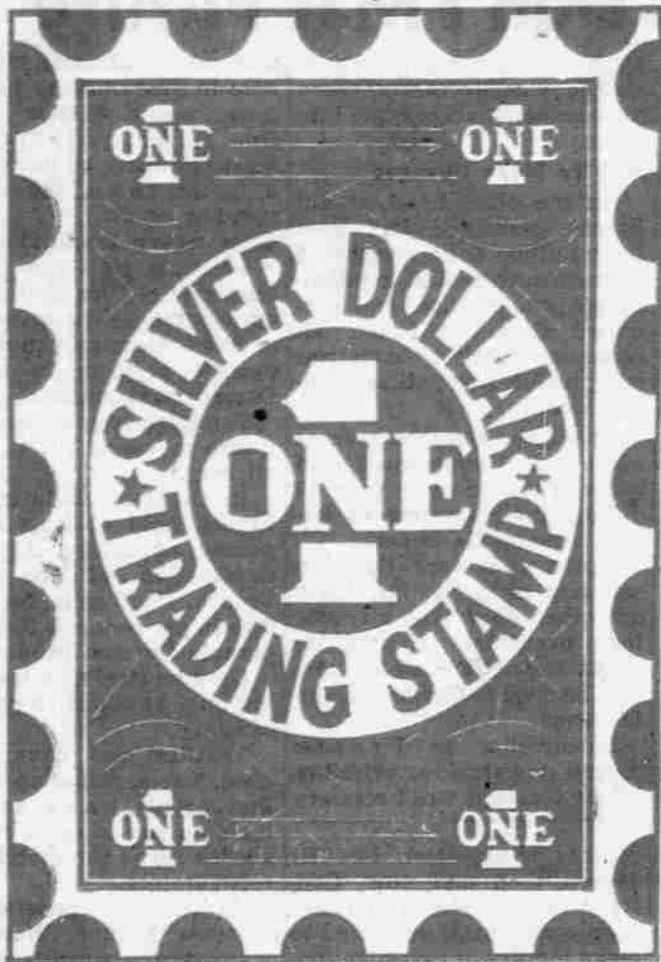


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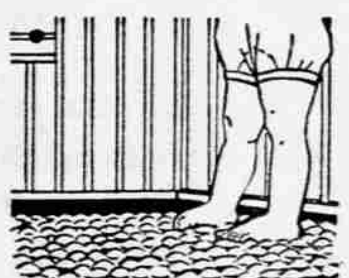
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- Baby's Flat Feet
- Arthritis Of Spine

Q. Is there a right and wrong way to teach a child to walk?
A. Most children do pretty well with little more help than hand-holding. What youngsters walk on during the learning process may be more important than how they are helped. A Washington, D. C. doctor believes that learning to walk on a smooth, flat surface may lead to flat feet. He watched barefoot Indian babies toddle around on pebbly ground and saw how their feet responded to Mother Earth's carpet. Taking this cue, the doctor made a playpen pad studded with knobs to simulate pebbles. When babies are placed on such a pad, the toes make a grasping movement. The foot is unable to turn outward and tends to toe in. This helps form a good arch. Children who learn to walk on such a surface would very likely develop good feet just as do primitive people who almost always have perfect feet and excellent gait.



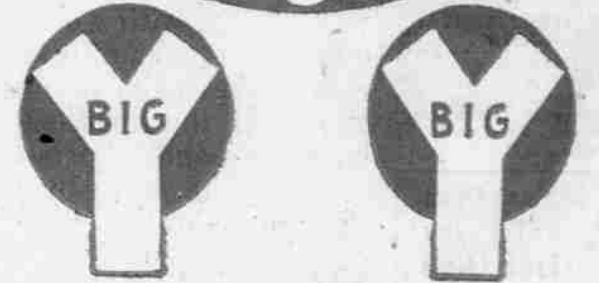
change in climate help?"—A N. J. reader. A. It might help but where to go is a problem. Altitude may be a factor in some allergies but one person may do better at high altitudes—another worse. The situation is about the same in the case of arthritis. Some arthritic sufferers are helped by a change of climate, especially when they move to a dry, warm climate such as that of Arizona or New Mexico; others may do better in warm, moist conditions prevalent in Florida and similar places. If your doctor advises a change it would be wise to go for a trial period. Unfortunately, it may take as long as a year to tell whether there has been any benefit.

Answers do not necessarily reflect the opinion of all doctors. The diagnosis and treatment of disease is the function of the patient's personal physician. Questions directed to Science Editors, P.O. Box 396, Madison Sq. Sta., N. Y. 10, N. Y., will be incorporated in these columns when possible.

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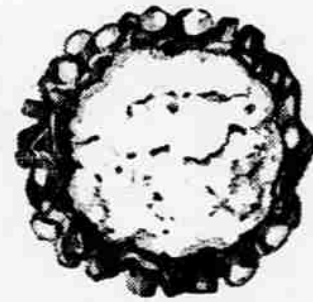
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