

The following article was submitted by Russell Strong of Charlotte, NC. It was taken from Discover Magazine, date unknown. Russell also submitted a U.S. census map showing the concentration of individuals listing British Ancestry. The map was very interesting but unfortunately was in color and would not reproduce in black and white for this newsletter. Anyone interested can find the map in the U.S. NEWS & WORLD REPORT drawn by Rodger Doyle, date not mentioned.

## Podiatrist discovers Celtic-Saxon foot differences

Discover Magazine

**T**he Germanic tribes of Angles and Saxons who invaded Britain in the fifth and sixth centuries A.D. left a significant legacy.

Their language evolved into modern English, largely replacing indigenous Celtic tongues.

Some of their laws formed the basis of English common law.

And their feet, it now appears, formed the foundations of modern Englishmen.

Or so says Phyllis Jackson, a retired Gloucestershire podiatrist.

Jackson got her first inkling of a distinctively Saxon foot during World War II, when Hereford, the small city in western England where she lived, was flooded with refugees from more significant cities which were being bombed by Germany.

Some of these evacuees became Jackson's patients, and some of them turned out to be of Celtic descent — Scottish, Irish, Welsh and Cornish.

"Poor things were coming to me with awful bunions," Jackson recalls. "I realized that the foot shape I was dealing with was quite different from the English one I was accustomed to."

Traditional English feet, Jackson says, tend to be broad and somewhat pointed — the toes form a steep angle from the first to the fifth.

The Celtic-descended evacuees, in contrast, had toe tips that were almost even

with one another, and their feet tended to be longer and slimmer — except for a bulge at the base of the big toe, where bunions form.

Because English shoes are modeled on the typical English foot, many of Jackson's new patients "couldn't cram their feet into that shape of shoe." Hence they developed the bunions.

After retiring from podiatry, Jackson took up amateur archaeology.

Examining the skeletal remains of a few dozen Saxons and Celts from a 16th-Century cemetery, she found she could readily tell them apart. The Saxons were the ones buried with bronze brooches and amber necklaces — and they also had feet shaped like modern English feet.

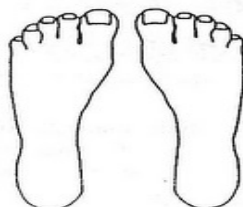
Jackson also found a distinctive feature in the cuboid bone, just beneath the fourth and fifth toes: It was more square in Celts.

Aside from stimulating people of British descent to take a closer look at their extremities, Jackson's research — which has not been subjected to formal peer review — may help British archaeologists.

They have traditionally relied on burial artifacts to distinguish Celtic from Saxon skeletons, thus glossing over the likelihood that some Celts adopted Saxon ways.

"What she is offering is a possibility of being able to sort out the immigrant from the indigenous population," says archaeologist Barry Cunliffe of Oxford.

"She needs a bigger sample, but she's spotted differences that are very real and very well worth following up."



Celtic



Saxon