FOOT COMFORT AND HOW TO GET IT

To keep a woman good tempered her feet must be made comfortable, but so few of the sex have any idea of how to avoid trouble in this direction that one is forced to the conclusion that this particular part of the female form divine is sadly neglected. There is no doubt about it, women abuse their feet shamefully. They treat them as they would never dream of treating any other part of their body. They disfigure them and make them tender; they wear shoes that are too short and heels that are too high, and to make things worse they walk improperly.

Walking is responsible for more irregularities of the feet than anything else. About one woman in 500 knows what is the correct position for the foot in walking. This well informed person keeps her feet practically parallel to each other when she moves them and when she stands. She never toes out. There was a time when toeing out was quite the correct and smart thing. Children were told to keep this position of the feet at school, and the wider the angle between the toes the better the position, they believed. But science has already started a crusade against this angular toeing out position, and it backs up its statement that the parallel foot is the correct position by saying that broken and displaced arches frequently result from toeing out.

There is nothing more painful than an arch that is beginning to drop. It makes walking almost impossible and standing excrutiating agony. And the trouble is that so few persons have any idea of what causes the pain. If you have weak arches or arches that give you trouble, and you have not adopted the supports recommended by the specialists, walk for a while with the feet almost parallel and notice the difference. In toeing out the strain comes in the wrong place. It should fall through the center of the foot, and with the feet spread apart at an angle of 45 to 60 degrees, the weight and strain are thrown on the inner side of the foot, and particularly on the arch. The bones of the arch are being constantly pressed downward, so there is no wonder that in time the arch disappears and the foot becomes a typical flat one, painful and ugly, or else the bones of the arch become displaced and make little knobs on the instep or at the side of the foot.

The shoe recommended by orthopedists is supplied with a straight sole on the inner side, so that when the feet are placed together the soles touch from heel to toe. While this may be the acme of comfort to men, it is not a shoe designed to enhance the smartness of a feminine costume, so few women who understand its value have the courage to wear it. However, the ordinary shoe answers very well if it is worn properly.

There are excellent exercises recommended by specialists for the improvement of the shape of the foot and to strengthen the much abused arch. One advises women to practice tiptoe exercises every day. He suggests that they stand with their bare feet flat on the floor and with them parallel, then to rise to the very tips of the toes slowly and gradually sink back, throwing the weight of the body on the outer edges of the feet. This exercise tends to give elasticity to the muscles of the feet, to work some that are usually neglected, and to teach one how to use the feet in walking. Of course, the exercise exaggerates the movement, but it is practically the same motion used in walking. If this exercise is practiced say fifty times daily, in a few weeks there will be a noticeable improvement in the walk and carriage. It is a good thing for women to remember that elasticity of the muscles, especially in walking, suggests youth.

Heels were ordinarily adopted for the purpose of rendering walking easier. They served to throw the body slightly forward and to facilitate the muscle action of the leg. When the heels are high and small enough to insufficiently support the foot then their object is defeated, and, instead of assisting, they interfere with the comfort and freedom of walking.

The perfect, or normal, foot has straight toes that are separated slightly and the great toe, which is slightly shorter than the second toe, stands away from its neighbor in a very marked way. When placed side by side the feet should touch from heels to toes. The test for a flat foot or broken arch is very simple. All one needs to do in order to learn the exact type of foot he possesses is to dip the soles of his feet in water and then stand on them on a clear surface which will show the footprints. If the toes, heel and outer edge of the foot make a distinct impression, while the arch itself leaves none, then she may be reasonably sure that her arch is still practically normal. The flat foot makes an entire imprint.

The skin should be soft but not tender, and the normal foot has a good healthy color. Blemishes are usually best treated by a professional.

In warm weather many persons suffer from burning and swollen feet. Even the ankles get puffy, and are sometimes painful to the point of interfering with the rest at night. Walking on unyielding pavements will often cause the feet to burn if they are tender. If walking is necessary, then a little toughening of the feet is advised. There are simple skin preparations which will make the skin firm enough to withstand the friction caused by the exercise. A little boric acid in the foot bath will work wonders in this direction. Some specialists recommend the addition of tannin to the water, and a nightly bath in this solution for several weeks will make life worth living and walking a pleasure.

The feet need refreshing just as much as the face and hair do. And when they are bathed care should be given to the drying. Any number of ills will result from carelessly dried feet.

In warm weather it is an excellent idea to spray the feet with cold water just before going to bed. It cools the body all over, just as it does to dip the wrists in cold water.

Swelling ankles are due to several causes. Sometimes they come from the weight of the body or from standing a long time in a single posture. Often it is necessary to bandage the ankles or wear a strong support of another kind, though in ordinary cases a little of the proper care will succeed in reducing the swelling. When it is due entirely to the overweight of the body, then the best way to prevent the swelling is to get rid of any superfluous flesh.

More women wear short stockings than short shoes. Sensible persons do not pinch their feet to an uncomfortable degree with shoes, but very few buy their stockings large enough. They should extend quite as much beyond the foot as the shoes, and the shoes should extend at least half an inch beyond the end of the longest toe in order to give room for the spreading of the foot and the pushing forward when walking.

Powder is a great aid to comfort in warm weather, when even the shoe of correct size feels a little snug and the feet seem at least two sizes larger than they are ordinarily. Powder dusted on the bare feet dries them thoroughly and prevents irritation. When dusted in the shoes it keeps them from rubbing and makes them go on easily. Powder is cooling, too, and it is gradually taking its place of importance among milady's toilet requisites. Those who have used talcum or any similar powder and have found out its benefits are never without it.

The feet should be given a rest and a chance to get air as well as sunshine occasionally. Did it ever occur to you how seldom the feet of the average woman are touched directly by sunshine and fresh air?

Some specialists advise sitting with the feet up so that the legs are horizontal and the feet placed where the sun can filter its rays between the toes. While in this position a good exercise to practice is one which consists in stretching the toes as far downward as possible and then upward, to twiddle them in fact, and then work the ankles in a circle until they seem to be unusually flexible. This exercise increases the circulation, too, besides imparting elasticity to the muscles of the feet.

IN WARM WEATHER A LITTLE POWDER DUSTED IN SHOES MAKES THE FEET MORE COMFORTABLE.

ETHICAL CULTURE MEETING.

Chicago Men Will Attend Big Gathering in the East.

Prof. Charles Zeublint of the University of Chicago and William M. Salter, leader of the Society for Ethicala Culture of Chicago, will attend the annual meeting of the American Ethical union in New York city May 9 to 12. The meeting will be a convention of the various ethical culture societies in the country, and delegates will be present representing Chicago, St. Louis, Philadelphia, New York and other cities.

At an evening session on May 9 Prof. Edwin R. A. Seligmana, president of the New York society, will deliver an address, reports will be made by the various societies and forward steps for future work will be discussed. On May 10 the delegates will attend a special presentation of the May festiavl of the New York Ethical Culture school, at which children between ten and eleven years old will present a pastoral play. The rest of the day will be devoted to a discussion of ethical problems, with a dinner and reception to delegates and guests in the evening. May 11 will be given over to a conference on moral education in which educators from various parts of the country will take part. On Sunday, May 12, a meeting will be held in Manhattan in the morning and another in Brooklyn in the afternoon, both of which will be addressed by persons prominent in the ethical culture movement.

For Better or Worse.

A Baltimore woman who had "a perfect treasure of a cook," was horrified recently when Maggie came to her, saying:

"Plase, mum, I'm givin' ye a wake's notice."

"Why, Maggie!" exclaimed the lady of the house, "this is a surprise! Aren't you satisfied here? Do you hope to better yourself?"

"Well, no, mum," responded Maggie. "'Tis not exactly that. The fact is, mum, I'm going to get married."

"When I have it fully developed," said a man to-day, "it will be the wheatest thing on earth." We have fooled with a dozen things we thought would develop into the greatest things on earth, but none of them ever did.

Handy College Girl.

Miss Gurid Laate, a Norwegian giarl who is working her way through the University of Minnesota, is probably the only college girl in the country who can make her own clothes from the spinning of the thread and weaving of the cloth to the forming of the fabric into fashionable design.

Spinning and weaving she learned in her native country; the art of the modiste was acquired since her arrival in the United States.

Addled Adages.

Delays are dangerous except in matrimony.

A cat may look at a king, but it prefers a mouse.

A cook is known by the company she doesn't keep.

A miss is as good as a mile of old maids.

Like-Minded.

Dorothy—I call Charlie Adams awfully soft, don't you?

Agnes—Yes, I call him down.

Important People.

Towne—He seems to be quite an important person now.

Browne—You're not telling anything new. He and his family always were important.

Towne—Oh, come off!

Browne—It's a fact. He started out as a janitor; his brother is a policeman, and his sister is a cook lady.

A woman derives more satisfaction from the things she suspects than from the things she is sure of.

ELIZABETH JORDAN

Health Hints for Women

By Elizabeth Jordon

Present Pace Too Fast for Average Woman's Physique—Famous German Authority Advises Daily Ten Minute Bath—Two-Mile Walk Every Day Should Keep One in Condition—"Red" Meat Only Twice a Week—Little Nourishment in Bread and Potatoes—Drink Two Quarts of Water a Day.

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(Miss Elizabeth G. Jordan, editor of Harper's Bazar, formerly held a prominent position on the staff of a New York newspaper. She is the author of a number of popular books including "Tales of the Cloister" and "May Iverson, Her Book." She was born in Milwaukee.)

In reading from month to month the great mass of material on the subject of women which appears in the various periodicals the writer of this paper has been struck by one extraordinary fact. The topic of health—most important to women and of vital interest to them—is rarely touched upon. Women's achievements in every line of art and industry are admiringly set forth. Experts advise them along the lines of their professions and ambitions, but rarely does a great doctor lift his voice in the friendly warning so many of them need.

Every one knows that the ideal physical life is the life lived out of doors in the sunshine and fresh air. But women who work need a compromise between this ideal system and the dull routine into which they so readily fall. Every woman needs to know, not "What is the best hygienic system for me to follow?" but, "What is the best system to which I can adapt my daily life, with its exactions in the way of indoor confinement and sedentary occupations? How can I get myself and keep myself in such condition that nerves and body are more than equal to the strain I must put upon them?" For women should have more than the power to endure grimly. They should have the robust health, the cool and steady nerves that give zest to mere physical existence.

To begin, then, with the morning bath—the function with which every woman should begin her day as regularly as she leaves her bed. More nonsense has been written about the bath than about any other hygienic topic. Women have been advised to take ice-cold baths, cold sprays, hot plunges and cold packs. Again, some doctors have protested against the bath habit, urging women to confine themselves to one bath a week and thus avoid the drain on the vitality which a daily bath entails. In answer to all this hear the words of one of the greatest physicians in Germany when a distinguished American woman consulted him:

"Madam," said he, after the history of her nervous breakdown had been modestly related, "you do not bathe enough. Do not be indignant; the failing is a national one. The Americans talk a great deal about their baths, but they do not take them daily. Every human being who is up and about should get into a bathtub once a day and stay there ten minutes. Take your bath in the morning, immediately after rising. Have the temperature of the water 98 degrees exactly—neither more nor less. This is the normal temperature of the blood. See that the temperature of the room is the same. Never get into a cold bath on rising. Cold baths have killed thousands. Lie in your bath of 98 degrees; get down into the tub; immerse the body thoroughly; the warm water on the surface of the body has an excellent effect on the mucous membrane throughout. Then, little by little, lower the temperature and finish your bath with a cold rubbing down, if you wish. The blood called to the surface of the body by the warm water is then ready for the shock. It is not ready for that when you first awake."

"That advice," said the American woman to the writer, "cost me over $1,500, and it was worth it. Pass it on to others for what it will be to them. I was under that physician's charge six weeks. I went to him a wreck and came away cured. He gave me no medicine. His remedy was that daily bath, followed by a gentle massage. I now take both as regularly as I eat my breakfast and I attribute my perfect health to them."

The question of exercise is of the utmost importance. A walk of two miles a day in the fresh air should keep one in good condition, with the additional moving about that is done in the usual routine. If, for any reason, this walk is not practicable, the windows should be thrown wide open and one should practice faithfully for at least ten minutes night and morning the ordinary calisthenic exercises with which every one is more or less familiar. Special attention should be given to breathing exercises—drawing in ten or 20 long, deep breaths and exhaling them again slowly.

Every one realizes the value of this as an aid to health. We all know that to flush the lungs with pure air is as necessary as to bathe the body. Yet not one woman in 20,000 makes a daily practice of the exercise. One need not make elaborate preparations for it. It should be done immediately after arising, before putting on corsets, and in a room which has been freshly aired. But it can also be done at any time during the day and in any place where the air is pure and the seeker after health is free from curious and interested observation.

With baths, proper clothing, fresh air and exercise comes the problem of food—a most vital one and bearing more than any other on the general health of the individual. Here again eminent authorities fiercely disagree. But out of the smoke of battle one big truth is rising—the general acknowledgment by the best physicians that we all eat too much meat. In recent years one of England's greatest specialists has expressed the theory that the alarming increase of cancer in that country is due in large part to the increased consumption of meat. In cases of gout, rheumatism and kindred diseases arising from the presence of uric acid in the system, meat is stricken from the patient's dietary as a recognized factor in the cause. According to the new theories, no one should eat meat more than once a day. "Red" meat—roast beef, steak, chops, etcetera, should not be indulged in more than twice a week. All kinds of fish and game may be eaten, especially the white meat of chicken and turkey. The dark meat is rich and not especially wholesome.

The whole matter can perhaps be summed up in the words of a woman who is in great demand as a physical trainer for eastern society women.

"As to diet," she says, "no meat, no bread, no potatoes, no coffee, tea, alcohol or sweets.

"Two quarts of hot water every day.

"Five miles of walking; two miles at least.

"Eight hours of sleep for every one; more in certain cases where the individual must decide.

"A tub bath every day.

"Fresh air in the living and sleeping rooms."

And she should add, an optimistic spirit and a contented mind. But perhaps she made the omission wisely. For what more natural than a sound mind in a sound body? And what more easy than to be optimistic when mind and soul are well and the strings in one's harp of life are in tune with nature's orchestra?

Marital Happiness.

Love, sense and patience. Those are the three important elements necessary to happiness in marriage, says Ella Wheeler Wilcox.

A SAIL IN SIGHT

BUT IT IS ONLY A ROCK IN THE MID-PACIFIC.

A Peculiar Freak of Nature That Fools Every Traveler When It Is First Sighted.

To persons on the Pacific ocean the sighting of another vessel is of greater interest than the same occurrence on the Atlantic, for ships are not so common on the endless waters of the Pacific. There is one place, however, where the lookout will always announce a ship.

He knows better, but he must have his joke, and it never fails. He gives the familiar call and the passengers crowd forward and strain their eyes. Away off they dimly see a ship.

Every minute its outlines come more clearly into view. Why, it is bearing straight down on us, and the faithful Pacific trade wind is bellying its sail, they cry.

It happens that they are approaching the little group of the Wallis islands, but the land can scarcely be discerned, even when the ship is only six or seven miles away. Every field glass on board is brought to bear on the vessel, and a strange thing about it suddenly becomes a subject of animated discussion.

It doesn't seem to be moving, and yet that glistening white sail is puffed out by the wind. Why, it can actually be seen to swell under the effort of the gentle trades. Questions are fired at the captain and the lookout, but they are silent.

By unanimous vote it is adjudged to be a rather small craft. As the distance lessens its bow seems to be rather blunt. It certainly is not moving, and yet the wind fills that sail.

The awakening is sudden. The illusion is dispelled in a moment at the proper distance. It is seen to be nothing more or less than a huge block of madreporic coral which has resisted the assaults of the sea and towers into the air.

Sail Rock.

When seen near at hand the traveler only remarks its strange position, alone in the waste of waters. Its base has been worn away by the waves on all sides so that it is rounded, but above the rock spreads out wide and at a distance bears a striking resemblance to a bark whose sail is filled by a stern breeze. The slender growth of trees at the top has the exact appearance, when seen from afar, of a mast. Nothing more is needed to complete the illusion. The resemblance to a vessel never fails to deceive everybody who sees the rock for the first time.

It was named Sail Rock by the earliest seafarers. The nautical instructions supplied to Pacific mariners make note of the resemblance to a ship. They also speak of the rock as serving a good purpose, for it is in front of the narrow opening in the reef through which vessels must pass, and so points out the place.

Another fact that serves to keep up the illusion to the last moment is, as all the passengers are told, that the opening in the reef is rather difficult to enter and a pilot comes out to take the vessel in. While the passengers are gazing and speculating some bright person of course suggests that this is the pilot boat coming out, and everybody adopts the idea as explaining the true mission of the strange craft. They are not aware that, among those sleepy islands, nobody is on the lookout for ships, which call only at intervals, and the pilot usually has to be summoned by the boom of the ship's cannon.

But the lookout has his joke, and life is enlivened for days by the memory of the excitement over a bit of Pacific coral.

The Tallest Tree.

The highest tree in the world, so far as has been ascertained, is an Australian gum tree of the species Eucalyptus regnans, which stands in the Cape Otway range. It is no less than 415 feet high. Gum-trees grow very fast. There is one in Florida which shot up 40 feet in four years, and another in Guatemala which grew 120 feet in 12 years. This corresponds to a rise of ten feet in a year, or nearly one foot per month.

Curious Bible Class.

Probably the most curious Bible class in the west of England is that of deaf-mutes which meets near Chalford, Gloucestershire. All the members are deprived of their senses of hearing and speech and have to communicate and "talk" to each other by means of the deaf-mute alphabet.