Putting American Women "On Another Footing": Campaign Is Under Way Against the High Heel and the Pointed Toe, Which Are Accused of Deforming the Female of the Species

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other country except China has set itself up seriously as a rival to the United States in the process of mutilating women's feet, and China has reformed. Footbinding is obtaining in some parts of the country. The Chinese government has prohibited the practice, and the United States is following the lead. In the meantime, footbinding continues almost unaltered. The female of the opium trade is becoming a one-legged creature.

Even women who are so vain of their feet that they would give anything to own a perfect pair of shoes, their toes cannot resist the seductive high heel, which emphasizes the curve of the calf. This practice makes women to be vain about their shoes which, they fancy all of the women and girls who have adopted the normal shoe. In discussing the old and taking up the new shoes a difficulty of conscience arose—what was it right to do with the old, unhygienic shoe? As representing a physiological crime it should have been burned. In giving it away, selling it, or even in giving it in the shoe to be carried off by the shoemaker for his use or for some of his presumably many children was in the way of propounding a serious evil. It seemed equally a sin to dispose of any kind of a foot covering in three days when the end of leather is so high. The question was solved in some ease by giving the shoes to the present irreconcilable sinners in the way of shoes, with the hope that by wearing a round-toe, moderately high-heeled Oxford, which she purchased as an "American" shoe in Italy, but here she finds only the high-heeled pointed shoe worn by American women.

"I was amazed to see the shoes here," says Dr. Yvonne Pouzin, who is from Nantes. "When we see a shoe in France that is broad and comfortable, that is shaped like the human foot, we say 'that's an American shoe.' We say the American people are logical and sensible, and that they wear a sensible shoe. We may have shoes with high heels, but always with room at the toe. Here I see the shoe with the very high heel and no room at all at the toe. It must be that we in France are the logical and sensible people."

Dr. Natalie Wintich-Maebre says that in Lausanne, Switzerland, her home, they have pointed shoes only in the museums, as showing the amusing things worn in the days of the grandmothers.

Dr. Toos Inouye, a Japanese doctor and Government Health Inspector of Schools in Japan, tells of a wide variety of sensible footwear in her country. There is the native sandal with light-weight leather sole, several inches high for wet weather, a little lower for weather not quite as wet, and lower still for ordinary walking—a half-dozen kinds all told—with fine embroidered straps for the women, and many others for the men.

Many of the schoolgirls wear the ordinary leather shoe of a kind worn by the men, but with a broad, wearing, with round toe and low heel.

The Y. W. C. A. is conducting a physical examination of all the girls who will take it.

It is not pleasant to reveal the true in-warnings of one's physical condition and disabilities. Age, weight, the real color of one's hair, the number of one's teeth, the number one had any or none, whether the feet are lovely or distorted by tight shoes—all these records are carefully looked up and not the least intense effort on the part of the physician or relative can get a glimpse of them. To the physical examination must be taken into the secret, for one of the philosophers of physical well-being which the Y. W. C. A. is endeavoring to permeate the people's knowledge, is the remedy for many disabilities.

"We believe in abandoning drugs and the drug store for the gymnasium," says Dr. Augusta Tucker, head of the Department of Health of the association.

The first step in this system of making over women was begun in a health centre for women and girls opened at 45 East Twenty-second Street a month ago, long enough to lead to the belief that it is to be a success. No other requisite for admission is required than that the girl or woman shall be of normal size, of healthy frame and of all kinds of plumes where women are employed, and whose shoes and banks, women and girls have gone to receive their examinations.

Other health centres were begun in other places, but it was found that the expense of carrying those on would be too great and they were given up. The work of persuading the idea will be done by individual groups all over the country.

One of the aids to the physical examination which the association finds of value is a Footprint Record.

Can We Criticise China? The Human Foot Tilted to the Angle of a Horse's Hoof.

be, will believe, the observer think they have reason. In consequence the five mountains, ponds and trees; of their mothers told off the nursery jingle about the five little pigs, have become a cult.

A physician delegate to the doctors' conference in Seattle at the headquarters of the National Y. W. C. A. in New York was examining the strange little shapely-pointed feet of a girl the other day.

"Now, wiggle your toes, my dear," she said in a maternal tone.

But neither a wiggle followed. It couldn't be done. And so the doctors at the convention decided to campaign against mongoloid shoes.

The association now has a list of retail shoe stores in this city and all over the country and in Canada where shoes of which it approves can be found. One firm, having 7,000 retail stores all over the world, is on the list. There is another with 2,000 retail stores, and there are innumerable others with fewer stores. The names of all are well known.

Girls' colleges and normal schools, which have been consulted on the subject have been greatly interested, and the authorities say that they will do everything they can to promote the use of a shoe fitting the normal foot. Health is the thing the association is after, and it says that narrow toes and high heels cause a walk which puts a strain upon the spine and throws the internal organs out of place.

The shoe recommended by the Y. W. C. A. experts has a straight line on the inside of the foot, as in the natural foot. It has a flat heel, so that the toes, which were intended to grip the ground in walking, may have a chance to perform their natural function, and look low, broad heels.

"One can have as quickly a gait at 50 as at 19 if the shape of the ankle bones have not been weakened by lack of exercise and overwork," says Dr. Armentrout, of the health department of the association.

Spats can be worn if extra warmth is desired.

There are some 1,000 women doing the work of the National Y. W. C. A. at its big head office and in 31 branches in the United States and in the several houses adjoining the gymnasium. The girls are taken over for the constantly growing work, and practically

Showing Position of the Foot When Wearing High Heel Shoes (in the Circle). Walking in Good Shoes.

Y. W. C. A. Photos.

Incorrect.

Correct.

(1) The Wabler. (Tweing Straight Toek, camper boots). (2) A Footprint Record.