

JOHN MUIR DIDN'T "HIKE"

On a Sierra Club outing more than a century ago, author Albert Palmer asked club founder John Muir, "Someone told me you did not approve of the word 'hike.' Is that so?" Muir's blue eyes flashed, and with his Scottish accent, he replied, "I don't like either the word or the thing. People ought to saunter in the mountains -- not hike! Do you know the origin of that word 'saunter'? It's a beautiful word. Away back in the Middle Ages, people used to go on pilgrimages to the Holy Land, and when people in the villages through which they passed asked where they were going, they would reply, 'A la sainte terre' (To the Holy Land). And so they became known as sainte-terre-ers or saunterers. Now these mountains are our Holy Land, and we ought to saunter through them reverently, not 'hike' through them." (adapted from Palmer's "The Mountain Trail and Its Message, 1911; reprinted in the Loma Prietan chapter newsletter, April 2017)

MAGIC ELIXIR

My friends who vacation several months every year in the south of France swear by a natural painkilling, muscle-relaxing recipe they picked up from a French friend: equal parts orange juice and lemon juice, seasoned with turmeric and ginger, and sweetened to taste.

MY KARMA RAN OVER YOUR DOGMA

Do you believe in karma? They say that there is no need to exact revenge against someone who hurts or harms you. Just sit back and wait for karma to work. The bad guy will eventually get his comeuppance; he will make a mistake and pay for it big-time. And if you are lucky, you will get to watch it happen.

GOOD SOUNDS SOUND GOOD

Fans of earbuds and fans of full-size, over-the-ear headphones always disagree about which equipment produces the best sound. The key is to block out external sounds that drown out the music. You can spend hundreds of dollars on fancy noise-canceling headphones, or you can follow the advice of "The Fixer" Michael Hsu, a Wall Street Journal columnist: Put on a pair of earbuds (any kind), looping the cords up and over the top of your ears, which helps keep the cords and buds in place. Then put on a pair of ordinary hardware-store noise-canceling earmuffs over the earbuds. A noise-canceling

rating of 24 decibels is good enough. The Peltor Sport Shotgunner II works well with earbuds, and there are other brands and models.

CHALK IT UP TO HISTORY

A couple of years ago, construction crews remodeling Emerson High School (built 1890) in Oklahoma City found 100-year-old chalkboards still in place behind the newer walls, with some long-forgotten classroom teacher's perfectly preserved lessons, lists, and drawings, some in colored chalk. Since this "archaeological discovery" the school has been working to preserve these classroom relics by moving them to a local history museum and putting them under glass.

SWAMI SEZ

"A dog has many friends because he wags his tail instead of his tongue."
(Swami Umami)

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