

## WALKING TO WORK

The A.C.E. Tells Us How To Do It Properly

**B**ECAUSE of lack of use the average modern person's feet and legs are less efficient than they were in the good old days of Shanks's mare. But now many people who formerly rolled off to work or play in their cars are going to have to walk, and it will do most of us a world of good.

But those who have made a study of the workings of human muscles and bones and the ideal posture of the body at all times, tell us that to get the full benefits from this new habit, we must walk in the *right* way.

It is a simple matter to understand the secret of good carriage. We have three separate sections to our bodies—one of these is our skull, the next the cage made by our ribs and backbone, and the third is the ring made by our pelvis or hip bones and backbone. These parts are joined together, of course, by the neck and the lower part of the spine. The secret of good carriage and all that this bestows, is to hold oneself so that the skull is directly above the centre of the rib cage, and the rib cage directly above the pelvic girdle or hip ring.

A simple experiment will help us to see why. Suppose three cotton reels represent our three sections. Put them one on top of the other. That corresponds to the ideal way to stand, so that an imaginary line drawn through the centre of the skull would go down through the centres of the rib cage, and the hip girdle, and strike the ground between the arches of the feet.

Now move your cotton reels so that the top one rests more than half-way across the second one, and you will find, unless you are using very squat, broad-based reels, that they will tip over unless you push the second one back a little. And that is exactly what happens to the line passing through the centre of skull, ribs and pelvis when someone stands and walks with his or her head jutting forward.

Next we come to the problem of how to balance the body on the legs. We want the hip girdle level and the lower part of the back flat, not hollow, so the legs must walk along a little in front of us. If you are hurrying down a slope and are not wearing terribly high heels, you will find that you keep your back well balanced and your head up but throw the legs and hips forward a little and take all the jar on the elastic, shock-absorbing thigh, knee, ankle and foot joints. If you do this, then try to get the feel of that hip position and of the position of the legs, and see if the way that you walk on the flat, is on the same principle.

Of course, there is the question of feet, and how they are shod. We can't walk with a free swing and a well poised body if we are crippled with flat feet, corns or bunions, or if our heels are too high, our toes cramped, or the soles of our shoes so thin that the pavement or the stony roads bruise our feet.

But one can have foot treatments, and one can buy attractive yet sensible shoes, that will be flat enough, wide enough, and thick-soled enough to make walking a pleasure—and water-proof enough to give real protection in damp weather.

Most women who walk to work will find that it pays well to buy an extra pair of shoes of this type if they have none already. They can change when they get to work. Those who do wear the same shoes all day, after walking to work in them, should be very careful to avoid patent leather, or wearing goloshes for longer than necessary. Patent leather or rubber keeps the moisture in, and after a brisk walk it is impossible for the feet not to have perspired to some extent.

Feet, it seems, were intended to perspire a lot because we have more sweat glands to the square



## STRIPES HAVE CHARM

Charm and grace are heightened by this unusual use of the broad stripe. Effective, yet simply achieved, width of material is placed across the front of the figure and caught low at back with a central seam running to hem. Note the natural flare and pointed train.

Bodice is tailored to the figure with button fastenings at back, squared décolletage and off-shoulder sleeved topped with a staccato flounce of the striped material.

This model, in heavy silk, is essentially flattering to the older woman.

inch on the sole of the foot than in any other part of the body, there being over 80,000 on the average-sized sole.

Those whose feet need hardening can make a solution of camphor and methylated spirits: say sixpence worth of camphor in eight ounces of methylated spirits, and rub this into the feet at night. This is also good for the circulation and tends to check perspiration odours.

Those who have studied the matter thoroughly tell us that to make a habit of this good carriage and smooth motion, when walking, will affect our poise, sporting skill, and dancing ability while we are young, and our figure, health, dignity, and authority as we get older.

(From a talk prepared by the A.C.E., Home Science Tutorial Section of the University of Otago, and broadcast on February 26.)

## WHILE THE KETTLE BOILS

Dear Friends,

Calling all bachelor girls once again!

Last week we talked on food; what a self-supporting business girl should eat—and what she shouldn't.

To-day I thought we might talk about dress—that problem of a business girl's life. She is not like her leisured sister; she cannot wear overalls or little house-frocks; she cannot comfortably relax and let her nose shine like glass. And who cares? She has to work hard from nine till six—and look trim and neat while she's doing it. A girl's job often depends on these things, and the same thing applies in securing a job. A prospective employer is impressed most by a neat and appropriately dressed applicant; which is not to say that a girl should look "officey" in her dress—far from it. Any firm likes to see female employees looking smart and attractive.

The four cardinal sins to avoid are—over-dressing, extreme styles, too elaborate a coiffure, and too much make-up. Most business girls have a "sense" in these things, and instinctively re-act along the correct lines.

Dressing for the office, whichever way you look at it, is a problem. Girls are compelled to dress for the weather, and for the best part of the year in New Zealand there is a nip in the weather. Which brings us to costumes. They are the answer to a business girl's prayer. They have the merit of making their wearer look spruce and well groomed, and they become a necessity in the cold weather.

Now autumn is approaching, costumes come under consideration. Even if it is for the office, a costume can still be as smart as you can make it. Skirts this year are slim and short—but not too short. Jackets are brief and fitted with wide lapels—or a half length swagger coat is again in the fashion. Collarless jackets are also to be seen this season with gay scarfs tucked in at the neckline. Satchel bags, by the way, lend a dashing note to a costume.

The business girl should always have three or four good silk blouses, and two or three jumpers on hand to wear with her suit. These should be made well-fitting, so that when she discards her coat in the office she looks equally smart and spruce.

An excellent idea, though it may mean an extra preliminary expense, is to have two skirts made with a costume. The skirt comes in for most wear during office hours, and if worn alternately, week and week about, will double the life and appearance of a suit.

On the question of make-up. It is a good plan to keep a little beauty kit at the office—powder, lipstick, foundation and cold cream, and face cleaners. Remember a well tended face and hands are as important as a neat costume. At lunch-time, don't repair your make-up, remove it and add a fresh one. A patched-up complexion is never successful, and the other will repay your little extra time and trouble. Move lightly with lipstick and rouge. Office daylight is ruthless and revealing, and that extra spot of colour will keep till you get home at night under the electric lights.

The bachelor business girl who does her own house-keeping has to contend with two important facts—limited space and time. Usually one room is her kingdom, and she has only her own self to rely on for getting things done.

Yours cordially,

*Cynthia*