

DRAFT

Walking Through History

A Short History of Shoes

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Climatic evidence suggests that people were probably protecting their feet from frigid conditions by about 50,000 years ago. Changes in foot shape and strength indicate that people were using footwear with substantial soles by about 30,000 years ago. However, the earliest examples of actual footwear, a pair of sandals found in California (U.S.), date to only about 9,000 years ago.

During the Kassite period (c. 1600–1200 bc) in Mesopotamia, soft shoes were introduced by mountain people on the border of Iran who ruled Babylonia during that time. This first type of shoe was a simple wraparound of leather.

And, until a hundred years or so ago, there were no left and right designs to shoes. Practical people, though, would switch shoes each day so that the shoes wore evenly on either side.

Early man made his own shoes, and some people continued to make shoes for themselves and their families until recent times. Shoemaking, however, soon became a job that everyone who could afford to left to skilled workers.

Until the last couple of centuries, the design of men's shoes was given more attention than those for women. Women's feet were often hidden beneath long skirts. Men had a greater variety of styles and ornaments; women usually wore shoes of more delicate materials. Working people needed sturdy, practical footwear. Wealth people wore shoes that showed they didn't need to work and, in some cases, even to walk. Children have usually worn smaller versions of adult styles.

One of the foremost men's shoe fashions in the Middle Ages was the crakow (or Krakow).

Following is a small version of a medieval trepanning operation which was actually used to illustrate the wearing of cracows, pointy medieval shoes (A larger, color version appears at the end of this document.)

Illustration from the *Anathomia* of **Guido da Vigevano** (see biographies below)

“Physician and patient wearing crakows”



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“**Cracow**, also spelled *crackowe* long, pointed, spiked shoe worn by both men and women first in the mid-14th century and then condemned by law. Crakows were named after the city of Kraków (Cracow), Pol., and they were also known as poulaines (Polish). Crakows were admired on the feet of the courtiers of Anne of Bohemia, who married Richard II of England. The exaggerated toes were imitated even in armour.”

Facts about crakow: popularity in Middle Ages, as discussed in ... Facts about **crakow**; popularity in Middle Ages, ...III enacted a law that the spikes, or points, of shoes should not exceed the length of 2 inches (5 cm),

Head Over Heels - Middle Ages Some odd shoe fashions developed in the middle ages. One being the Poulaine or **crakow** shoe which began to appear in western Europe in the 12 century.

Cracow | Guide | Krakow Wawel | Cathedral Arthur Potocki, who strove for a kingly role in Cracow following the theft But once at the top you will find an expansive view of Cracow - not the best

Footwear of the Middle Ages An ongoing examination of the history and development of footwear and shoemaking techniques up to the end of the 16th century.

Programme - VGB PowerTech Old Town dating from the Middle Ages, the Wawel hill with the Royal Castle and the Market Please wear sturdy shoes Meeting place: Sheraton Hotel Cracow

Some extant clothing of the middle ages (photos) Extant Clothing of the Middle Ages. Assembled by by Cynthia du Pr Argent 1220, Shoes of the Holy Roman Emperor. Kunsthistorische Museum, Vienna

Answers.com - What kind of shoes did men and women wear in the ... People in the Middle Ages wore turn-shoes, which were very simple. Below, there is a link to a very short article on them, but it does have a picture.

Social programme - 14th International Congress of Radiation Research Cracow (Kra k w) is one of the most attractive cities in Europe built by many generations women's and children's shoes taken from their victims; there are also and weaponry from Poland and elsewhere in Europe and the Middle East. List of English words of Polish origin - Wikipedia, the free ... Crackowe, cracowe, crakow, crakowe,, A long, pointed shoe popular in the 14th-15th centuries, Middle English crakowe Cracow, the English name of Krakow.

Biographies -

Guido da Vigevano (c 1280-1349) ~ **Mondino dei Luzzi** and **Guido da Vigevano** * are two great names in the history of medieval anatomy, the former by his *Anothomia Mundini*

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that was probably the first book of anatomy based on the dissection of human bodies, and the latter by the plates of his *Anothomia designata per figuras*. **Guido da Vigevano** was born in Lombardy towards 1300 and was the physician to Emperor Henri VII and Jeanne de Bourgogne, Queen of France.

Guido was Italian and technically well versed. He was court-physician of the French king Philipp VI. The surgeons of his time did not have access to anatomical knowledge because they did not know Latin, and could not read the textbooks; this was the reason why anatomy became a type of philosophical exercise. The first official dissection was performed at the University of Bologna by **Mondino**, a pupil of Taddeo. Although dissection was indirect, being a sort of comment on Galen's texts, Mondino was the most important precursor of modern human anatomy. There were other human anatomists, such as **Guido da Vigevano** who suspended the corpses so as to be able to dissect them

