



narrow toes make the wearer throw her weight back on her heels, and so weaken the ball-spring through lack of sufficient use.

IV

To be happy we must have health. To have health, we must be able to use our bodies normally and freely and gladly, as they were intended to be used. This is impossible without an unimpeded control over the feet. It is impossible for the majority of people to-day, because of the restricting and hampering effect of the average conventional shoe. An uncomfortable shoe makes an uncomfortable companion and a treacherous friend. If we are crippled in our motion, we shall be crippled in our manners. Even our morals will suffer. An excruciating shoe has spoiled many a good woman's temper and put hatred in her heart.

*Unimpeded
Control
of the Feet
Essential*

