

Seniors Nothing wrong with talking to yourself

By FLORENCE WILKINSON
Old folks are noted for talking to themselves. But it is not their exclusive right. I remember at one camp clean-up when I got disgusted with myself and said "well, not that, Florence!" only to discover that the woman working beside me was called Florence as well. That is one way to become acquainted! I had been broken of the habit of humming to myself when I started school, but no one had broken the habit of talking to myself.

After all these years I am now finding out that at least one psychiatrist believes that it is a good thing to talk to oneself. A

Seniors for the Future

person does it in time of stress and anger, crowded times, etc., etc., and it keeps one from spinning out of control. In most cases it even manages to keep people psychologically healthy, and saves some doctors bills.

The discovery about this talking to oneself is that it is actually thinking about our thinking.

Now I know how it is possible for so many seniors to take up all these modern gadgets and work them as well as their grand-

children - they are talking to themselves while they think through all the intricacies of the computer programs, piano lessons, law courses, etc. Just think of all the competition the next generation may have if it becomes accepted as healthy to be talking to oneself. There will be too many people trained for each job and enforced retirement will cease to be respected in the work place. There will be more income to support all those demands made upon the government and society, and generation gaps will cease to be prominent as a guide to societal structures and events.

Think what might happen if the educational system accepts talking to oneself in class as a sign of mental health and scholastic achievement. Maybe my great nephew, after all, will be allowed,

before he gets too far in school, to hum out loud to himself as he works.

So here's to talking to oneself! There is only one catch. One who does this must be sure to

recognize his or her audience and know who is listening. Wishing you good talking to yourself.

You're as young as your feet

(NC)—Feet that lead the body through an active life year after year need regular servicing just like any other moving machine. The parts of the foot must be maintained so they can keep pace with your healthy lifestyle.

According to the foot health experts at Dr. Scholl's an average pair of feet will walk about 115,000 miles in a lifetime—more than four times the distance around the world. If longevity runs in your family, you could far surpass that mark.

It's normal for your feet to broaden and flatten after years of bearing the body's weight. While men's feet generally begin to change when they are in their 40s, women's feet usually show signs of change when they are in their 30s. As you grow older, you lose fatty tissues in the feet and muscle performance becomes more limited. Normal walking can be a chore and everyday stresses can develop into serious strains. But that doesn't mean you should head straight for the rocking chair.

"Because feet change as you mature, it is important for older adults to pay particular attention to proper foot care and exercise" say the experts of Dr. Scholl's Foot Health Advisory Board and they offer the following tips to help keep mature feet in prime condition:

•Walking is one of the best ways to keep your feet—and the rest of

Footnotes for Seniors



you—fit. Walking helps the body's cardiovascular system transport blood and oxygen more efficiently, which in turn increases a body's capacity for work and reduces blood pressure. Before you begin a walking program, choose a good shoe with adequate support and cushioning. It should be roomy in the toe area and hug the heel without being too snug.

•Protecting feet: Sore feet can be helped by cushioning and caring for the feet. Adding insoles to shoes for extra cushioning, for instance, can help protect the bottom of the feet which have lost some of their natural padding due to the aging process. In winter, insulated or wool fleece insoles can help protect feet from the cold and dampness, and help prevent frostbite or chilblains.

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