

# Secrets of Health and Happiness

## Shoes—Those With High Heels Better Than Those With Low

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**T**HE platitude "a cobbler should stick to his last" applies to us, the doctors, as well as to the shoemaker, who presumed to criticize Apelle's painting. The man who is a surgeon to shoes and a proper person to cut up leather is not expected to know much about anatomy, physiology, fallen arches, flat-foot, corns, hammer toes, and bare feet.

King Edward IV once drank incognito with a party of shoemakers, and pledged them as "tradesmen of a gentle craft." But who is worse shod than a cobbler's wife? "Him that makes shoes goes barefoot himself."

According to careful army measurements and new observations of orthopedic hospitals and surgeons, low heels, spring heels, bedroom slippers, and "clouted brogues" all have a tendency to throw your weight backward and to cause fallen arches.

There has been so much militant morality leveled at women's high heels that the new facts brought to light in their favor are apt to be ignored or shelved.

One experimenter chose twelve subjects equal in size, weight, intellect, endurance and strength. They were given tasks to do with typewriter, bow and arrow, needle and cotton, treadmill and paper box making.

Six of them wore high heels and pointed toes. The other six wore the shoes of low heels, such as nurses and hospital attendants are accustomed to wear. The results proved that the six subjects who wore the high-heeled shoes were better in speed, precision, endurance and accuracy than those who wore shoes

with low or absent heels, and there was less fatigue.

High heels are accused of many ills. Yet there are no facts to support the scandalous libel. Nevertheless, without data to prove the gossip one Brooklyn doctor says: "The effects of high heels are so far-reaching that if legislation were enacted and rigidly enforced to prevent the further manufacture and sale of such shoes, the community would eliminate one of the most potent factors in undermining the vital health of present and future generations." So talks a lecturer on mechanical orthopedics, first institute of pediatry, in the New York Medical Journal. His opinion is not supported by any accurate observations or experiments. All the facts are otherwise. In order to produce a perfect equilibrium by a normal posture there must be an equal and opposite action of the muscles of the leg.

Thus, a physiological balance corrects the play of the opposing muscles and serves also to correct a tendency to fall backward or forward.

Perfect equilibrium in standing and walking occurs when you are bare-footed. Then all the delicate motions of the feet are unhampered. If you keep your weight from your heels and throw it forward on the ball of the foot.

High heels throw the weight where it naturally belongs, to wit, on the front ball of the foot. This maintains the two natural arches of the foot, holds the spine in its normal curves, and throws the shoulders back and keeps the anatomy erect.

Irrespective of social and moral prejudice, high heels are perhaps better than arch supporters to prevent and cure fallen arches, and the facts go to prove this. Expert opinions which ignore these facts are founded upon prejudice, not upon anatomy, physiology and orthopedics.

Therefore, to avoid that abomination of middle ages, obesity and standing, shun bedroom slippers, rubber heels, brogues, spring heels, stocking feet and shoes run down at the heels. Keep your weight on the ball of your foot, either by the use of high heels or "walking on tip-toes."

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B. B. G.—Q. (1) Will you kindly advise me of a good face cream that will not promote the growth of hair, or create an oily skin? 2. How is this cream to be used?

A. (1) White vaseline, 1 ounce; white wax, 1 ounce; oil of sweet almonds, 5 ounces; rose water, 12 ounces; boracic acid, 20 grains; lily of the valley, 8 drops. This makes an excellent cold cream. 2. Before retiring, wash the face with boracic acid water and then massage this cream well into the skin.

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J. O. S.—Q. (1) Please name a good shampoo and a good tonic for my hair, as I have lots of dandruff. (2) Will chewing gum injure the teeth in any way.

A. (1) For a cleansing and soothing shampoo. I know of nothing better than this: Steep one pound of rosemary twigs in boiling water for twelve hours. Strain the liquor and add to it ½ ounce of Jamaica rum. For dandruff apply this to the scalp three times a week: Pilocarpine, 3 grains; quinine, 1 dram; salicylic acid, 15 grains, vaseline, 1 ounce; oil of carnation, 3 drops. (2) It is not injurious, but not good form.

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(Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be personally answered, if a stamped and self-addressed envelope is inclosed. Address ALL INQUIRIES to Dr. Hirschberg in care of this office.)