I will walk with them myself, and I know they will soon walk through a desire for the exhilarating effects of breathing fresh air.

As soon as the Christmas festivities are over I will announce my plans through *The Evening World* and will heartily co-operate with that paper in its efforts to improve the physical condition of our young men.

When we have begun this work I do not want weak-kneed boys without the pluck to keep up their effort. I know that New York boys are plucky. Those who are not and those who are willing to cry 'enough' before they have gone two miles, I do not want. I want every body to join — men and boys alike.

Unless the boys are willing to go into this work with a determination to stick to it, they had better not join the procession. We want boys who are manly and who have the future of their country at heart.

Though I am sixty-nine years of age and my hair is white there is not a boy in New York who is younger in spirit than I am today.

Edward Payson Weston the sixty-nine-year-old pedestrian who recently had the eyes of the world focused around him when he walked from Portland, Maine, to Chicago, in less than twenty-four days, has agreed to co-operate with *The Evening World* in conducting walks in New York. The old-time fad of walking has taken a hold again.

Mr. Weston proposes to improve not alone the present, but the growing generation by stirring up interest in healthful outdoor exercise. Walking, he says, is the simplest form of outdoor exercise. Mr. Weston will take personal charge of the walkers and will give valuable suggestions to all who join *The Evening World* Walking Club. The walks will be conducted weekly. The date of the first walk together with the route will be announced later.

Some days ago Professor William Elmer made the statement in *The Evening World* that the prevalence of stomach trouble among the men of New York is due entirely to the lack of exercise. He showed where the walk of two blocks or more to the subway or the L was the extent of the New Yorker's daily exercise. This statement interested Mr. Weston, and he has concluded to overcome this lack of attention to the physical body by beginning at the bottom and educating the youth of the greater city on the necessity of outdoor exercise. In this he will co-operate with *The Evening World* and will from day to day communicate with the men and boys of New York through its columns.

Begin With a System

"If the people of New York would begin a regular system of outdoor walks," says Mr. Weston, "the narrow-chested, undersized, anemic boy of the East side and other sections would be a thing of the past. When they have once experienced the exhilarating feeling following an outdoor walk of several hours they will be no longer content to confine their play and sports to the narrow little rifts through the crowded districts called streets. Once their lungs are expanded with pure, fresh air, I believe they will keep it up.

"Since I was a lad of eighteen, I have been a pedestrian and the fact that I established a record walking from Portland, Maine, to Chicago, at the age of twenty-seven, is well-known. I am sixty-nine years old today, but there is no man in New York today of the age of twenty-one who feels any younger than I do.

"Of course, you will understand, I do not approve of young boys starting out on such long walks as I recently took, but we must start at the bottom and work upward. No boy under sixteen years of age ought to walk twenty-five miles in one day under any consideration. They must begin by walking one mile, then two and so on until they are able to stride along over ten miles in an afternoon and think nothing of it."

Mr. Weston has not completed his plans, but as soon as the Christmas festivities are over, he will have mapped out a schedule, and it will be made public through *The Evening World*.

"While I can not afford to turn aside money," is the way he expresses it, "I would rather manage to get along comfortably and help the boys than to have all the money in New York State.

"Now I want you to understand in the beginning," says Mr. Weston with considerable emphasis, "that this work is not to be half done. When I leave them I will see that these boys are started on the right road and that they will have had enough experience to conduct the work themselves and to do it through a desire for the pleasure and benefit it affords. I do not want any who will start out one afternoon and quit. The boys of this country have pluck and I want them to show it. Unless they are willing to go into the sport with a determination to stick to it I do not want them."

In a few days *The Evening World* will announce in full the further plans of Mr. Weston on these expeditions.

The Evening World, December 26, 1907



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WESTON PLANS GREAT WALK FOR EVENING WORLD

Champion Pedestrian Gives Valuable Advice to

All Who Care to Join the Outdoor Club.

BY EDWARD PAYSON WESTON.

In case any of the readers of *The Evening World* desire to begin the exercise of walking before our plans have been completed for the regular weekly trips there are a few things I wish to impress upon your mind.

First of all do not take the notion that you can start out and cover five or six miles the first afternoon and then do the same thing on the following day. You should begin by walking a mile the first afternoon. On the following day you can easily go two. At first you will find it difficult to restrain yourself from going further but you must adhere to your schedule. In going from Portland to Chicago recently I had the greatest difficulty in holding myself down to a given distance the first week. I could easily have gone further but knew it would tell on me in the long run if I attempted it.

On the third day you had better attempt four or five miles. You are going to find your greatest obstacle at the end of these miles. Your legs will get heavy and perhaps your calves become numb. You will feel horribly tired, and you will imagine that one of your hips or the bones in your foot are dislocated. You will think it impossible to proceed another step. That will be the first and practically the only test to your nerve. You must stick to it at all costs and plod along. Don't give up. No plucky man or boy will, but I want to give this advice to those who are inclined to be a bit wobbly in their determination.

Must Fight It Off

I have to go through with it on every walk I take when the distance is more than six miles. When you have fought off that feeling for a half hour you will begin to feel more comfortable. You will get your second wind and you can proceed to the end of your journey at a nice clip. Now remember this for the feeling of weariness will certainly come over you. It never fails.

But before starting on long walks the all important thing is the preliminary care of the feet. You should bathe your feet in salt water for five or ten minutes before retiring and be sure to see that the water washes well between all the toes. Go to some food store or grocery store and buy a small sack of common rock salt. Take a coffee cup full of this and dissolve it in a quart of boiling water. When it is thoroughly dissolved, add five quarts of water so that you will have about six quarts. Bathe your feet in this before retiring and in the morning. It is what is often called "pickling" the feet, and it prevents corns between the toes caused from the fever which arises through the rubbing of the toes against each other.

If you will follow this treatment of the feet carefully you will never have corns whether you be a pedestrian or not. Of course, you must have shoes that fit your feet comfortably. They must be strong and at the same time the uppers must be reasonably soft.

Eat a Fair Breakfast

The question of diet is not of great importance unless you attempt a walk of twenty-five miles or more. A light breakfast consisting of fruit, coffee and eggs, with bread and butter will suffice. It would also be advisable to eat prunes, as they are a good laxative. Returning from a long walk, do not eat as much as you would like as it might injure your stomach. Always leave the table before your appetite is thoroughly satisfied. What you eat makes little difference, provided that you do not eat the greasy crust from pastry, such as the end of pies.

When I begin to feel a little fatigue, I find I can rest myself considerably by zigzagging across the road. By walking in one rut all the time it might be that the muscles on one side are not brought into play as they should be. It would be impossible for me to walk fifty miles on a circular track by going in the same direction all the time. After going a few miles I always reverse myself and walk the other way for a while so as to keep the muscles on both sides working evenly.

I have never been able to understand how the six-day bicycle riders can go all that distance in one direction. I often wonder that one side of them does not give way under the strain and become paralyzed. But then I suppose they are trained that way and their muscles act accordingly. It would be impossible to do that in long-distance walking.

When you have progressed far enough to plan long walks at thirty miles or more you will have to pay more attention to the diet, especially on the road, but I will tell you more about that later on.

Any reader of *The Evening World* is welcome to any information I can give in the art of walking. I will be glad to answer any questions sent to me.

The Evening World, December 27, 1907

WESTON TELLS HOW TO WALK ON CITY STREETS

Champion Pedestrian Advises All to Avoid the

Asphalt and be Careful at the Crossings.

BY EDWARD PAYSON WESTON.

In beginning outdoor walks for exercise the man or boy living in New York is confronted with a very peculiar state of affairs. He must walk at least two miles on stone pavements or asphalt. It is always inadvisable to walk on pavements, but since such a condition confronts us we will have to meet it. As the New Yorker proceeds to his daily work on pavements it necessarily follows that he must learn to exercise himself on those same pavements so long as civilization has put the dirt roads out of his reach, or at least, a good ways from it.

In making long-distance walks I never trod on asphalt roads because it is a very jarring process to the system. In these walks in New York, though, we will have to start that way.

I stood on the corner of Forty-Second Street and Broadway the other day and watched with interest the different steps taken by different men. It is not only interesting, but amusing. Some come along slinging their feet around in a loose manner. Others continually kick themselves in the ankle and others take one short step and then one long one. None of those with peculiar style of stride appeared to be a healthy robust person and the reason was apparent. They brought only certain muscles into play as they strode along.

Dangerous to Pedestrians.

The greater injury to pedestrians in a great city is caused by the elevation of the flagstones guarding the sidewalks above the streets. You will often see men walking along the street and step from the sidewalk at the crossing with a jar that shakes their whole body. This is caused by their stepping off the street elevation while going at full speed and landing on their heels. In stepping from a sidewalk you should always land on the ball of your foot and consequently prevent a jar, as the part of the foot springs and serves as a sort of a cushion.

If you are walking in the street, always come to a full stop before stepping up on the sidewalk. It prevents the usual strain and consequently prevents you from becoming tired quickly.

It is much better to walk on stone pavement than on asphalt if you have to choose between the two. Asphalt retains much of the heat from the sun and consequently transmits it to your feet. I have helped many policemen whose feet became feverish from standing on asphalt and they didn't know what was the matter. If you have to walk in town always take the stone pavement and not the asphalt.

Get Your Feet Ready.

While the plans for our weekly walk are being completed, I want all the men and boys who are interested in this attempt to improve themselves physically to begin at once preparing their feet for the walk. I don't want anybody to come back footsore and becoming discouraged and give up. Use the salt water wash I told you about yesterday and keep this up until you learn more about our arrangements. You will find that I have advised you right. If you will follow these directions we will have no sore or blistered feet on our first walk.

I realize already that some of our early candidates are going to quit, but I want the percentage to be small. A man or boy will start out with the strongest of resolutions only to give up. But the large majority will stick.

In this connection I want to tell you the story of how George Atkinson, a prominent man in England, thought he was a walker, and when he found out he wasn't, the trick he tried to play on me and how we got back at him much to his chagrin and the amusement of the judges.

We had started, or rather I had started, from York to Chester to make a record. Several English gentlemen accompanied me in a tallyho and carried along refreshments for their own entertainment. Mr. Atkinson, who was a very dear friend of mine — he is dead now — announced he was going to take part of the walk with me. We had gone about two miles when a pretty young girl approached Atkinson who was ahead of me.

“I am awful glad to see you Mr. Weston,” she said, mistaking Atkinson for me. “We have a nice cup of coffee prepared for you at the house, and my mother and father are very anxious for you to come up.”

Took Weston's Coffee

Atkinson winked at me, and, turning to the girl, kept up the deception by saying, “I will be delighted to go.”

I was hungry for the coffee, but I decided to let Atkinson carry out his joke. While he was in the house and being shown every attention, the bus came up and I told the driver I would give him “five bob” to hit up his horses and go to Chester without waiting for me. He did so.

Just as the bus started, Atkinson came out of the house, and after apologizing for robbing me of my coffee, he started out. “I just couldn’t help it,” he explained, “because she was so pretty.”

“By the way,” exclaimed Atkinson, “where is that bus going?” He heard it lumbering on ahead, and began to yell to the driver, but they pretended not to hear him.

“Where do you suppose they are going?” he said to me.

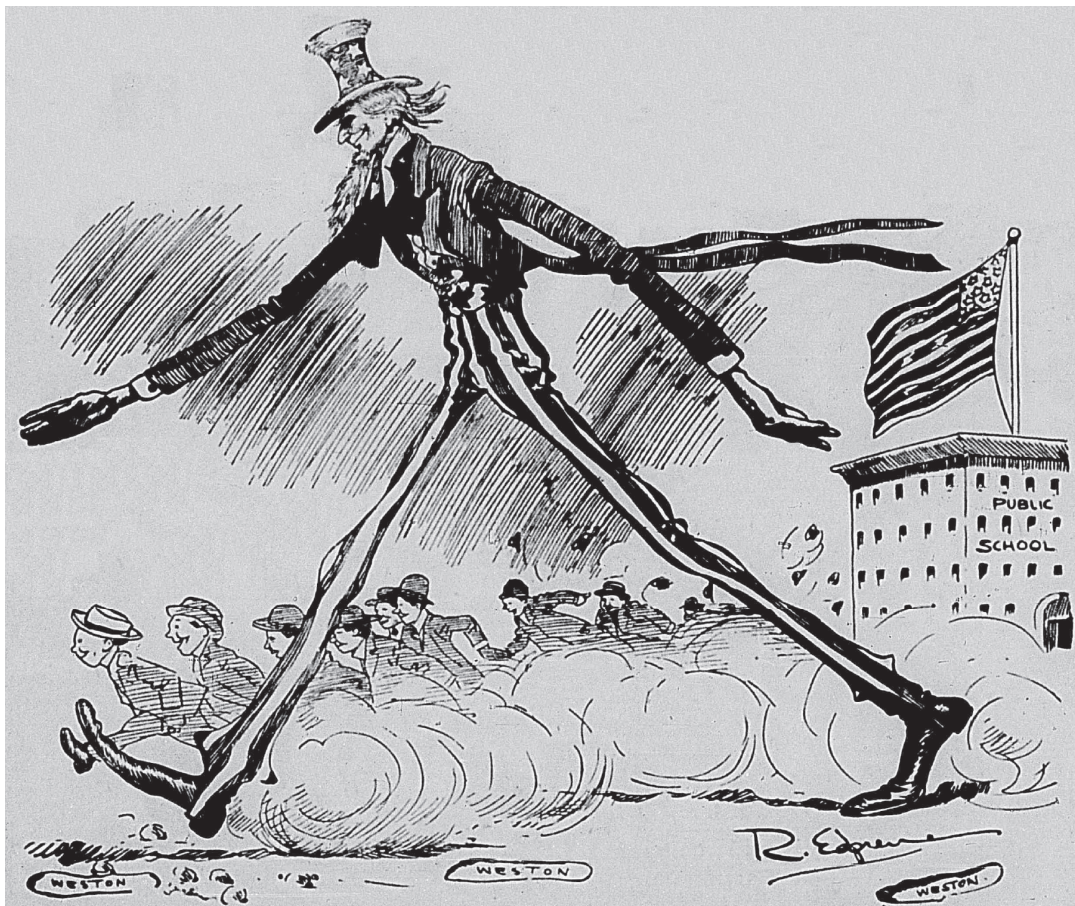
“Why they are going to Chester to get me some coffee ready.”

“And that’s eleven miles,” he said as his face paled. “What am I going to do?”

“You are going to walk,” I replied; “that’s what you are going to do.”

He stuck at it gamely, but at six miles gave up, and when I arrived at Chester, we had to send a buggy for him. Mr. Atkinson never tried to fool any more young ladies and after that, and whenever anybody said anything about coffee he would take the dry grins.

The Evening World, December 28, 1907



Cartoon (Illustration no: 48)

EVENING WORLD WALKS MAY CHANGE ATHLETIC MAP

Edward Payson Weston Intends Turning Schoolboys Into Athletes

— Mr. Gulick, of Public Schools Athletic League, Lauds Plan

EDWARD PAYSON WESTON the world famous walker has originated an idea that may change the athletic map of America within two or three years. He intends turning schoolboys into athletes by forming them into walking clubs and teaching them how to cover the ground in an easy and scientific fashion.

"If the schoolboys become interested," says Mr. Weston, "the walking habit will grow and grow. There's nothing like starting young. Walking is one of the best exercises that hurts no one. If I took a lot of schoolboys out for the first time I wouldn't let them over do it. A walk of less than five miles at an easy gait would be enough to start on. This could gradually be increased. I wouldn't expect any schoolboy to try to walk a hundred miles in twenty-four hours. That is a feat that I tried about forty-seven times before I succeeded in it myself.

"I wouldn't let them start in the athletic style of walking. That stiff stride jars the legs and the whole body. It is really a stiff-legged run. It isn't natural. The only way to cover long distances is to walk naturally with a springy step and as little jar as possible. That is what I will teach just as soon as arrangements are completed I'll be ready to take the schoolboys out, first from one school and then from another after school hours. I don't favor cross-country or violent running for schoolboys. They can get plenty of exercise out of walking, and the most healthy exercise in the world."

I TALKED over Mr. Weston's proposition with Mr. Luther Halsey Gulick. Mr. Gulick is the gentleman who, with General Wingate, is largely responsible for the success of schoolboy athletics in New York.

"I think Mr. Weston's proposition is a very good one," said Mr. Gulick. "The school vacation is on just now, but school will reopen after New Year's, and then there will be a chance to try the idea out. Walking is a fine exercise. If interest in it should spread through the schools, Mr. Weston would find himself a busy man. There are about six hundred thousand schoolchildren in New York City. At least half of the boys are interested in athletics sports and take some part in the school athletic games. Walking would appeal to them if there were some definite object in view. Competition of some sort will be necessary for competition is the life of school athletics.

"We don't know yet positively what will be the effect of early training. Complete records are being kept of the effect of athletic training on the boys. In a few years we may find our modern system of school athletics turning out athletes that will completely eclipse our record performances of today.

"Children in the city have very little chance to walk. A few years ago most American children had to walk long-distance to go to school. Now, if they have far to go they ask their parents for carfare. Walking is far more healthful than riding. We are becoming too much of a sit-down animal. We sit down when we are at work and when we are going from one place to another even if it is only for a short distance.

"Yes, indeed. Mr. Weston's idea is an excellent one and I shall be glad to help him try the practical application of it."

So in a few days many of us will cease being "sit-down animals." And if Mr. Weston's walking club idea succeeds in the schools of New York, it will spread all over the country.

The Evening World, December 28, 1907

WESTON'S IDEAS ON WALKING HAVE REVIVED INTEREST

Veteran Answers and Advises Hundreds of Evening World

Readers on the Importance of Exercise in the Open

BY EDWARD PAYSON WESTON.

The scores of letters which came in response to my offer to give advice to those desirous of taking outdoor walks or exercise has led me to believe that the efforts of *The Evening World* and myself to build up interest in this healthful recreation are going to be a great success.

It makes me feel doubly proud of the young men of New York, as 80 per cent of the letters are from boys between the ages of seventeen and twenty-one years.

So many inquiries have poured in that I find it a physical impossibility to answer them all individually so I have grouped them at best I could and will answer collectively. Many young men have requested that I write them an autograph letter. This would give me much pleasure if it were possible, but when you realize that scores of letters are coming to me by every mail, you can appreciate the reason why I have to decline for the present.

FOR THAT “STITCH” IN THE SIDE

One of the interesting inquiries made by several young men is that concerning the cause of a pain in the side after they have walked hurriedly for a few minutes.

All of them want to know what can be done to prevent this. The first and principal way to prevent this is not to walk so fast until you have gradually worked up to such a gait. Take your time. Then if the pain returns hold your hand on the spot and walk slowly for a mile or so. Under no circumstances should you begin to walk rapidly until you have considerable experience.

Notwithstanding my directions for bathing the feet in cold salt water, many have asked to repeat it. They want to know how to prevent blisters and corns. Simply bathe the feet in a cold salt water solution before retiring every night. After they have dried rinse them off in a half and half solution of alcohol and water.

One walker wants to know what kind of socks to wear when going a long distance. You should wear all wool socks if going over five miles. They absorb the perspiration much quicker than other kinds.

One gentleman says his hip becomes very painful after he has gone ten miles. I think this must be the result of bearing too heavily on one side. Put your hand on the injured hip and hold it there as you walk very slowly. If the pain becomes intense you had better defer the walk until the following day.

Dozens of young men have asked me how they should breathe while walking. You should always keep the mouth closed and breathe through the nose, with head erect and chest forward. This expands the lungs, and by closing the mouth the stomach is protected from inhalations of cold air.

WOMEN SHOULD WALK TOO

I will have to defer the answering of further questions until another day as I started out to say something to the ladies. The young men are not the only beings in America who need to walk for exercise. Our girls and women need this recreation. American women do not walk nearly as much as they ought to.

While in England, I found the women over there much stronger and healthier than those in our country. I think this is due entirely to the fact that they spend so much time in walking. It is nothing for an English girl or woman to walk a distance of seven or eight miles. Let the young ladies of New York try this some afternoon and they will not suffer from a lack of appetite for dinner. If the girls and women of New York should form a walking club, I would be delighted to walk with them some afternoon and give what advice I could.

I think the fad for high-heel shoes in New York, and Paris, is responsible for so little walking among our women. They cannot walk far in high-heel shoes.

Their ankles become twisted and there is such a pressure upon the instep that the pain will prevent them from going any long distance.

COUNTESS OF STAFFORD A WALKER

If any of our girls or women desire to take up walking as an outdoor recreation, I would advise them to get a pair of comfortable broad-toed shoes with heels not over an inch in height. As to the preparation of the feet for long walks, they should also use the salt water baths.

I was astounded when I first went to England at the powers of endurance possessed by the English women. I remember on one walk that the Earl and Countess of Stafford came out to meet me, and the Earl, who is now dead, rode in an omnibus along the road with me. The Countess, however, said she would walk seven miles with me. I smiled to myself, but I want to tell you that she led me the liveliest clip I ever had for those eight miles. She came near walking me off my feet.

In a few days we will be ready to begin our first walk and I would like to see every boy in New York take this matter up and join in the effort to improve the health of the entire city.

The Evening World, December 30, 1907

WESTON ANSWERS MANY QUESTIONS ABOUT WALKING

**While Getting Ready for Evening World's Walk,
the Plans of Which Will Soon Be Announced,
Study His Views.**

BY EDWARD PAYSON WESTON.

My mail today was flooded with letters seeking information as to the kind of clothes to be worn while taking outdoor walks, and equally as many wanted me to suggest a route for preliminary outings before we begin our real club work the latter part of this week.

Now I want to say in the beginning that it is not necessary for you to supply yourself with an expensive walking outfit. Of course, if you were going to walk fifty miles or so, those things might be needed, but for these short walks most anything will do.

Wear heavy thick-soled shoes. If you need a new pair, get them with heavy soles and broad; avoid narrow toes and tips. The shoes I wore into Chicago cost \$2.25; formerly I paid \$12 a pair. A belt gives a little more room for moving the body than suspenders, but you can use your own fancy about that. You don't want to pay too much attention to your clothes. The walking is the thing you want to make foremost.

Brooklyn Bridge Good Place to Walk

I was over in Brooklyn the other day and I found to my surprise that the Brooklyn Bridge affords one of the best paths for walking I have ever seen in a long time. You not only have a good path, but can breathe the pure, fresh air. To those asking for routes, I would suggest that they try the Brooklyn Bridge. If you have gravel paths near where you live, so much the better.

In this connection I want to make a suggestion that I believe will help to relieve the "bridge crash" late in the afternoon. While in Brooklyn I found that it took me fifty-six minutes to come from Flatbush Avenue, near Fulton Street, to New York. I could have walked it in forty minutes easily. Now I want to suggest that the Brooklyn people who work in New York walk home every afternoon instead of fighting to get on to those cars. You can get there just as quickly, and you will find that your health will be greatly improved. You will get an appetite for dinner.

While thousands of people were jammed around the entrances to the Bridge the other afternoon, I noticed that there was plenty of room for walking. Try this once or twice and see what you think of it.

Answers Questions of Readers

More than 200 letters came to me this morning from men and boys and a few women, seeking information about walking and expressing a desire to join *The Evening World* Walking Club. I wish it were possible to answer them all, but you can readily see what a task it would be. I will therefore try to answer the questions of which there are a large number. I also received many

challenges for money and that sort of thing, but I want it clearly understood that I am now interested in improving the health of the boys and men of New York in the amateur way, and I will pay no attention to letters of that kind.

Forty boys wanted to know how far a lad of seventeen should walk in one day. If they are accustomed to walking they might go twenty-five miles but never further than that, as the strain on their muscles might retard their growth. Other boys may fear they are too young to join the club. Age has nothing to do with this plan. A boy of twelve can start as he likes. Others want to know if joining in this movement will affect their standing as amateurs. No, it will not. This walk is not professional in any way. Besides it is not a contest for prizes.

In answer to the boys who want to know at what rate of speed a boy under twenty should walk, I would say that they must not go faster than four miles an hour.

One walker, with evident experience, says that his fingers frequently become swollen after taking a long walk. That is caused by blood flowing to the tips of the fingers as the hands hang down, the rest of the body being in motion. That can be stopped by carrying a small cane or a riding crop in the fingers. By continually rolling this in your hands you will find the swelling gone. I carried a riding crop in my hand all the way to Chicago just for that reason.

How To Knock Out The Pains

One young man writes that he always suffers from a pain just beneath his knee in the rear. That is a temporary contraction of the chord. If it keeps up, rub it **DOWNWARD** with volatile liniment, two parts olive oil, one part ammonia. Be sure you rub downward and the pain will soon disappear. Many men have asked me what to do for laziness. They say they would like to walk, but they always get lazy when the time comes and will not start. I don't know exactly what to do for them unless they offer themselves some inducement or get their wives behind them with a switch. A good idea is to walk home to dinner. You can do that because there is an object in view.

In answer to those who suggest that we begin these walks on Sunday, I will have to decline. I have never walked in public on Sunday and I never will. A majority of our readers, however, suggest Saturday afternoon and I think that a good idea. We will try and announce our plans and the place from which we will start in the next day or two. In the meantime, keep up bathing the feet in salt water at night. By the way, some one asks whether hot water will not do as well as cold. Cold water is better, but if you are unaccustomed to cold water use the same temperature as your bath.

The club is booming and I am happy to know that the young men, especially of New York, are taking this matter up with a determination to make it a success. I am keeping a list of the men and boys who have joined, and it already fills a small-sized book.

The Evening World, December 31, 1907

OLD AND YOUNG TO FOLLOW IN PATH MADE BY WESTON

Surprising Number of New Yorkers

Even an Octogenarian Enthusiastic

About Evening World's Walking Club

BY EDWARD PAYSON WESTON.

I was happy this morning to learn that with the revival of interest in outdoor walking through the efforts of *The Evening World* and myself, more than one hundred men and boys were out on tours during Saturday afternoon and Sunday. Some of the pedestrians made remarkably good records. Members of the Wanderers Athletic Club, of Brooklyn, write me that they walked from Jamaica, to Amityville, in three hours and fifteen minutes. Twenty started and not one of them faltered.

The following line from Mr. Heppohouser is very interesting and naturally very pleasing to me.

"Everybody felt fine at the end of the journey the only complaint being slightly sore feet. Were it not for the fact that we had been following your directions in preparing the feet, it is evident that we would not have gone as far as we did. Thanks for the information."

An Eighty-three-Year-Old Walker

Now I want the other walkers to bear this in mind. Do not neglect the care of the feet under any consideration. In this connection I have a letter from a gentleman who says he is a good walker, but he suffers so badly from a corn on his small toe that he can no longer attempt to go long distances. He also asks how the trouble may be eradicated. My advice to him is to follow the salt water bath treatment regularly. If he will stick to it and wear a very broad shoe on the injured foot he will find the trouble disappearing in a very short while. Salt water baths are better for corns than the knives in surgery. The salt water softens the corn and the alcohol burns it out.

A pleasing letter comes from Mr. J. Ogden, who is eighty-three years old, and who wishes to become a member of the club. He has always been a walker and he informs me that he is not a slow walker either. That shows what the outdoor exercise can do for preserving ones vitality. As I read Mr. Ogden's letter I held another in my hand from a boy of fourteen who walked from the Brooklyn Bridge to Coney Island. That was quite a feat, but I think a little too strenuous for a lad as yet so underdeveloped. He had better confine his walks to shorter distances for a while, so as not to retard his growth.

Another party of boys whose ages ranged from sixteen to twenty walked from Washington Heights, to the Brooklyn Bridge, and not one of the fifteen quit on the way. They made the distance in about three hours, which was remarkably good time for beginners. They say that that the salt water baths kept their feet from becoming sore.

Women Should Form Their Own Clubs

I have a number of letters from girls and from grown women who want to know if they can join the club now being organized. I am very sorry to say they cannot, as it may put them in a public position which would be a trifling embarrassing. My idea is to have the women get together and form a club of their own and walk through the park or some place more secluded from the public gaze than the regular thoroughfare.

One lady writes that she has already taken away a corn by the method I suggested. This lady also writes me that all of her friends are buying low-heeled, broad-toed shoes, and find them very comfortable. A shoe dealer told me last night that he already had a demand for common sense, comfortable shoes as a direct result from *The Evening World's* movement. That is very encouraging. If we could get our women away from this foolish idea of high-heeled, sharp-toed, nonsensical shoes we would be one step further toward improving the health of our people.

Hundreds of Members of the Club

Today's mail brought in another hundred members of the club and everybody seems to be delighted with the idea of being able to get out in the open air and have some recreation. I must admit that the revival of walking has been even more enthusiastic than I would have hoped for. It shows that all we needed was somebody to start it. It also means that we are not going to have so many pale-faced, anemic looking boys running around our crowded streets.

I was very much surprised yesterday to find that I had been recognized while walking through Union Square. A lady stopped me and said she recognized me through my photographs in *The Evening World*. She wanted to know if she and her friends could join *The Evening World* Walking Club and added that all the ladies in her community were interested. I told her that while she could not join the regular club she would a good service by organizing a club of her friends, and start out to Central Park. She said she would and that they would start with about twenty members.

Arrangements for Walk Under Way

You may be impatient to know the exact details of my plans for the first walk, but you will have to wait a little while, as there are many arrangements to be made such as the selection of a route that will be favored by the city authorities. You can rest assured, however, that our first walk will start before next Sunday. As a majority of several hundred members favor it, I am strongly inclined to have the start made on Saturday afternoon. The place will be announced in ample time.

The Evening World, January 1, 1908

WESTON'S HEALTH WALKS PRAISED BY NEW YORKERS

BY EDWARD PAYSON WESTON.

A desire for outdoor walking has taken a grasp on New York that will last for many months, and I am beginning to feel that my efforts in this direction to improve the health of our men and boys have not been wasted. There are now over 300 men and boys taking regular daily walks at distances ranging from two to eight miles. Not one of the starters has quit, so far as I have been able to ascertain, and the hundreds who have written to me say that they have been vastly benefited. If we never had a regular weekly walk, as I am planning, I am satisfied that we have already done enough good to repay us for our trouble.

The only unpleasant feature connected to these preliminary walks is the fact that a number of pedestrians have been attacked by severe pains in the back and in the shoulders and elbows. More than a dozen wrote me yesterday for information on that subject. If you had read my first articles printed in *The Evening World* you would have prepared for that, and would have no occasion for alarm. Those pains are to be expected, and they are the direct result of nervousness. Eighty per cent of walkers are similarly affected on their first attempt.

Right here I want to impress upon you readers, especially the boys, the importance of reading carefully what I have written in caring for your feet, and preparing to go on walking expeditions. Notwithstanding the fact that I have repeatedly advised the use of cold salt water baths for the feet at night, I get dozens of letters every day asking the same questions that I have already answered. Again, I will repeat, you should use the salt water baths at night, either cold or the same temperature you have your bath. After bathing your feet in salt water sop them with a solution of alcohol and water in half and half quantities, and let them dry. If you have corns the salt water will loosen them up and the alcohol will burn them out. Some have asked if the same water can be used the following morning. Of course, you can do that if you prefer, but it would be better to make enough of the solution at night to be used both times. On account of the purifying of salt, it is not necessary to change the water more than twice a week unless the feet are soiled.

A club of boys in Brooklyn write me that they have used this salt water process and find it very beneficial. Several ladies write me the same thing.

By the way, I want to advise you all to begin taking mile walks immediately every day. Your feet are now in condition to attempt walking, and I want you to begin so as to be ready when we start our first journey.

Hard to Suit Everybody

I am afraid that we are going to have some difficulty in arranging a time that will suit men and boys alike. Most of the boys seem to prefer Saturday afternoon, but a lot of men write me they could not start until after 6 o'clock at night. We will have to take that matter up and arrange it so as to satisfy all, even if we have to take out separate clubs. I want this thing to be done properly, and I am willing to sacrifice my time and energies to carry it through. I want you all to co-operate with *The Evening World* and me. Without your help we could not succeed. This will be as much of your affair as it will be ours. Every man or boy who has sent in a coupon is just as much a part of the movement as either *The Evening World* or myself.

It is impossible for me to give all the routes for walking that have been requested. In the first place, I do not know the road well enough, and it would take up too much space. One young man writes to know if the walk around Central Park is a good route. It certainly is. The distance around the park is about six miles and you have the opportunity to breathe pure and fresh air. The first day you should go half way around and finish the distance on the following day. After a few trials you should go all the way around, and then you will find yourself able to do it with ease. It will be a pleasure.

The Evening World, January 2, 1908



Notice to schoolboys ([Illustration no: 49](#))

WESTON ANNOUNCES PLAN FOR FIRST WALK MONDAY

BY EDWARD PAYSON WESTON.

I want every boy and man in New York to meet me at One Hundred and Tenth Street and Seventh Avenue Monday afternoon Jan. 6, at 3.30 o'clock. We are going to start our first walk at 4 o'clock that afternoon, and I want every one of you who have joined *The Evening World* Walking Club to be on hand. Don't bother yourself about wearing apparel and any special kind of shoes. I don't want you to go to any unnecessary expense whatever. We are going to walk only two miles the first time. After that we are going to walk every day for six days from the same place, and we will gradually increase the distance until the last three days, when we will cover five miles.

I will be glad to have any grown men join us that care to, but it is the boys I am specially interested in. Never mind about your age, just come on. We have arranged the time so that you will have ample time to get away from school and be at One Hundred and Tenth Street to begin the walk at 4 o'clock. As this is a matter which interests the physical well-being of all New York, I want to begin at the bottom and work upward. That is the way I am especially interested in having the schoolboys in line. When we have had this six days of walking, I want the parents of all these boys to watch them closely and let us know to what extent they have improved physically. Every mother or father in New York ought to be just as much interested in this movement as *The Evening World* or myself, and I believe they are. They cannot fail to see the advantage to be derived from having their sons in good physical condition. I have selected that part of the city because it is free from car tracks and more isolated from the heavy traffic of downtown.

Here's the Route as Laid Out

We will start from One Hundred and Tenth Street, and walk up Seventh Avenue, to St. Nicholas Avenue, at the point where the two intersect. Then we will go out of St. Nicholas Avenue to One Hundred and Fiftieth Street. This will make two miles, and that is all I want you to walk on the first day. On Tuesday, we will walk three miles, and on Wednesday, we will add one more mile, making it four. On Thursday, Friday and Saturday, we are going to walk five miles, and right now I feel encouraged to say that not one of those boys will quit. I know the youngsters of New York have grit and determination. If you are shaky in your disposition and have not the nerve to continue you had better not start. We boys are going to carry this thing through successfully. Just wait until next Saturday and see for yourself. Then I hope to hear from the fathers and mothers. I want them to watch their boys closely and see how the exercise of walking has affected them.

As I said before, I don't want you to burden yourselves with any fancy walking costumes. Just come to me as you are when you leave school. But between now and Monday I want you all to bathe your feet in the salt water solution I suggested every night. When the feet have been bathed dry, take a solution of alcohol and water in half and half proportions and sop your feet

with that and let it dry in. After you have taken the first walk you will understand why I tell you this now. Be sure and do this. Otherwise you liable to get footsore and raise a few corns.

More Queries Received To-day.

In the basketful of letters which were handed me today there were several enquiries as to whether the pedestrians should wear overcoats or not. As to that, you can suit your own convenience. I think an overcoat is a burden under those circumstances, and I never wear one whilst taking walks. Toward the end of the walk you will find the overcoat very heavy.

One gentleman writes to know if a man should take up walking who has varicocele or varicose veins. I would advise him not to attempt it. Applicants are barred for the army for that reason. It is unfortunate, but you can't cure such a trouble by walking.

Several of the boys want to know if I would advise them to swing their hands while walking. The thing to do is let your arms act naturally. If they want to swing, why, swing them. Carry a small cane or round stick or something like that in your hand and it will prevent the fingers from becoming benumbed. I always carry a small riding crop.

Several walkers inform me that they have been practicing and find that their ankles become very sore. The salt water treatment is the thing for that. In a few days the ankles will become stronger and then you will be able to go ahead without any troubles.

I want all of you to understand that all of those who have signed coupons and have sent them to *The Evening World* office are bone-fide members of *The Evening World* Walking Club, and I want them to join me Monday afternoon at the place mentioned. There is no need of the schoolboys sending in coupons from now on. All of you are invited. Never mind about writing me or signing a coupon unless you want to. Just be there and I will see that you are placed in line.

How to Get to the Start.

Remember, now, the place is One Hundred and Tenth Street and Seventh Avenue. The time is Monday afternoon Jan. 6, at 3.30 o'clock. The best way to get to One Hundred and Tenth Street is to take the Lenox Avenue subway or the Sixth Avenue "12". Either will land you within a block of our starting place. You can also take the Eighth Avenue surface car. Please understand there is to be no racing or trying to pass each other. I shall be there to direct your gait and offer sundry suggestions, and will cheerfully answer questions.

The Evening World, January 3, 1908

ALL READY FOR EVENING WORLD'S WALK ON MONDAY

BY EDWARD PAYSON WESTON.

All arrangements have been completed and everything is ready for our first walk on Monday afternoon from Hundred and Tenth Street. Now, I want all of you boys to be ready and waiting when we make the start at 4 o'clock.

That you may not make a mistake, I want to repeat the route. We will start from One Hundred and Tenth Street and Seventh Avenue at 4 o'clock. We will walk up Seventh Avenue to One Hundred and Sixteenth Street, where it is crossed by St. Nicholas Avenue as far as One Hundred and Fiftieth Street. This will be forty blocks or a distance of two miles.

As we may have to lose a little time in getting you all into line I want you to be ready for the start at 3.30 o'clock. I can assure all the parents of these boys that their boys will be well taken care of. We have selected this rather quiet route because it is free of car tracks and heavy trucks and there can be no danger of accidents.

Bring Your Overcoats.

As it is liable to be rather cold on Monday, I want all of you boys to bring your overcoats along if you are accustomed to wearing them. You can carry them on your arms while walking. I advise this because you will need something to wrap up in when the walk is ended and you are on your way home. I don't want any boys to catch cold and you had better take this precaution.

As I said before, don't burden yourself with any special kind of clothes as I want you to wear just what you wear at school. In other words we don't want you to put your parents to any expense except the five cents needed for carfare on the way home. I have arranged the hours so that all schoolboys will have ample time to be there at 4 o'clock and you can get back in time for dinner. We will make the distance in less than forty minutes. That is less than four miles an hour, but it as fast as I want you to go on the first attempt.

I find in my numerous letters this morning that some of the boys think it is going to be a contest. It is nothing of the sort. There will be no racing, and I don't want any one to try and walk faster than another. Before the week is out I will give you all you want. Don't worry about speed. Endurance is what you want, and you will be put through a thorough test before I am through with you.

Care of the Feet Important.

It seems I can't get this matter straight about the salt water baths for the feet or you boys don't read carefully what I have written.

One young fellow writes to me to know if wood alcohol can be used for bathing the feet. Most certainly not. Wood alcohol is a deadly poison. You must not use it under any circumstances. Get pure alcohol and dilute it in half and half quantities with water. But the alcohol is not to be used until after you have thoroughly bathed your feet in salt water. After five minutes of bathing your feet in salt water, wipe your feet thoroughly and then sop them with the alcohol solution with your hand. I have a number of letters from policemen and letter-carriers who say they have been benefited by the use of this salt water treatment. Others write to me today and ask that I repeat the formula. Go to any feed store and get some common rock salt. Dissolve a cup of this in boiling water (one quart). When it is thoroughly dissolved add about five quarts of cold water in a wash basin or earthen dish. Bathe your feet in that. You can make up a large quantity if you desire, as it does not have to be changed more than twice a week. The salt keeps the water pure unless your feet are soiled. After this use the alcohol bath and you will find that it does you great good.

Now that I have repeated the formula I want you to cut it out and remember it. Fifty per cent of the letters we get ask me to repeat this. One man suggests that I use borax instead of salt. That will not do because borax closes up the pores.

All the Boys Are Practicing

I am delighted with the progress the boys are making in the matter of walking clubs. More than 300 have already started, and all say they have been greatly benefited. I was made very proud yesterday when walking through Central Park to see a crowd of thirty boys footing it along the path. They did not recognize me, so I joined them and asked me where they were going.

“We are walking across the park to get ready for the big walk on Monday,” one bright young fellow replied.

“What walk?” I asked.

“Why, we are going to walk with Weston, the man who walked to Chicago, and we are training to be ready.”

When I appeared not to know who Weston was, one little fellow asked if I hadn't been reading the papers. They then left me and went on their journey across the park. All of their faces were flushed, and their eyes sparkled with animation. I did not tell them who I was, but it certainly made me feel proud to see how interested they were in carrying my ideas.

Mud Won't Hurt You

By the way, a gentleman writes me that he is an ardent lover of walking, but on rainy days he finds that mud spots get on the back of his trousers and cause him much annoyance. He wants to know if this is caused by making false steps, and wants a suggestion as to how to prevent it. I would suggest that he turn up his trousers. I must say that that is the first complaint of that kind I have ever heard. It called to mind my appearance when I arrived at St. Johnsville, N. Y., covered with mud from head to feet, after walking through twenty-two miles of sticky clay from Fonda, and incidentally minus a pair of boots.

Remember now, the time is Monday afternoon, at 3.30 o'clock. The place is One Hundred and Tenth Street and Seventh Avenue. All boys will be welcome. Grown people are also welcome.

The Evening World, January 4, 1908

THE EVENING WORLD, SATURDAY, JANUARY 4, 1908.

LATEST REPORTS AND TIMELY COMMENT NEWS OF ALL BRANCHES OF SPORT EDITED BY ROBERT EDGREN

GREATEST WALKING CLUB IN AMERICA TO START WITH WESTON MONDAY

Mayor McClellan Indorses The Evening World's Walk.
I have from personal experience and walking, am thoroughly convinced that walking is the most beneficial exercise of the body, and a direct result of the fact that it is so beneficial, it is the only exercise that can be taken in any form of weather, and is the only one that is not only beneficial to the body, but also to the mind. It is the only exercise that can be taken in any form of weather, and is the only one that is not only beneficial to the body, but also to the mind. It is the only exercise that can be taken in any form of weather, and is the only one that is not only beneficial to the body, but also to the mind.

"Good Idea; Schoolboys Get Little Chance to Walk."
—LESTER HALSEY GULICK.
I think Mr. Weston's proposition is a very good one. Whether it is a good idea or not, it is a matter of opinion. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one.

T. P. Shonts Wishes He Were a Boy to Join the Walks.
I think Mr. Weston's proposition is a very good one. Whether it is a good idea or not, it is a matter of opinion. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one.

Supt. Maxwell Favors Walks for the School Children.
I think Mr. Weston's proposition is a very good one. Whether it is a good idea or not, it is a matter of opinion. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one.

TREATMENT WESTON ADVISES TO PREVENT SORE FEET.
The amount of the hands of the feet is a matter of opinion. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one. It is a matter of opinion, and I think it is a very good one.

BOWLERS SHOOT HIGH SCORES IN TOURNEYS

JOIN CHAMPION WESTON'S ... Evening World Walking Club ...
Name
Address

EDWARD PAYSON WESTON,
care of THE EVENING WORLD. Mr. Weston will be glad to answer any questions pertaining to walking.

HIPPODROME
AMUSEMENTS
WINTER CARNIVAL
THE BROWNING BALLET

Greatest Walking Club in America (Illustration no: 50)

GREATEST WALKING CLUB IN AMERICA TO START WITH WESTON MONDAY

BY EDWARD PAYSON WESTON.

WHEN we gather at One Hundred and Tenth Street and Seventh Avenue for our first walk on Monday afternoon at 3.30 o'clock, we are going to have the greatest walking club that was ever organized in America. I know it. The boys all over New York are writing to me every day and they tell me that they have already started on preliminary walks and are in fine shape to start with me Monday. Though it takes a long time, it is one of my greatest sources of enjoyment to sit down before a basketful of these letters and read what the little fellows of New York have to say about walking. Some of these letters from boys of fifteen would do credit to any grown men. As a rule the handwriting is perfectly legible and the spelling is almost perfect.

The most interesting part of these letters, however, is the many unique ways the boys have of expressing their views on walking. One little fellow thinks it would be an elegant idea for all the boys to wear tennis shoes or slippers. He thinks they would be much livelier on their feet, but he is mistaken. I don't want any of the boys to wear slippers. You should wear plain broad-toed

heavy street shoes. You may not know but you will get footsore very quickly while wearing slippers or rubber bottom shoes. They only help you for a few minutes and then they are worse than no shoes at all.

Soreness Always There at Start.

Several of the boys write that they have contracted a soreness in the calves of their legs and want to know how it can be cured. That made me laugh heartily. The calves of your legs always get a little numb — not sore — when you take your first outdoor exercise. Don't you know how sore your legs got the first day after you play baseball in the spring? You have simply got to walk that off. The muscles will soon get accustomed to your gait and the “soreness” is a sure sign that you haven't been taking enough exercise heretofore.

I was delighted to know last night that Mayor McClellan; Superintendent Maxwell, of the Public Schools; Mr. T. P. Shonts, President of the Interborough Company; Dr. Halsey Gulick, and others, had approved my plan for helping you boys to improve your health. It shows that the leading men of the city are interested in your welfare and will lend a helping hand to your movement. Police Commissioner Bingham is another who thinks walking is a great exercise for boys.

In this connection I received a very interesting letter from my old friend Maclyn Arbuckle, the actor, in which he says:

“I myself am a walker, and find much pleasure and benefit from my daily walk. I am sorry I shall not be here to join the club and hit the road with you. *The Evening World*, through you, is doing the boys and young men a great good in utilizing your walking and writings on the subject. I weigh 225 pounds, but find no trouble in brisk ten-mile walk. It keeps me young and healthy.”

Boys Getting Too Ambitious

I am afraid that some of the boys are getting too ambitious. One young fellow of sixteen wants to walk from New York to Boston, and wants to know if it will be harmful. Yes, it would be very harmful. No boy under twenty-one years of age should attempt such a distance. It is liable to retard your growth. It is too much of a tax upon the system.

There are any number of letters before me in which the boys recount the distances they have gone and the distances they have covered. They want to know if their “time is good.”

I haven't time to answer these questions, and besides, I have no records at my command. I do not believe in racing against time while taking preliminary walks in the first stages. It is liable to do you more harm than good until you have become a hardened and experienced walker. We are after records now. We are after health. Get that first and then you can get records.

Some Final Suggestions.

Now, there is one more thing I want to impress upon your minds. When you meet me at One Hundred and Tenth Street, Monday afternoon, be sure to and bring your overcoat or some kind of a wrap. After walking the two miles you are liable to get warm and perhaps perspire, and you will need something to wrap up in to prevent catching cold. While taking the walk you can carry your overcoat on your arm.

Just one more reminder:

The place: One Hundred and Tenth Street and Seventh Avenue. The time: Monday afternoon at 3.30 o'clock. The route: Seventh Avenue to One Hundred and Sixteenth Street thence along St. Nicholas Avenue to One Hundred and Fiftieth Street. The distance: Two miles.

The Evening World, January 06, 1908

4,000 BOYS JOIN EVENING WORLD'S FIRST WESTON WALK

Everybody Wanted to Follow Close Behind the Leader

and Police Reserves Had Their Hands Full

The second walk with *The Evening World* Walking Club tomorrow will be from Fifty-Ninth Street, at Columbus Circle, around the Park on the Eighth avenue side, to One Hundred and Tenth Street and Seventh Avenue, which will make nearly three miles. It is nearly six miles all the way around Central Park.

The Evening World Weston Walking Club set out on its first trip this afternoon thousands strong. The piper of Hamelin never had such a swarm of juveniles in his train as that which strode at the heels of the famous pedestrian this afternoon. There were kids of all ages, sizes, races and colors. Seventh Avenue wasn't wide enough for them, and they flowed out into side streets like the incoming waters of a flood.

The jaunt was scheduled to start from One Hundred and Tenth Street and Seventh Avenue at 4 o'clock. The vanguard arrived at 2, with a wary eye out for truant officers. After that they straggled over from every point of the compass — some afoot, some in trolley cars, some in carriages and an aristocratic quota in automobiles. These youngsters were fur-clad and wore shiny little hats or uniforms gaudy with brass buttons and gold lace.

They all made for the starting point where the venerable pedestrian Edward Payson Weston met them with a hearty halloo. He smiled and beamed and bowed to the youngsters and begged them to keep off his feet as they passed so eagerly about him that some were forced almost on his shoulders. Eight policemen, in charge of Sergeant Steinkamp did their best to keep the ever swelling ranks in line.

Little Girls and Old Men There.

And there were little girls too who wanted to walk, though the boys sniffed at them and scorned to fall in step beside them. Mr. Weston was very kind to the little girls, and patted their cheeks and said pretty things to them. He was also compelled to shake hands with scores of old men who had come out to test their corns. Somebody said that all the old men's homes in Harlem had taken a holiday to see Weston and try their strides with him.

Before 3 o'clock there were fully a thousand boys crowding about the mark. Along the sidewalks were hundreds of mothers anxious to see their sons tramp to the swinging stride of walker Weston. And there were little brothers and little sisters in baby carriages to the number of hundreds, curious babies, too, who insisted on being raised in their mother's arms so that they could "Goo-goo" at the handsome old man with the snowy hair, who can out-walk a horse or an ostrich.

In the public schools the teachers said there was never such a day for good behavior and when the dismissal gong rang there was not a youth who had had a mark scored against him and therefore nobody had to stay late. The boys got out of the schools in better time than on fire drills and pattered off at once to the starting point of the great walkerfest.

The army of little trampers was not drawn solely from Harlem. Hundreds came up from downtown schools pouring out of the subway entrances in Broadway and Lenox Avenue in a steady stream after 3 o'clock.

It was no simple task to move this great throng in anything like military order as they were all anxious to walk behind Mr. Weston. They fought and struggled and crawled under one another's legs in a furious effort the first platoon that surrounded the venerable pedestrian, so that the police had their hands full for a little while prying the little chaps apart.

When Mr. Weston gave the signal to start at 4 o'clock the northerly fringe of Central Park was black with little folk from Fifth, to Eighth Avenue. Before he reached St. Nicholas Avenue, there were fully 4,000 in line, the great majority of them keeping step. The old men were awarded the privilege of trekking in the

front rank, which so angered some mischievous youths that they unkindly tripped the venerable walkers up or strode so close upon their heels as to cause annoyance.

Generally, however, considering the vast numbers who marched together, splendid order was preserved. Now and then, when the small gangs would debouch pell-mell from a side street and crash against the ranks already formed and on the tramp, several score would lose step or go to the pavement to decide a question of personal supremacy.

The line of march led north along broad Seventh Avenue to One Hundred and Sixteenth Street, where it turned into St. Nicholas Avenue. All traffic was suspended while the brigades of Weston's walkers passed, and there was no room on the thoroughfare for any one else until they had reached One Hundred and Fifty-Fifth Street and disbanded. Not one of the thousands of lads that set out faltered or fell out before the walk was accomplished and they all declared they would be on hand tomorrow for a more extensive jaunt.

The second walk tomorrow will be from Fifty-Ninth Street, at Columbus Circle, around the Park on the Eighth avenue side, to One Hundred and Tenth Street and Seventh Avenue, which will make nearly three miles. It is nearly six miles all the way around Central Park.

The Evening World, January 07, 1908

BOYS WHO WALKED WITH WESTON HAD A SPLENDID OUTING

Full of Enthusiasm and Hard to Hold in Check,

They Made a Fine Showing and Were Cheered All Along the Line.

BY EDWARD PAYSON WESTON.

The boys of New York responded nobly to my call, and it certainly was a grand two-mile walk.

Two thousand little fellows were at One Hundred and Tenth Street at 3.30 o'clock, and every last one of them tramped up St. Nicholas Avenue with me to the finish.

Before we got to One Hundred and Fiftieth Street, fully 500 more had joined us, and it did my heart good to look around at this great crowd of boys and see the flush of exercise and health in their youthful faces.

Some of them begged me to go further, but that was enough for the first day. I didn't want them to do too much.

Meantime, I want the parents of all the boys who are taking these walks to write me and let me know what effect the outdoor exercise is having on their health. Watch them closely. See if they have more color in their cheeks and if their appetite has been improved.

Boys Sang as They marched.

For the benefit of the boys who missed our first walk, I must tell you what a great time we had and how the little fellows yelled, shouted and sang, while the great crowds which lined the sidewalks cheered them all the way.

But for the kind assistance given by the Police Department, I don't know what we would have done. There were so many boys there than I had expected that I was at sea as to how to manage them, until the police helped us out. They finally got the boys into some kind of line, and we started.

Captain Corson, of the police district, told me and the boys that he would give us all the assistance he could, and he was cheered. Sergeant Steinkamp then took charge, and he and several policemen walked all the way with us. I wish I could remember their names so that I could thank them all.

It was hard to keep the boys in line. They were so full of life and spirit that all of them wanted to get in front. In fact, about five hundred of them did get in front, the rest coming behind, and in that formation, we started up Seventh Avenue.

Several Young Women in Line

Several young ladies and a number of middle-aged gentlemen walked with us all the way. The ladies seemed to enjoy it as much as the boys. At One Hundred and Twenty-Fifth Street and St. Nicholas Avenue, the streets were packed with people who cheered us for several blocks.

Now, I didn't take that applause for myself for one minute. I knew it was meant for those game and spirited little fellows who were trudging along in their efforts to assist me in reviving walking as an outdoor sport and building up the health of New York's people.

Several automobiles and carriages followed us, and everybody seemed in rare good humor. It was a beautiful afternoon, with a bracing air made to enjoy walking. Not a boy complained or acted rowdyish. They were little gentlemen, every one of them.

Policeman Mike Donovan stuck right by my side all the way, and though it was out of their precinct, he and Sergeant Steinkamp, and the other officers, said they would go the whole two miles as they wanted to be with the boys. One or two of them were puffing a little at the finish, too, but don't tell them I said so.

I walked the last ten blocks rapidly because Policeman Donovan asked me to “hit it up a little” for fun, just to see if the other grown people could stand the pace. They all did, too, for it would never had done for them to have quit right before all those boys, who were game to the finish.

I was very sorry that I could not stop and talk to each boy individually, but there were so many it was absolutely impossible.

I have taken many walks in my life, but never have I engaged in one like that I took with 2,500 boys yesterday. It must have been a novel sight to those who watched us from the roadside and the windows.

Several boys write me from Brooklyn, lamenting the fact that they can't get over in time to join us after school. Now, don't you worry. I am coming over to Brooklyn in a few days and take you out for a nice long jaunt.

The Evening World, January 08, 1908

SCHOOLBOYS WITH CHAMPION

WESTON ON SECOND WALK

400 Enthusiastic Youngsters in line on Second of

Evening World Series of Jaunts From 59th Street to 110th

FOUR-MILE ROUTE FOR TOMORROW'S WALK

Tomorrow's walk will begin from the plaza at Fifty-Ninth Street and Fifth Avenue at 3.30. We will go around the Fifth Avenue side and on around the Park to Nineteenth Street on the Eighth Avenue side.

The Evening World Walking Club, led by that doughty champion pedestrian of the world, Edward Payson Weston, set out on its second jaunt this afternoon about 400 strong. The start was made from Columbus circle at 3.30 o'clock and led along Central Park, going north on the Eighth Avenue side with One Hundred and Tenth Street and Seventh Avenue as the finish line.

Though there were not so many youngsters in line as on the first and shorter walk, those who joined Mr. Weston this afternoon were with him for the serious purpose of getting some benefit from the exercise. The spirit of frolic was absent. The boys fell in step promptly when the pedestrian gave the signal and what is more kept the pace throughout the two and three-quarter miles.

Even with 400 in the start, the walking club made a fine showing and as they went along they were joined by laggards who had not been able to get to the starting place on time. Before the first mile had been covered the throng of walkers had increased to more than 500 and many young girls and several young women had joined in.

There was also the same little band of gray-haired men who had accompanied Mr. Weston on his first walk, and they assured the famous heel-and-toe champion that they would be with him throughout the series.

All along the line of march throngs turned out to watch and cheer on the walkers. The baby-carriage brigade trailed along for half a mile or so and then dropped behind. Two fat policemen who had gone off post tested the pace for three miles and then quit. At Seventy-Second Street, a party of forty boys from a nearby school formed in line and took up the rear guard.

Mr. Weston did not attempt the sort of driving pace he uses on his transcontinental jaunts, but adopted an easy swinging gait that the youngsters had no trouble in falling into. Also, as he went along, he gave those who were not walking as they should instructions on how to make it much easier for them to get over the ground.

The great majority of the boys who walked with Weston this afternoon were regularly enrolled members of *The Evening World* Walking Club, and when they had finished the jaunt, they promised to get all their friends to join them in the third walk from the Plaza Hotel tomorrow.

The Evening World, January 09, 1908

LONG LINE OF BOYS AGAIN IN WESTON WALK

Youngsters Show Great Enthusiasm in Jaunt With Pedestrian

NOT ONE DROPPED OUT

Boys Retain Their Alignment From the Start to the Finish

Followed by a crowd of enthusiastic young pedestrians, Edward Payson Weston led the way in a four-mile march jaunt part of the way around Central Park today. It was the third walk of the series, and the rollicking boys enjoyed the tramp hugely, following the pace of the steady Weston like little Trojans. From start to finish the band of walkers continued the trudge, not a little man of the lot dropping by the wayside. Spectators stopped to watch the progress of the walkers, who four abreast, swung along the route in steady, determined manner.

All of the boys had followed the frequent given advice of Weston with reference to proper clothing and outfit for *The Evening World* walks. The lads, all of whom had joined in the other walks, were clad warmly, but loosely, and their feet were encased in heavy walking shoes, just the kind necessary for a four-mile tramp.

The air was crisp and the weather fine — just the sort for a long walk. Under instructions from Weston, the boys threw back their shoulders, expanded their chests, taking in great quantities of cold, fresh air. They obeyed these orders throughout. Many old men fell into line en route and attempted to keep up with the steady pace, but not all of them were equal to the task. The boys retained their alignment, showing a keen relish of the sport, and presented an orderly appearance to the end.

When the walk ended, Weston congratulated the young pedestrians and said that if they kept up their walking sprees every day they would grow into strong and vigorous men. He dismissed the delegation amid cheers, after warning the boys to not loiter in the cold air, but to hurry home and change their clothing for dry togs from the skin out.

The Evening World, January 10, 1908

CROWD OF BOYS WITH WESTON ON 4-MILE WALK

Aged Pedestrian Concludes His Two Weeks Engagement

With Evening World, Which Originated Movement

Weston's ideas Announced in *The Evening World*

For two weeks Edward Payson Weston, the veteran pedestrian, has been writing articles on walking for *The Evening World*, and has given everybody some valuable hints on how to care for themselves while taking outdoor exercise. He has advanced the following ideas:

Before beginning walking as an exercise the feet should be well cared for in advance. They should be bathed in a solution of rock salt and water every night. When they have been dried the feet should be rinsed with a half-and-half solution of alcohol and water.

The fingers often become benumbed while walking. To avoid this, the pedestrian should carry a small cane or a riding crop and twirl it in his fingers. That will prevent such a feeling.

No boy should walk fifty miles until he is over twenty-three years of age. The severe strain on the system is liable to retard his growth.

Avoid high-heeled shoes and be careful to see that the ones you use have a broad toe and a very heavy sole. Light shoes will not last long if your walks go over five or six miles.

Immediately after arising in the morning take a couple of glasses of water fresh from the hydrant, but do not use ice.

If you find that corns or blisters grow on your feet continue the salt water baths, using them in the morning and at night.

Carry your overcoat on your arm while walking and then put it on when you have finished. This will prevent colds.

One of the best methods of getting rid of a severe cold, or cough, is to walk it off. Go until you have got up a sweat, and the cold will work itself out of the pores and disappear.

I find that flannel night gown is a great thing for keeping off rheumatism or colds. I use one all the time while on long walks and in the winter whether I am walking or not.

By taking a crowd of rollicking boys on a four-mile jaunt part of the way around Central Park yesterday afternoon, Edward Payson Weston concluded his arrangement with *The Evening World*, which has led to his movement to improve the physical health of the people of New York.

That the idea has attracted general public interest is attested by the fact that other papers have followed in the lead of *The Evening World* and engaged the aged pedestrian to continue the work with the boys.

On the opening afternoon of the daily walks, fully two thousand boys rallied around the old pedestrian and it was a shouting crowd that followed him to the end of the jaunt. Naturally a large part of the crowd followed him for the mere purpose of gratifying their curiosity. They were all anxious to see the man who walked from Portland, Maine, to Chicago in twenty-four days, and *The Evening World* is please to have thus afforded them the chance. The second day brought with it a heavy downpour of rain and the walk had to be postponed through fears of coughs and colds that were likely to follow drenched clothing.

On the third day, as hundreds had already gratified their curiosity, the crowd had dwindled to about 400, but that was made up of boys and men who were serious in their determination to be benefited by the opportunity afforded them through *The Evening World* and for Mr. Weston.

Mr. Weston was engaged by *The Evening World* for a period of two weeks, but when the time had expired *The Evening World* arranged for an extra days walk at its expense, and that concluded the experiment.

As was said before the experiment was a great success and *The Evening World* is glad that it had the forethought to see possibilities for the future of the boys of New York in such a movement and carried it forward to a successful conclusion that others, lacking in originality or forethought, have seen fit to follow its leadership.