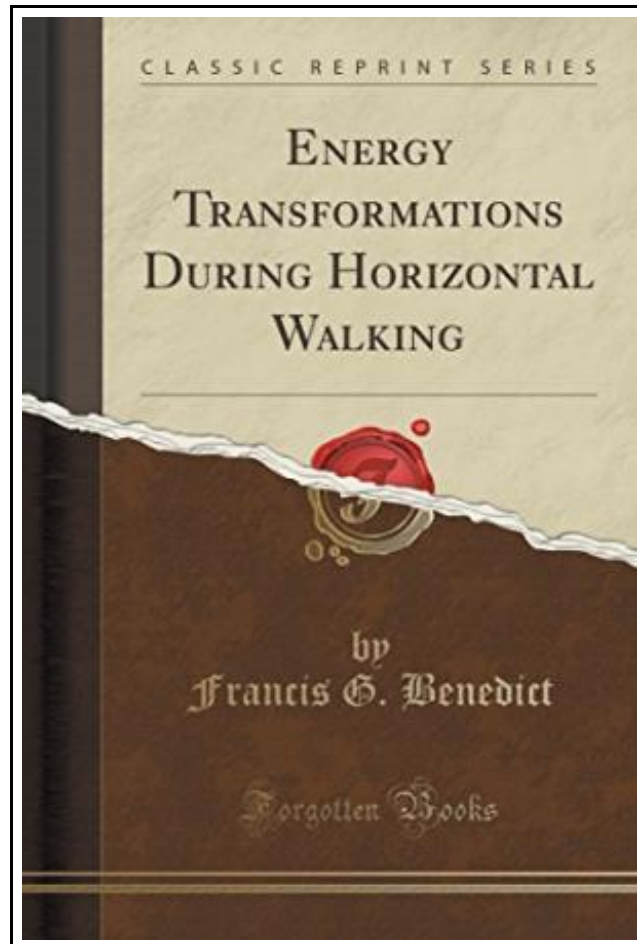


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Forgotten Books, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from *Energy Transformations During Horizontal Walking* This investigation was undertaken 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...



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