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## The "Flat Footers"



The "Flat-Footer" Dance, One of the Exercises Taught at the New English School of Walking.



Miss Annie Spong, Head of the "Straight-Line" Cult, Teaching a Young Pupil How to Swing the Arms in Walking.



"To get most benefit out of walking the arms should be swung until they are level with the shoulders."

### A New Health Cult Which Teaches

### You How to Walk All Over Again

If a child does not know how to walk at two years he is considered backward, yet most people go through life without having accomplished the art—that is to say, without being able to walk properly.

This is the theory of a number of well-known hygienists who attribute many of the ills to which human feet are subject to the manner in which these extremities are abused in walking.

A school has just been established at Hampstead, London, to teach people how to walk. The system taught there is known as the natural or "straight-foot" method, or, as it is sometimes referred to, the "flat-foot" system, the latter designation, however, having no reference, of course, to the pedal deformity known as "flat-foot."

This school is conducted by Miss Annie Spong, and is attended principally by children of from six to fourteen years of age, although there are quite a number of adults who, realizing that they do not know how to walk, are taking the course to learn how.

Upon arriving at this novel walking school, the pupils remove their shoes and stockings. This is absolutely necessary, for most of the evils of modern incorrect walking are believed to be due to the faulty design of shoes.

In their bare feet the pupils are then taken through a series of exercises devised to correct the bad walking habits into which they have fallen.

Miss Spong believes that the proper way to walk is to utilize the whole sole of the foot, that is, to keep the sole absolutely straight. That, she believes, is the way nature intended us to walk, and any other method puts too much strain upon the ligaments and tendons supporting the arch of the foot.

In which the heel is raised an inch or more from the ground while the sole is only a quarter of an inch thick, the ball of the foot is called upon to take an undue share of the work of locomotion, and the common result is flatfootedness, or obliteration of the pedal arch as well as knock-knees and general limpness. Not to say anything of the loss of grace and poise incident to a natural method of walking.

The "Flat-Footers" Believe in Walking Squarely on the Sole of the Foot—Which Is Impossible with Modern Shoes.

men. Dr. Francis Cavanagh, the well-known English writer on hygiene, explains it as follows: "If there is any mathematical figure to which the shape of the inner edge of the sole must approach, it is that of the straight line, most emphatically not that of an angle with its apex at the side of the ball of the great toe. An angle in the opposite direction would do less harm, because the powerful tendons passing along the top of the foot would greatly nullify any attempt at such distortion."

"With the angle directed as it is in the majority of shoes, the deformity caused by this is actually increased by the tendons of the foot and is consequently difficult to recover from, so that a union once formed is almost incurable, and bunions are among the commonest evils induced by pointed shoes. Excessive straining of the ligaments, which is nearly always responsible for the condition known as flat-foot, arises when the weight of the whole body is continuously borne by the front of the arch. Standing with the weight mostly supported by the heel

could scarcely ever bring it about. To utilize the ball of the foot in walking imposes a greater strain than is intended or necessary upon

a factor of the foot which makes for poise, elasticity and activity and disregards a mechanical device which nature has placed at our service, but which the prehistoric genius who first gave shape to our shoes for some reason or other completely disregarded."

While Miss Spong believes that bare-footed walking is the ideal method, she realizes that present-day conventions make this impracticable, but she insists that her pupils shall follow the straight-foot idea out of school as well as in school by wearing heelless shoes, or, rather, shoes whose heels are no deeper than the soles.

In connection with the straight-foot idea, Miss Spong's pupils are taught how to swing their arms gracefully in walking. This swinging of the arms was intended by nature as an incident to walking and should not be checked. It is one of the things which makes walking the best exercise of all, giving play, as it does, to most of the muscles of the body.

At the Spong school the flat-foot method is employed in dancing as well as in walking. Despite the admitted grace which the professional toe-dancer acquires, the "flat-footers" contend that natural poise and elasticity is best attained when the sole of the foot is kept absolutely straight.

trate some of the exercises practised by the pupils at Miss Spong's school. With their arms swinging straight up level with their shoulders, the children look a good deal like the familiar illustrations of the early Egyptians and Chaldeans, who were possibly the first people to practice the "straight-foot" idea.

"Walking is the best exercise in the world," said Miss Spong, "if it is undertaken properly. But with the unhygienic shoes worn by the great majority of persons, it can be nothing but harmful."

"Correct walking is an ideal exercise because it brings almost every muscle of the body into play. The more self-evident of these muscular motions accompanying walking are the opposite-sided swing of the arms, the movements of the abdominal muscles, the contracting of those of the loins and back and the stiffening necessary to hold the head erect."

"As the arms swing, the shoulders are brought into play, which involves the pectoral muscles and exercises the ribs and thorax."

"I wish that every one could walk bare-footed. That undoubtedly is the ideal way. If there were no such thing as shoeleather, there would be no such thing as corns, bunions, chilblains and similar ailments and very little flat-footedness and other more serious pedal deformities."

The pictures on this page illus-

### She's Exiled to Save Spain's Throne

Paris, Jan. 30.  
"A LAS, poor Alfonso! I knew him well! He was a King of most excellent discrimination," etc.

Not literally, but in words to that effect, La Forarina, the dazzlingly beautiful Spanish dancer thus refers to the exalted cause of her enforced exile from her native Spain—virtually a case of exile to save a throne!

In a material sense La Forarina's exile to Paris is costing her nothing. Quite the contrary, for her beauty and ability as a dancer would have made her a favorite with Parisians even without the valuable reclame of having to leave her country for her country's good because its reigning monarch could not resist her fascinations. As the matter stands she is quite likely to duplicate, or even improve upon, the success of Gaby Deslys—although, in her own case, the king in question is still tolerably well seated on his throne.

It was the generally accepted theory that the Portuguese monarchy owed its overthrow mainly to young King Manuel's reckless devotion to Gaby that stirred King Alfonso's Ministers into revolt against a possible similar situation in Spain. Alfonso has always been personally popular with the Spanish people, and up to the time of Manuel's dethronement they were benevolently inclined toward the gallantries of their own ruler. But the upheaval in Portugal made La Forarina too valuable an argument for the cupidity increasing party of Republicans in Spain, and the mass of Spaniards, still loyal to the monarchy, began to murmur their protests.



La Forarina, the Dancer Who Threatened Spain's Throne.

### A Good Fly, Whose Young Eat Up Pests

It is not generally known that but for a minute fly, known as the hover-fly, the food supply of every terrestrial animal would quickly terminate. This disastrous state of affairs would come about as a result of the activity of the pernicious green-fly which, if unchecked, would in a short space of time, destroy every green plant

or tree on the surface of the earth. Some remarkable photographs of this little sentinel of nature are shown herewith. The importance of its function may be imagined when it is considered that a single green-fly may be progenitor to no fewer than 904,900,000 individuals during the two or three weeks of its life. When the green-flies become too abundant, however, the hover-flies quickly appear and their work of destruction goes on persistently until the proper balance is restored.

As soon as a mother hover-fly detects a green-fly on a leaf or stem, she places an egg there. Three days later a tiny yellowish grub emerges from the

egg, which when fully extended, is not more than one-sixteenth of an inch in length.

The grub travels down the stem until it comes upon its first green-fly. Thrusting its head forward, the grub seizes the fly, stands upright on the tail-end of its body with the green-fly elevated in the air and proceeds leisurely to suck the pest to death, and this, in spite of the fact that the victim is several times larger than its captor.

On the first day of the campaign, the hover-fly grub is satisfied with three or four captures, but day by day its appetite increases in an astonishing manner. At the end of ten days the grub eats its enemies at the rate of one a minute.

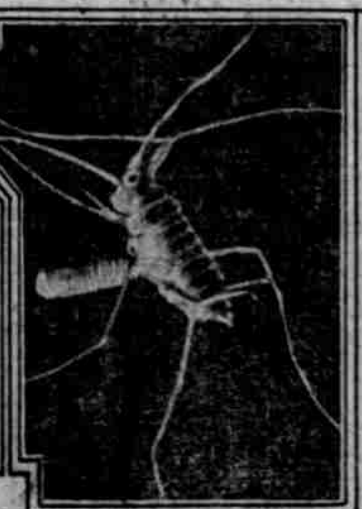
The feats of this grub are the more

remarkable when it is considered that it is blind and finds its prey only by rapidly thrusting its head here, there and everywhere as it travels. Sooner or later its nose comes in contact with a victim, when a three-pronged fork, or trident, at its mouth is immediately thrust into the green-fly's body.

At the end of the ten days' feeding period, during which it has disposed of thousands of its natural enemies, the grub's appetite begins to decline. It attaches itself to a leaf or stem by the trident at its mouth. There it hangs for another ten or twelve days, its skin hardening and becoming of a golden brown color. After that time has passed, the chrysalis bursts and a shining black and yellow-banded hover-fly emerges.



The Injurious Parasite on a Sweet Pea Bud.



Hover-Fly Grub Enlarged to Sixty Times Its Natural Size.



The Larva of the Good Hover-Fly Spearing a Pest on the Pea Bud.



The Larva Raises Its Head and Sucks the Juices from the Pests.