

HEALTH SCHOOL

Pennsylvania State Department of Health.

Questions.

- 1. Why should French heeled shoes not be worn?
2. What is the cause of that condition known as painful feet?
3. How may it be corrected?

FEET

"How many toes have you, Auntie?" "One," absently from Auntie, whose thoughts were on "A peach of a summer fur at a bargain" in Greely's window, for Auntie was a slave to fashion.

As Bobby took in the details of her sharp toed, high heeled shoe he gravely nodded. "That's all my pony has." Pony's progenitors in the morning of the world—some few million years ago boasted three toes—who can say that Auntie's descendants—in accord with the same law of evolution—may not in the evening of time, clatter about on hoofs.

The French heel may add a little to the height and make a number six look like a three, but it steals the freedom from the ankle motion, shifts the greater part of the body weight to the ball of the foot and cramps and crowds the toes so that Milady affects a near peg like gait as she minces along. But why point to Angela?

Army records show a shamefully high percentage of rejections on account of painful feet; fallen arches and foot deformities, among the Jim's and Bill's and Joe's who never wore French heels in their lives.

From the heel to the front the bones of the foot form an arch which gives strength and springiness to the gait. A second shorter arch bows from one side to the other. The second arch is supported only on the outer side, the inner edge riding high and free is responsible for the hollow space on the inner side of the normal foot. The bone arches are held in place by ligaments supported by muscles. When these muscles are weakened by protracted illness, disuse or over strain, the ligaments are apt to stretch and permit the arches to sink. This condition is called flat foot. The pull of the ligaments on the outer shell of the bones causes severe pain. In some instances flat foot causes little inconvenience—in the negro race it is almost a normal condition but the condition known as painful feet, which results from muscular weakness, is not only distressing but a serious handicap.

Headaches from eye strain are familiar, nervous disturbances from constant foot strain are just as common, but not so generally understood.

They used to say, "Toes out." Parent, Teacher, Dancing Master, the Army and all. Then it was discovered that toeing out meant an extra strain on the supporting muscles, a side pull on the longer arch, and a tendency to fallen arches. Flat feet or painful feet are rare among straight toe walkers. So now the teaching is, walk with feet parallel—toes straight ahead.

If you have painful feet you naturally turn to your Doctor for advice. He will tell you that the patent artificial devices for the correction of foot defects are for the most part unreliable, and as improperly fitting shoes have largely contributed to your condition, he will advise the right kind of shoes and special foot exercise. One of the Tait McKenzie exercises which has proven most valuable, is to raise the heel about an inch from the ground and walk on the ball of the foot as if the heel were painful. This exercise should be practiced a number of times each day and for a hundred steps at a time. Proper shoeing and regular systematic foot exercise as prescribed by an experienced physician seldom fails to cure the condition known as painful feet. In connection with this the foot covering bears an important relation.

The toe should conform to the shape of the foot—broad at the toes. The heels should be long and low. Laced shoes are better than any other kind because they can not only be more accurately adapted to the foot, but because they afford better ventilation; for the same reason because the foot perspires freely—patent leathers and rubber overshoes should not be worn for long periods.

Tight stockings or stockings too short are often the start of toe deformities.

Corns, bunions and ingrowing nails are all the results of ill fitting shoes. Shoes that fit is the answer—Toe head and "Watch your Step."

Fire-Resisting Construction.

For fire-resisting construction, the recommendations of the American Concrete Institute specify that limestone, trap-rock and burned clay be given preference over highly siliceous gravels, which disintegrate under intense heat. When gravel is used, without a protective coating, columns should be made round instead of rectangular. When gravel, with spiral reinforcement, is used for either round or rectangular columns, it is suggested that additional protection be given by a coating of one inch of cement plaster, either on metal lath or reinforced by light expanded metal.

AS TO INFANT AUTHORSHIP

Many Who Afterward Achieved Greatness May Properly Be Classed as Youthful Prodigies.

Pope, who "lisped in numbers," had the moral courage to burn all his childish and boyish verses, including the epic, "Alexander." He took no chance of posthumous publication, says the Youth's Companion.

When little Tom Macaulay was seven years old he wrote a "Compendium of Universal History," beginning with the creation, and when he was eight a heroic poem on "Olauus the Great." It was natural that his mother should have cherished those proofs of early talent and have shown them occasionally to friends; but, as his nephew, Mr. Trevelyan, neatly observes, "If the affection of one generation has preserved them intact the pity of another generation refrains from submitting them to the public."

A distinguished book collector has had printed for his own pleasure and for the pleasure of his friends the "History of Moses," composed by Robert Louis Stevenson when he was six years old and dictated to his mother. The tiny volume is embellished with a facsimile of Mrs. Stevenson's manuscript and with a delightful illustration in water colors from the hand of the little prodigy. It represents the Israelites hilariously leaving Egypt. They smoke long pipes and carry umbrellas and bundles. One of them pauses long enough to beat a protesting Egyptian over the head. The narrative is both comprehensive and concise. It won a prize from a generous uncle in 1856, and it is today as good an example of infant authorship as we are likely to read.

HONOR PAID ST. MICHAEL

In England Especially Is His Day Observed for Prescribed Ceremonials and Feasting.

There are fragmentary customs bound up with Michaelmas which have to do with birds and winged things, for no particular reason that anybody knows. Perhaps it is a chance that it is so. But everywhere in England where Michaelmas is kept a goose is sacrificed for dinner on that day, and for years and years in Lincolnshire and Yorkshire a handful of the farmer's each sort of grain was scattered in the court or farmyard for the birds, so that luck would come to that household. Queen Elizabeth was eating, you may remember, her Michaelmas goose when the defeat of the Spanish armada was announced to her. Perhaps Michael's wings were hovering over the sea that day of the defeat and that those sizzling geese all over England were a sacrifice not made in vain. And perhaps, after all, these customs of cooking geese and throwing grain to birds are only just because Michaelmas comes in the harvest time. But it is nice to think that everything with wings is in some way akin to this especial saint.—San Francisco Argonaut.

Flowers That Bring Bad Luck.

In England Devonshire folk hold that it means death to bring into the house a single daffodil, when this flower first appears in the spring. There must be a bunch of them, and the cowslip is similarly hedged in by superstition. A hydrangea in the house "brings trouble," and snowdrops are "unlucky," while wild flowers generally prevent the first brood of chickens from hatching. If one wishes a plant indoors to show a large and profuse bloom he must place in the flowerpot some fresh earth from the grave of an infant baptized within twelve months. No yellow bloom should be brought into the house in May. The house with bergamot near it is never free from sickness. A plant of hellebore in church will keep in their places any untrue wives in the congregation.

Chautauqua or Circus.

The manager was strolling about the big Chautauqua tent, which had just been set up in a small Missouri town, and the boys were laying the plank seats, when the whir of engines was heard, and two automobiles appeared, racing furiously toward the Chautauqua grounds. They stopped side by side in the dust and smoke of heavily set brakes, and the drivers leaped from their seats and ran at top speed toward the astonished Chautauqua manager.

"I'm a butcher!" gasped the first. "I'm a butcher!" cried the second. Then both together they shouted, "I want the contract to furnish meat for the animals!"—Youth's Companion.

All Ready for Him.

At a political meeting held in a provincial town in England a crowded audience had assembled to support a parliamentary candidate.

During the speech of the candidate a man put his head in at the door and shouted in a stentorian voice, "Can anyone here sell me six pennyworth of sense?"

The speaker halted, evidently quite dumfounded; but the chairman of the meeting immediately silenced the intruder by retorting, "Yes, but you have nothing to put it in."—Youth's Companion.

Matter of Touch.

"Go away from me!" said the fashionably dressed woman to the tramp. "I wouldn't have you touch me for a dollar." "I was only goin' to touch you for a nickel, lady," came the reply.

They were discussing the feats of Luther Burbank. "He can't compare to my grocer," interrupted Mrs. Phastalker. "Why, he actually produces eight different varieties of coffee from the same bin!"

MEDICAL.

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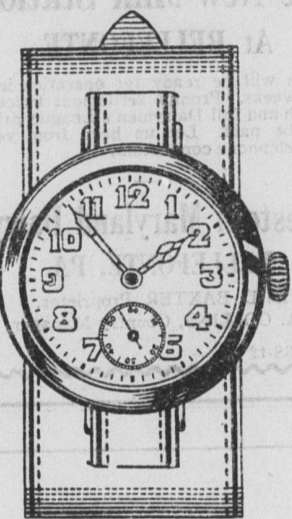
Still \$2.50 for a year of 52 issues, but this price not guaranteed beyond January 1, next.

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Your wishes can be observed in the distribution of your property, for if you do not leave a Will the law may divide up your possessions in a way that you might not desire.

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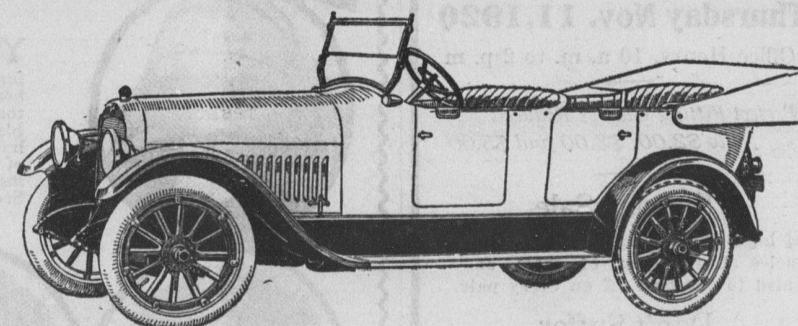
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