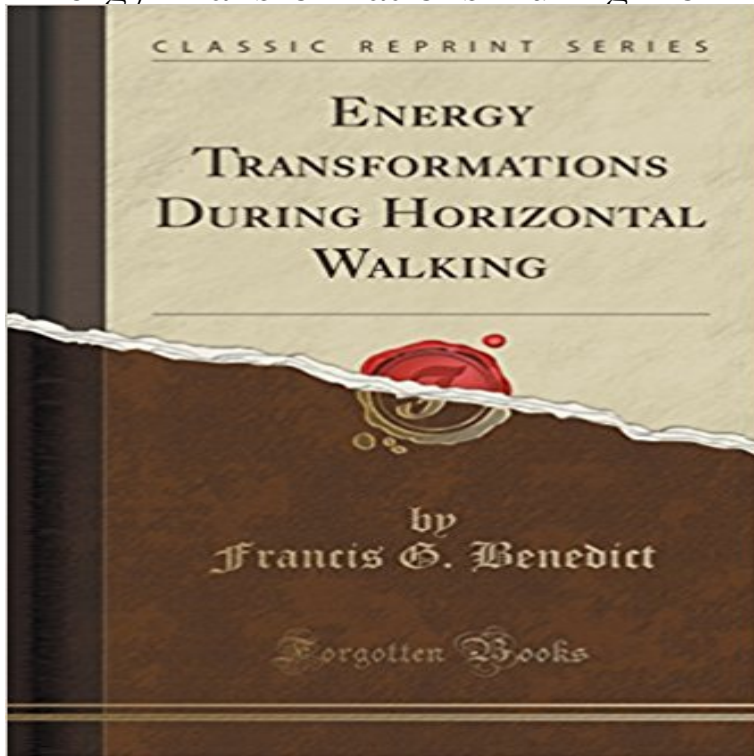


Energy Transformations During Horizontal Walking (Classic Reprint)



Excerpt from Energy Transformations During Horizontal Walking This investigation was undertaken after several long conferences with Professor Zuntz of Berlin and Professor Durig of Vienna, whose researches on the work of forward progression are classical. The preliminary experiments were made during the sojourn at the Nutrition Laboratory of Dr. Carl Tigerstedt of Helsingfors. Subsequently data were acquired by Messrs. H. L. Higgins and L. E. Emmes of the Laboratory staff. We wish to express our thanks to these gentlemen and particularly to Dr. Tigerstedt for the data regarding Subject I.A certain amount of walking on a level inevitably forms a part of the daily routine of nearly every living person, for even those who are designated as sedentary in their habits do a not inconsiderable amount of walking in the house or in short distances upon the street. To one who has not computed the actual distance traversed by the housewife during a day, the sum total of the distance walked is surprising. Such a control may readily be obtained with a simple pedometer, for although a pedometer can not be classified as an instrument of precision and is subject to many errors that are frequently overlooked, nevertheless it shows in a striking manner that very few individuals close a day of ordinary life without having moved in forward progression a distance of not less than 2 or 3 kilometers. Not infrequently this distance is doubled or trebled by those who would ordinarily assume that they had not taken a particularly long walk. The personal experience of one of us while writing a report showed that the walking for a day consisted in going twice to and from the house, which was 400 meters from the laboratory, i. e., a total distance of 1,600 meters, and in walking about the laboratory while engaged in instruction and research. Throughout a period of several months the pedometer, which was carefully

controlled and tested, showed that the average distance walked per day amounted to 7 miles (11.27 kilometers). Undoubtedly innumerable instances even more striking than this may be cited, which would show that it is reasonable to assume that practically all persons do considerable walking during the course of 24 hours. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

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