Shoes—Those With High Heels Better Than Those With Low

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

"King Edward IV once drank inoculo with a party of shoemakers, and pledged them as "draymen of a gentle craft." But who is worse shot than a cobbler's wife? "Him that makes shoe goes barefoot himself!" According to careful army measurements and new observations of orthopedic hospitals, the surgeon with low heels, spring heels, bedroom slippers, and "dolique bourgeois" all have a tendency to throw your weight backward and to cause fallen arches. There has been so much utilitarian morality leveled at women's high heels that the new facts brought light in their favor are apt to be ignored or slighted.

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

Six of them wore high heel shoes and pointed toes. The other six wore shoes of low heels, such as nurses and hospital attendants are accustomed to wear. The results proved that those who wore high-heel shoes were better in speed, precision, endurance and efficiency than those who wore shoes with low or absent heels, and there was less fatigue.

High heels are accused of many things, but nothing that I know of is more ridiculed than the scandalous libel. Nevertheless, without data to prove the so-called economic and social evil, our New York doctor says: "The effects of high heels on the feet are far from negligible. It is the belief that if legislation were enacted and rigidly enforced to prevent the further sale of such shoes, the community would eliminate one of the most potent factors in undermining the vital health of present and future generations." It is a worthy endeavor of the foot body to find those high heels that reduce the discomfort of walking and that make wearing them easier.

Therapeutically balance out the play of the arches; use arch supports and serve also to correct a tendency to fall backward or forward. The hound in standing and walking occurs when you are barefoot and the weight of the feel is unhampered. If you take it into consideration and down at the heel and throw it forward on the ball of the foot.

High heels throw the weight where it naturally belongs, to wit, on the ball of the foot. They, give the two natural arches of the foot, the metatarsal and the medial arch, and the real curve to the foot. A little slip is inevitable, and the toes may throw the shoulders back and invade the cervical curve.

Irrespective of social and moral principles, heels are perhaps better than arch supports to prevent flatness of the arch, and the facts go to prove this. Expert opinion which ignores these facts is founded upon prejudice, not upon anatomy, physiology and orthopedics.

Therefore, to avoid that abomination of middle ages, obeisance and standing, shoes bedroom slippers, rubber heels, brogues, spring heels, stocking feet, and to walk down at the heel. Keep your weight on the ball of your foot, either by the use of high heels or "walking on tips-toe."

B. H. G.—(Q.) Will you kindly advertise your face cream that will not promote the growth of hair, or cause an oil skin? 1. How to use this cream to be advised.

A. (White) 1. Take two tablespoons of white wax, 1 ounces; oil of sweet almonds, 5 ounces; rose water, 1 tablespoonful; glacial acetic acid, 1 ounce; oil of the valley, 8 drops. This make an emulsion, which you must stir well. Before retiring, wash the face with boracic acid soap and massage this cream well into the skin.

J. O. S. Q.—(Q.) Please name a good shaving and a good tonic for my case.

A. (White) Will chewing gum injure the teeth in this case?

B. (White) For a cleansing and restorative, I know of nothing better than this: Step one pound of rice and 2 cups of boiling water for twelve hours. Strain the liquor and add to it 2½ ounces of Jamaica rum. This make an emulsion, which you must stir well. Before retiring, wash the face with boracic acid soap and massage this cream well into the skin.

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