

The FORWARD PASSES.

Football's Newest and Most Spirited Play Fully Described by an Expert.



IT WAS THIS PLAY WHICH ENABLED THE FORWARD PASS GAME OF THE SEASON OF 1908

By Paul Gould
FROM the experimental stage of the last two years the new football rules have come to be looked upon as fixtures, and the plays introduced by them are both successful and popular. It is indeed the increased popularity brought about by the re-modeled game which has caused a demand for tickets this year.

Yale and Harvard graduate managers estimate that about 100,000 persons will apply for seats to the Yale-Harvard game on November 21, while there are accommodations for only 31,000. The stands were thought to be ample while the old rules were in force and monotonous line plunging was the order of

the day. Then two teams of about the same strength would spend seven-eighths of the playing time grinding away through each other's rush lines, gaining the necessary five yards two or three at a time by concentrated mass plays. This was not only a cruel test for human endurance, but a game that gave the onlooker scarcely a glimpse of the ball, and he would have to get most of his thrills out of the direction in which the bundle of arms and legs fell.

The 10 yard regulation, requiring twice as much ground to be gained in three downs, immediately did away with these tiresome close formations and gave us a game easier on the players, with an increased chance for strategy. At the same time it so opened up the play that the spectator can now easily follow every formation of the eleven and each movement of the all important pigskin.

The possibility of gaining the necessary distance on end runs and line plays was, of course, out of the question, and so the resourceful rules committee created several new plays, all of which have been tried out and found to work well. These are the quarter back run, the on side run and the forward pass. From the stands the first is not easily distinguished at a glance, for it calls for a formation much like the ordinary end run, with the quarter back carrying the ball. The outside kick, on the other hand,

is quickly recognized, as it goes very low, generally for a short distance, the kicker's team being allowed to get the ball as soon as it touches the ground. This calls for great accuracy in placing it out of the hands of the opposing backs, and gives an opportunity for a fine display of dash and agility in recovering the bounding leather.

An on side kick poorly attempted gave Princeton her topdown against Yale at New Haven last November, but a week later in her game against Harvard the blue gained half the length of the field, and a score, after Alcott captured the ball close by the crimson goal line, from a kick by Jones. Of the new plays, however, the one of the greatest interest and by far the most spectacular on the field today is the forward pass. In writing of the all-American team for 1907 Walter Camp, the well known expert, calls it an eleven which must first be able to resist the attack by and form a defense to "that all important feature, the forward pass." This strong ground winner was at first looked on with disfavor by the conservative coaches, as it seemed to leave too much to chance. The play is executed by the ball being tossed forward over the rush line by one of the backs, who must run five yards to the side before he throws it. This short run causes an uncertainty in the minds of the defenders and generally brings in many tacklers to check the threatened advance. Just before these players reach him he passes the ball swiftly down the field, with a motion much like that used in baseball, into the hands of a team mate who has gone forward at the signal to a prearranged position. If the ball is successfully caught the catcher makes a dash for the goal line, but if, as it sometimes happens, the ball falls to the ground without being touched, the passer's side is penalized 25 yards for the failure. This play was used conspicuously during the championship games last year, but the wonderful Carlisle Indian school aggregation gave the players to make the greatest advance toward perfecting it.

IN ORDER TO WALK CORRECTLY

The Majority of Mankind Does Not Know How to Walk or Stand: Native Tribes Excel Us in This Respect. How to Improve The Most Fundamental of All Exercises.

By M. S. Townsend
IN order to walk correctly it is first important to learn how to stand correctly, as standing is almost the first effort of the child and comes before creeping. If we stand with the fore part of the feet drawn in, or, to use medical term, adducted, it requires a certain amount of muscular effort, therefore this position can not be maintained for any length of time. In order to stand easily and without too much effort, it is desirable to separate the feet somewhat, and this position requires but little muscular effort, and is often spoken of as the attitude of rest. This is the position which we commonly assume, and is the way in which the soldier stands on parade, and it is also the position taught us in our dancing lessons. The fact that we stand with our feet apart, however, is no reason why we should walk unnaturally.

In order to walk correctly one should keep the feet in a straight line, or even toe in slightly, but unfortunately many persons are taught to walk badly by those who should know better, and the majority of women who were taught as children at dancing school walk with the feet spread apart and the toes turned out. In reality this is absolutely incorrect from a scientific standpoint, and to its excessiveness and extreme development are due several serious troubles of the feet, among others the falling arch or "flat foot." A list of the causes of this latter complaint includes among the persons who are disposed to have flat feet those who stand a great deal in their employments, such as nurses, shop girls, workers in factories, motormen, those who are growing fat, those who wear pointed shoes, and those who point their toes out too much when walking.

How Weight Is Distributed
The reason for this peculiar result of early instruction is not difficult to trace if one studies the construction and anatomy of the human foot. The weight of the body when properly distributed and the correct poise and upright position is maintained rests upon the two bones of the leg which come together at the ankle. These bones of the lower leg, known as the tibia and fibula, form the ankle with the astragalus, one of the bones of the tarsus, or foot. The bones of the foot and the metatarsals, long, narrow bones between the foot and toes, are connected by a network of ligaments and muscles, which slip in and out as one walks, and the shock of the motion is broken by the little cushions which lie directly back of the toes. The weight of the person is so distributed that the foot, if properly shaped, only touches the ground in three places, on the ball,



the heel and the toes, and the arch is raised above the ground, supporting the weight in the natural way. The arch of the foot is known as the plantar arch, as the palm of the hand is the palmar arch; as the foot is placed upon the ground and the toes and heel touch it assumes the same position that the hand does when laid on a table, with the tips of the fingers and the end of the palm touching.

Cause of Falling Arch
Now if we use our hand as an illustration we shall see what is meant by this—for if the hand is placed in this position with the fingers slightly bent upward at the middle joint, the hand resting on the tips and at the wrist only, so that a distinct arch is formed, and if we use any pressure or strike a blow upon the knuckles, the muscles and cushions at the tips of the fingers will instinctively recoil and prevent any effect of feeling in the hand, just like a spring recoiling on itself and resuming a natural position, whereas if we allow the hand to lie perfectly flat on the table with the fingers extended and the palm touching as well as the wrist and finger tips and then hit it across the back it will hurt considerably, as there is no arch under the knuckles and palm and no spring to resist the blow.

This shows what occurs in the injury and condition known as "flat foot," or falling arch, which is nowadays a very serious trouble for many who are obliged to use their feet in their occupations and also for those in other conditions of life. There is an old negro saying in connection with this which is rather a curious illustration of the loss of the plantar arch, "The hollow of the foot

makes a hole in the ground." If the arch were properly raised it would not touch at all, and, like the impression of the foot upon the sand or on a piece of paper, would show only the heel and toe prints. A false arch has to be built up in many cases of flat foot to support the foot and keep the weight off the ground, and the process is oftentimes extremely painful, while the continued wearing of the shoes with braces or arches in them is tiresome to a degree and a cure is seldom effected.

From the beginning of civilization apparently, if we look at the illustrations of the shoes and footwear of the middle ages, the pointed toe and high heel have been beloved of women, and, be it said, of men in past ages, particularly if we remember the originator of the Louis XV heel, and this disagreeable fashion has held its sway for many generations, and it is doubtful if the feminine mind will ever be persuaded to look with favor upon the common sense shoe. Much as we deplore the custom of our oriental neighbors, the Chinese, and regard with horror the distorted feet and the tottering gait of the Chinese women, in reality if we compare our own footwear with its absurd high heels and pointed toes, which must necessarily press the foot in a perfectly unnatural manner, with these fashions, we will see how little there is to choose between us.