

SURE-FOOTED:

One of the biggest health hazards that older people face is falling down. To address this problem many gerontologists recommend that their patients wear shoes with thick, soft soles, like the running shoes available these days. But do such shoes really help senior citizens to keep their footing?

Doctors from the Montreal General Hospital asked 25 men aged from 61 to 82 to walk on a 10 yard balance beam that was resting on the floor.

Each man was tested barefoot and while wearing different pairs of shoes, with soles ranging from thin to thick. Researchers counted the number of times each man lost his balance.

Surprisingly soft soled running shoes offered far less stability than hard, thin soled shoes. And contrary to popular belief, all the men teetered most when barefoot.

So if you feel you are not as sure-footed as you once were, don't pussy foot around and try wearing shoes with thin, hard soles made of leather (or hard rubber, such as traditional Chinese cotton Kung Fu Shoes).

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NOTES ABOUT COLD:

PREVENT COLD BY COVERING YOUR HEAD WHICH LOOSES 1/3 OF YOUR BODY HEAT. COVER ALSO YOUR NOSE WHICH LOOSES 50% OF YOUR HEAT (AT THE LEVEL OF THE HEAD OF COURSE).

PREVENT COLD FEET BY PUTTING HAY OR NEWSPAPER AS SOLE. DAMPNES IS WHAT CAUSES COLD. IF YOUR FEET ARE WARM THE REST OF THE BODY IS ALSO WARM.

MAKE SURE YOUR SHOES ARE NOT TOO TIGHT AND THAT THE NEWSPAPER SHEET IS FOLDED 4 TIMES (1/2 A SHEET SHOULD DO IT). CUT THE EXCESS FROM THE HEEL, & CHANGE OR REPLACE EVERY NIGHT (OR AS OFTEN AS NEEDED).