

ourselves upon the functions of the body in order to keep it healthy. The foot has, through lack of information, been neglected and its functions abused, although it is an important part of the body—as finely constructed and adapted to its particular function as the hand, the eye or the ear.

What do we do to our feet?

We raise them upon heels of such a height that they cannot balance the body as they are made to do, and we cramp them into such narrow boots that the muscles and joints are unable to have free play for carrying and moving the body.

Not only do we prevent the natural use of the foot, but by the present-day fashions we create disturbances of general health and many pains and discomforts.

Narrow-pointed boots and high heels are the authors of hammer toes, bunions, corns, weak muscles, falling arches, many of the back aches from which women suffer, and much of the eye strain and nervous irritability.

The Paris (France) Academy of Medicine is so impressed by the ill effects of high heels upon the health of women that it has made an appeal to the public to end this injurious fashion.

On the grounds of safety, high heels also are an evil, as is proved by reports from the United States stating that during the year 1916, 1,149 people were killed and over 4,000 crippled from falling downstairs while wearing high-heeled shoes.

National efficiency and security have also been affected. According to one authority, "Sufficient men were rejected among the Canadian forces to form several battalions, on account of bad feet," while the American Museum of Safety states that 90% of the civilian population have feet more or less deformed, resulting in lessened efficiency, and one child in every five in the high schools in New York was found to suffer with weak arches, practically all due to tight shoes.

On the other hand, it has been shown that the feet of all non-shoe-wearing races are perfectly normal and symptomless.

The fact of the matter is, that while we cannot do without shoes in this country, we can at least see to it that our shoes do not cause injury to health. We have got this foot matter all wrong and our shoes are of wrong shape. They offend nature, they torture us, they cripple us.

A little thought will convince anyone that strong and useful feet are absolutely essential to good health and active life, and a determination to have shoes which will fit the natural foot will result.

If the public will demand a sensible shoe, then the manufacturers will supply it.

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