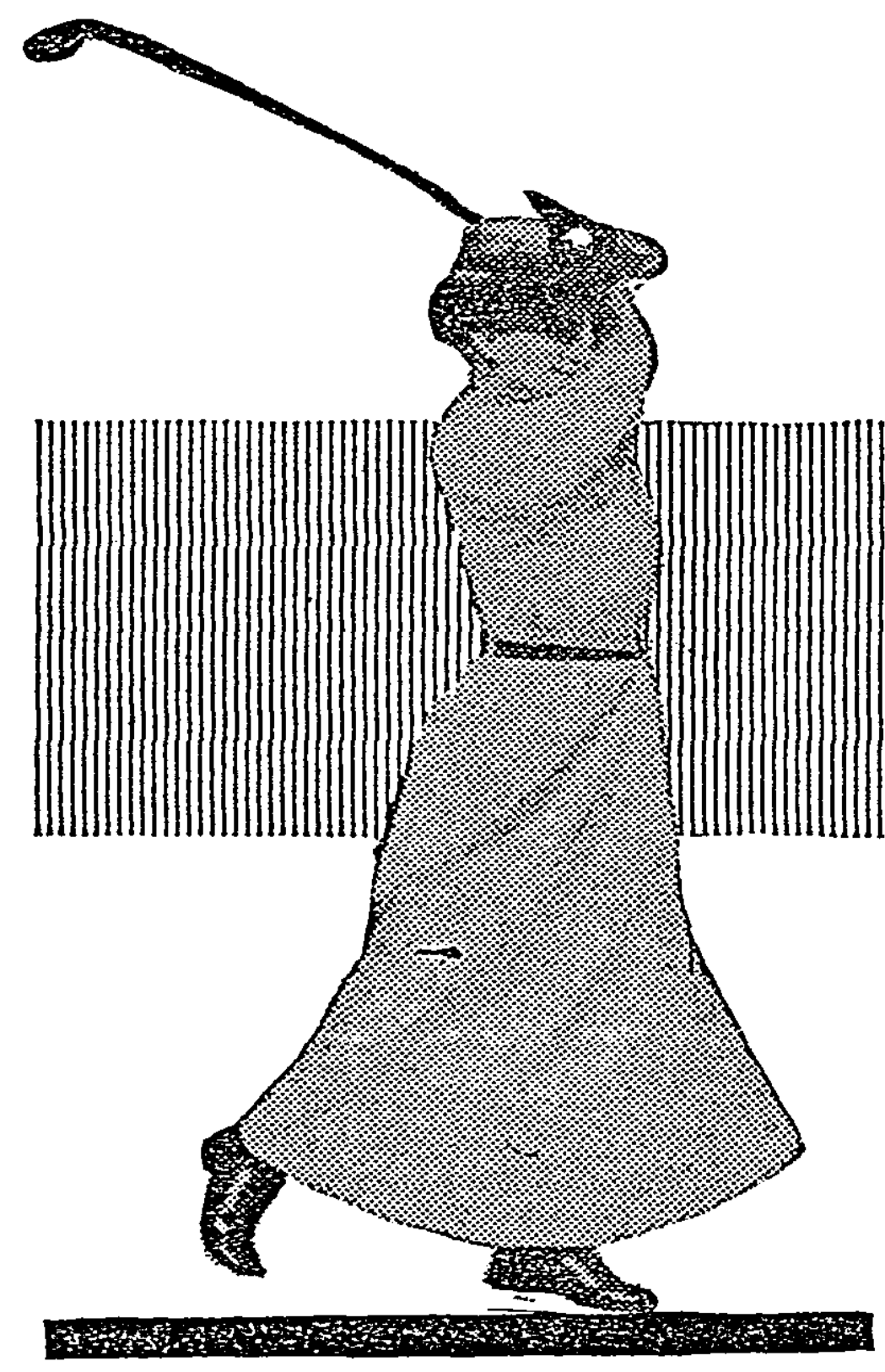


SURE SIGN OF WOMAN'S EMANCIPATION IN THE INCREASED SIZE OF HER SHOES

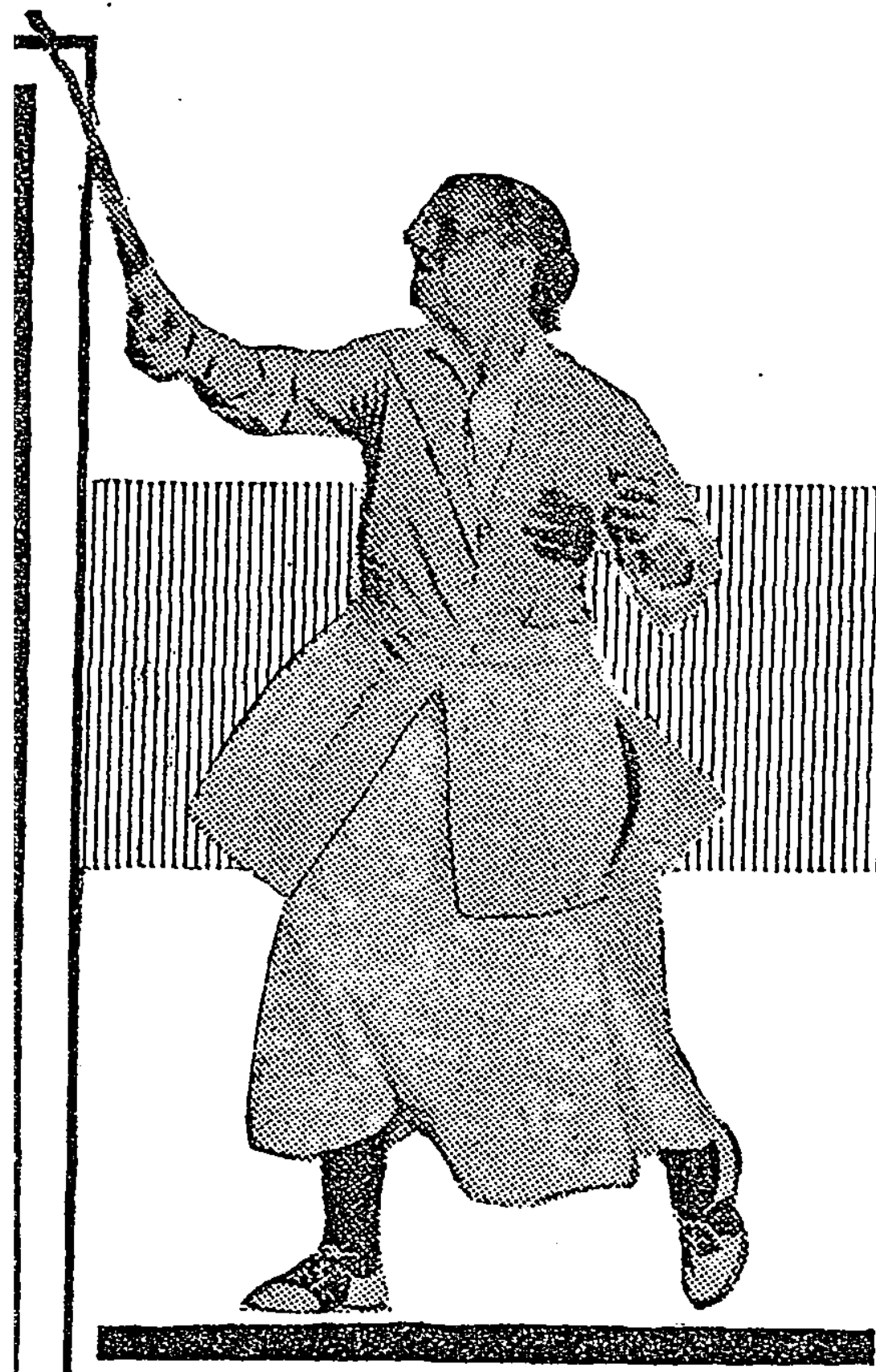
Because She Swims, Walks, Plays Golf and Tennis and Works for a Living, She Can No Longer Pose as Wasp-Waisted and Tiny-Footed.



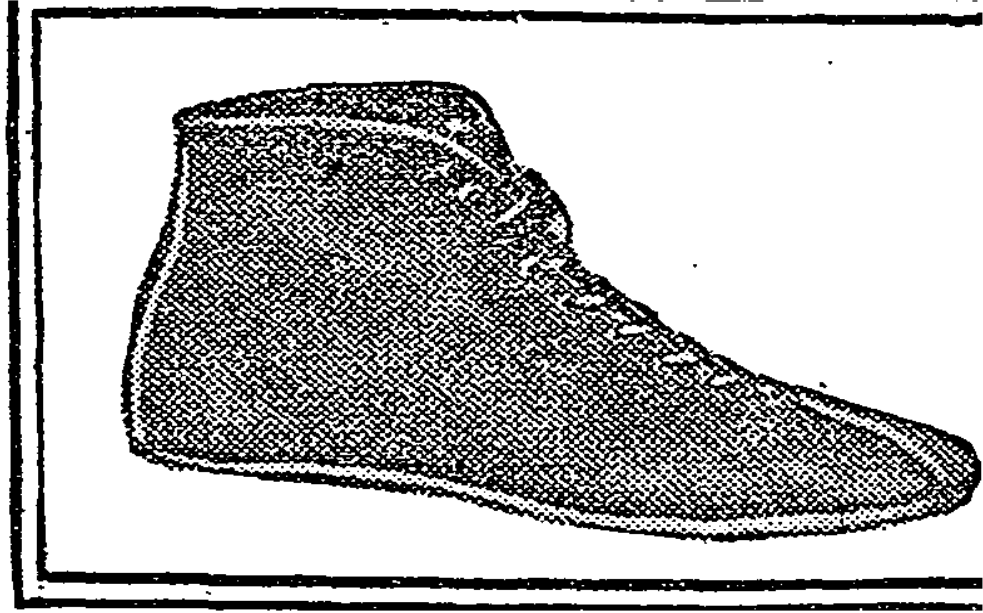
The Golfing Girl of To-day. (Miss Louise Necker.)



The Wasp-Waisted, Tiny-Footed Girl of the Past. (From "Godsey's Lady's Book," 1837.)



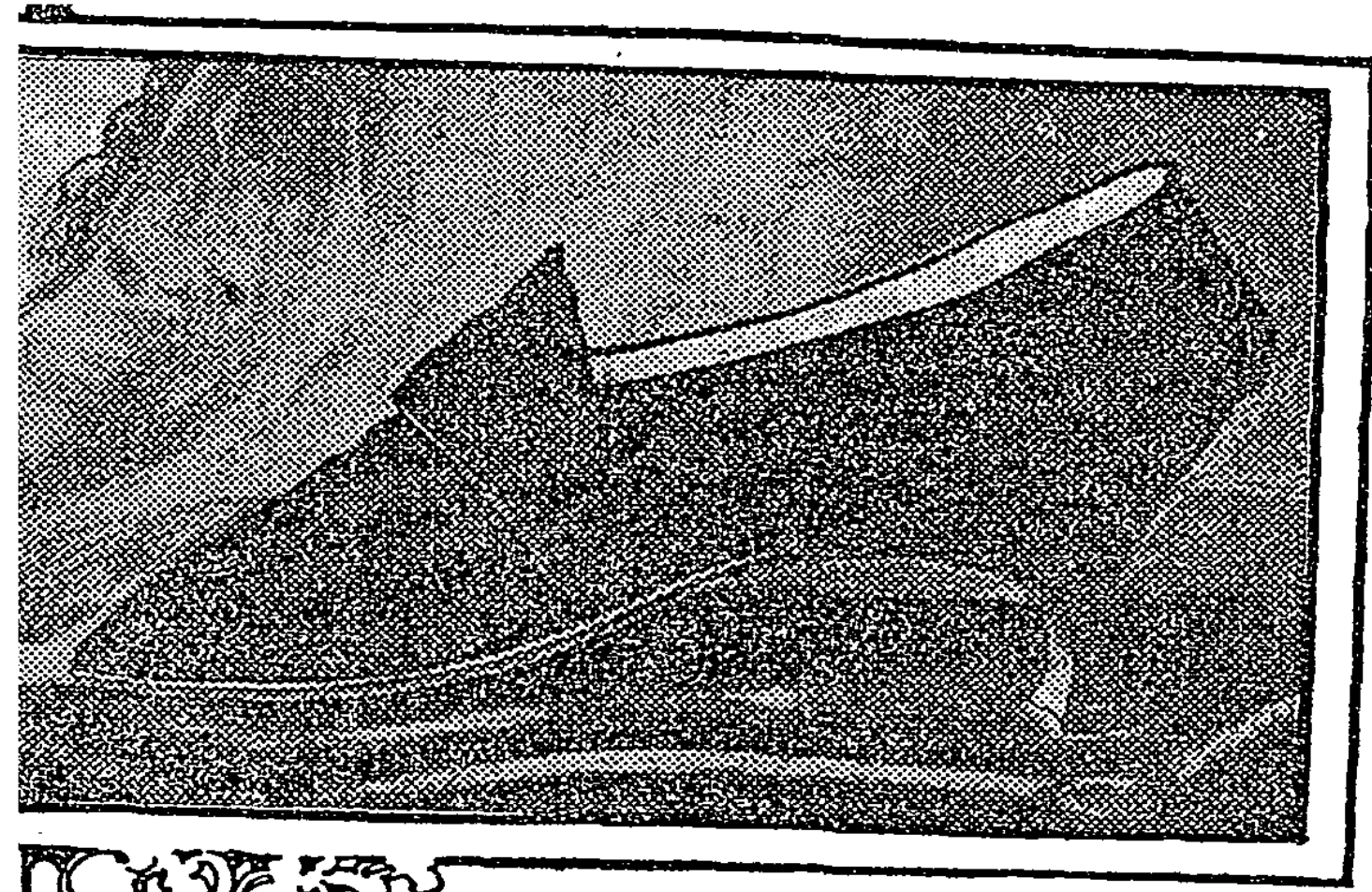
The Tennis Girl of To-day. (Miss Eleanora Sears.)



The Common-Sense Gymnasium Shoe of the Woman of To-day.



The Swimming Girl of To-day. (Miss Rose Pitonof.)



Shoe Worn by Mary, Queen of Scots

women by keeping them cruelly bound from infancy.

It was the saving grace of nature that did not permit a change in any of her forms. Otherwise freakish fashion would make monstrous beings of the human family.

Dr. Emerson spoke of the flat-headed Indian, for example. He had been made so by the fashion of the tribe. The infant's head was flattened on a board when the head was soft, and it became molded to that form, but when this infant grew up and had children the children did not have flat heads. The heads had to be made flat. Every one came into the world with the human stamp. Nothing could change it.

The woman librarian had noticed that women as a rule stand with a forward lean while men lean backward. It seems that women stand with their weight on the ball of the foot, if not on the toes, while men stand with their weight on the heels. The men have the natural pose and the women have not. This is a change of carriage and not a change of form. At the beginning men and women were alike on their feet, and men and women have the same position now when neither has been hampered about the feet. The presumption is, therefore, that the observation of the librarian applied more particularly to fashionable women, accustomed to wearing pointed-toed and high-heeled shoes, as a rule.

Dr. Emerson's passing talk of the effect of wearing high-heeled shoes explains the peculiarity which the librarian referred to. The effect, he said, of wearing high-heeled shoes was to incline fat once the body backward from the hips in order to maintain balance. The abdominal region was involved in this change of attitude, and so was the spine. Instead of the head being thrown back between the shoulders it was thrown forward and there was a strain at the base of the spine while the body was in this tense position.

Yet a woman could walk in high-heeled shoes in any other way, and eventually if she persisted in wearing them her body became inclined to the unnatural curvature and therein was the cause of many of the trying cases that came to the attention of orthopedic surgeons.

All the pelvic region was subject to attacks that it could not bear, and the back became curved of necessity to hold the equilibrium of the body.

Likely the sociologists can explain how women came to believe that a highly arched foot and an elevated heel and an eliminated sole were pretty. Such a foot is classed by the physiologists among club feet. Many women, it is said, get their feet set precisely in that shape by the habitual use of the forbidden shoe. No change in the form of the foot is made. It simply becomes deformed by losing its flexibility and the tendons become set and somewhat rigid. It takes a long time for the surgeons to bring such a foot back to its natural suppleness, so that it may rest itself in the position designed for it by nature.

Unless it does occur that position broadly trouble is almost certain to follow, as Dr. Emerson pointed out, because neither man or woman can walk on the toes or the forward part of the foot and keep the balance without adjusting the body to the centre of gravity. And the body won't stand adjustment to any position other than the one nature intended it to occupy without hideous deformity, and probable ill health.

Everybody has noticed women at the seashore who seemed unable to walk upon the flat of their feet. They walk a few steps properly with an effort, as if it pained them, and then they smugly go up on their toes and walk more easily with the soles of their feet at an angle of 60 degrees. These are the persistent high-heeled shod women. It is the only way they can walk, and the surgeons say that they are in luck if they are not as many years getting back to the graceful and supple form of a woman as they were in establishing a departure from it.

It may be cheerfully noted that the surgeons say the increase in the size of women's shoes was a good omen. It means that women are less inclined to attempt to improve on the craftsmanship of nature.

Several women of forty who are daughters of gentlewomen recalled that when their mothers were girls it was really not considered ladylike to wear a larger shoe than No. 2 or 2½. No girl could do it and be considered a belle. Certainly she would not so consider herself if she were unable to squeeze into a shoe of about that size.

Commonly they went to bed with their feet and ankles bound by thongs of tape or leather, which certainly did not make the foot bones any smaller but might have kept the flesh thinner at the cost of ironed circulation with its train of evils. But, then, women in those days didn't work nor walk much, nor run, nor golf, nor play tennis. They didn't stand on their feet any more than they had to. If they had done so they couldn't have worn No. 2 or 2½ shoes unless they were small women who had not grown up from girlhood.

patent that exercise of whatever kind did cause a general development of the physical woman, and since all women now took exercise through their employment, hobbies or philanthropies, the bigger foot like the better physical woman generally was to be expected.

This librarian recalled that when her mother was a girl there was no such thing as a saleswoman in the stores. Men filled all such places. This was sixty years ago. There were no women stenographers then, nor for many years after the universal adoption of that system of correspondence, and women as office clerks and assistants were not thought of. Now in every room in every great building in New York there are women assistants. In fact, they outnumber the men largely.

This was not all. In twenty years women had done more furious dancing than ever before. The stage had absorbed a countless number of young women who danced for a living. The librarian, whose views are being reported, knew of a young gentleman who was obliged to earn her living in an emergency in her household, and the only thing that she knew how to do that had salable value was dancing. This she had learned as a girl, as an accomplishment, and as a young woman she had danced in private theatricals and for the pleasure of her friends, until she was not only proficient but so clever and original that she was an immediate success on the professional stage.

When she had been a professional dancer for a month she was tortured by her feet. None of her shoes fitted her. When she wore no shoes she was all right, but she could neither dance nor walk in the kind and number of shoe she had worn for years. Neither would shoes a little bit larger do, and, scorning to jump whole sizes, she had her shoes made to order by a theatrical bootmaker and stayed at home in slippers while they were being made. From this it was gathered that the dancer's feet had become enlarged by the constant use of them, and the natural inference was that the same thing was happening to womanhood in general now, since the woman who does not work has some kind of an occupation that keeps her more or less upon her feet.

It may be that she is a suffragist and a leader, and the duties consequent upon that position involve much moving about and allow little time for idling in easy chairs, with crochet work or a popular novel. Other women of wealth and social position are more than ever engaged in benevolent work of organizations to which they belong. They are Directors or executive officers in them and have business to do which keeps them on their feet. In short, nearly all women are up their heads permits.

There is more corroboration of the idea that small feet are no more in a visit to

a dozen of Broadway and Fifth Avenue shoe stores. Obviously, if the shoe manufacturers are not making small shoes the women can't be wearing them, but it is not asserted that none of all are manufactured, and it becomes a question how great is the decline. Only two or three of this dozen shoe stores keep a smaller size than 3. Only a few of them keep widths in sizes less than 3½. None of them keep AA widths.

Now, the curious thing about all this is that the size of feet has not changed. Dr. Haven Emerson of 120 East Sixty-second Street, Assistant Professor or Demonstrator of Physiology in Columbia University, made this point clear in conversation on this very subject yesterday. He was asked to explain what physiological changes had taken place in the womanhood of the country as a result of the change in the daily occupation of women, taking it for granted that the size of their feet had increased.

Dr. Emerson declined to discuss the subject on a physiological basis. He was sure that all biologists would agree with him when he said that changes in racial types scarcely be detected in the passing of centuries, with perpetual changes in living conditions and environment, and it was not, therefore, to be considered that any change of daily habits of life could change the size of women's feet in a few decades.

The fact was that women's feet had not grown smaller at all. Women were wearing larger shoes. That was all. They were wearing larger shoes, Dr. Emerson said, because they could not do what they have undertaken to do in the same shoe that they used to wear when they put their feet to little use.

Dr. Emerson did not think this was so much a cause for regret as it was for congratulation. "The feet were the same size, but the shoes were bigger. A woman could sit comfortably in the parlor or move about at a reception, with intervals of rest, in a tight-fitting, short shoe. But when she attempted to play tennis or go over the golf links in a shoe of that kind she would quickly come to grief.

Women had learned apparently that they could neither be active on their feet nor efficient in their labor or play unless they wore shoes the size of their feet, and this did not mean the exact measurements, with the foot compressed, but a shoe that permitted the foot to work. Because a foot could be packed into a shoe was no indication that the shoe was the correct size.

"Any one could discuss this matter with you quite as well as a teacher of physiology," remarked Dr. Emerson, "but perhaps I should point out that the credit

for this change for the better in women's footwear is due to the orthopedic surgeons who have been untiring in their efforts to have sensible shoes adopted.

"Dr. Virgil P. Gibney, professor of orthopedic surgery in the College of Physicians and Surgeons; Dr. Royal Whitman, the clinical professor; Dr. Goldwaite of Boston, Dr. Reginald H. Sayre, Dr. Ashley, or Dr. Henry Ling Taylor and others of equal prominence have been calling attention to the injurious effects of tight shoes for so long a time that a discussion of the subject is trite to them.

"I presume that any orthopedic surgeon will tell you that a large percentage of his patients owe their deformities to tight shoes.

"I assume that the result of all this education is now becoming manifest. The shoe men are making more sensible shoes and making them bigger, and bigger shoes are being worn."

Dr. Emerson did not deny that the feet might fatten with the rest of the body, but this would be an abnormal tissue growth in an individual case, and in no way affecting the wholesale trade in small shoes. It was known also that people who lived on the sea became flat-footed, but this was only an adjustment to usage. As soon as seagoing people settled in the city the foot came back to its normal poise. In brief, the shape of the foot never changed except from an injury.

Feet became deformed from wearing tight shoes and backs and abdominal sections also become deformed from wearing them, but no deformity came from wearing large shoes. These allowed the foot to assume its natural shape, and whatever beauty was in it would be heightened.

No one woman had ever succeeded in making her foot beautiful by cramping it. Dr. Emerson expressed the idea by saying that the Chinese women had tried for centuries to make their feet smaller and had only succeeded in each case in getting a club foot. The foot of the Chinese child born to-day was no different from the foot of the Chinese child born a thousand years before the Chinese began the attempt to stunt the feet of