

# YOUR FEET..



*..Their Treatment  
and Care*

*by Dr. Wm. M. Scholl*

## INTRODUCTION

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**T**HIS booklet gives you many interesting facts about the feet. It briefly explains their structure and their relation to your general health and well-being. It tells you the symptoms, causes and treatment of all common foot ailments. The points alone on care of the feet and prevention of foot troubles are invaluable. You may have occasion from time to time to refresh your mind on various subjects in this booklet, or members of your family or a friend may need the help it gives; therefore, preserve it for future use. It is the work of one of the foremost foot authorities in the world—WM. M. SCHOLL, M.D., whose experience in treating foot ailments of every kind and degree covers a period of over 25 years. If you wish any special information on the feet other than that given herein, you may obtain it without cost by addressing Dr. Scholl's Foot Comfort Service (see page 29).



## The Feet and Their Care

**S**TATISTICS reveal the startling fact that seven out of every ten persons have foot trouble in one form or another! Yet such widespread suffering could easily be avoided in the vast majority of instances.

Lack of proper care is at the bottom of it. We bestow so much care on the hands, face, teeth and hair, but pay only passing attention to the feet. The results are self-evident at every hand. So many foot sufferers have a careworn expression. Lines of pain and strain mark their faces. They walk with a shuffling gait and cannot enjoy outdoor sports, dancing or daily exercise, so necessary to health and longevity. What a price to pay for something so needless!

If you have a troublesome foot condition, do not neglect it any longer.

Twenty-five years of my life have been spent in laboratorial and clinical study of the human foot—its troubles and their correction. The suggestions in this little booklet arise out of that experience. The treatments recommended are not experiments; every one has been proved with marked success.

Of this I am certain: whatever your foot trouble may be, it can be relieved and corrected. Begin to-day to give your feet the attention they should have. Find the treatment in this booklet recommended for you. Follow it out faithfully, and you will enjoy immediate relief and permanent correction.

## Foot Troubles Affect the Whole System



**L**IKE an electric system, aches and pains in the feet are quickly communicated to all parts of the body.

Long before we understand *how* it is that we know, even while we are yet very young children, we realize that it *does* hurt us when we touch something hot or step with bare feet on some sharp or uneven surface.

The nervous system may be likened to the branches of a tree—larger nerves that correspond to the big branches and smaller and yet smaller nerves that go out from these like the little branches and tiny twigs. And we are told that the tiniest nerves in our body are so very small that they cannot be seen with the naked eye and that there are so many of them that they cannot be counted. Each one of these tiny nerves can "feel," and can send a message through the nerve system to the brain, which tells us instantly whether the thing we feel will give us pleasure or pain.

When we understand that the nerves in the feet are *tiny* branches of the larger nerves of our legs and bodies we see why pains in the calves, in the upper limbs and even in the back can be directly caused by some undue pressure on the nerves down in the toes.

Headaches, backaches, digestive disturbances, rheumatic or sciatic-like pains in the feet or legs, fatigue, nervous irritability—these and other physical disturbances are often directly traceable to the feet. Therefore, never disregard foot pains or minimise their influence on your health.

# The Foot...

## a Delicate Structure

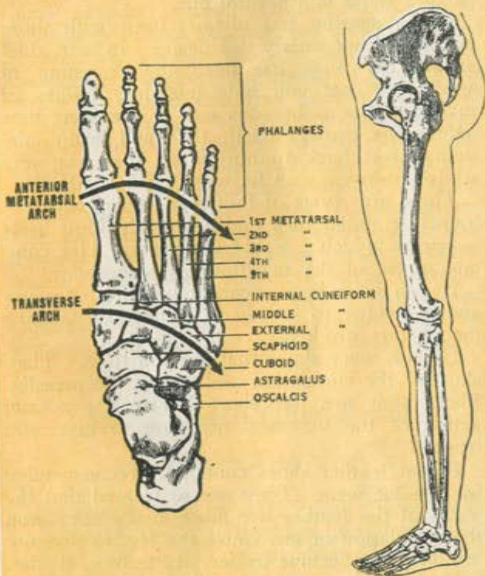
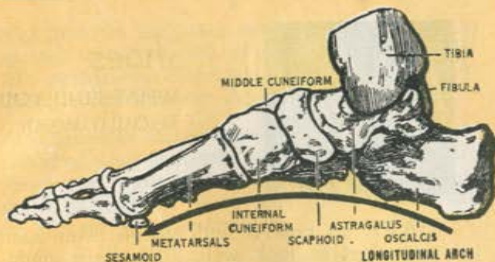
**T**HE foot consists of twenty-six bones perfectly arranged as piers and arches to support the body's weight and to allow for free play of the parts when we move about. The framework of the foot is held by ligaments, muscles and tendons, through which arteries, veins and nerves form a wondrous network.

We need not study this structure here in detail. Some of the functions of its different parts will be explained as various foot troubles are taken up on the following pages, and methods for correcting abnormal conditions that hinder this proper functioning will be shown.

But let me emphasize here the fact that the foot is a delicate structure. It has to be at once so strong that it will bear the entire weight of your body with whatever load is added to it, and so flexible and elastic as to give you grace and ease of motion.

Think of it in this light and give it the care that it deserves. If you have no foot troubles now, guard against them with care. If you have foot trouble, even of a minor sort, begin to-day to correct that wrong condition with the treatment recommended in this booklet.

*Do not neglect minor foot troubles*



TOP—Bones of foot and Longitudinal Arch.

LEFT—Bones of foot indicating Metatarsal and Transverse arch.

RIGHT—Framework of foot and leg—how weight is carried into the foot.



## Shoes

WHAT KIND YOU  
SHOULD WEAR

I HAVE no quarrel with people who want their feet to look well. To desire good-looking shoes is a natural one.

My sympathy has always been with those who could not satisfy this desire. In fact, chief among my aims has been the designing of appliances that will hide unsightly bulges of such growths as bunions and at the same time reduce the growth itself; that will bring misshapen feet back to normal so that neat and stylish footwear can be worn *with comfort*.

There are styles of footwear—those with extremely pointed toes and extremely high heels—against which I would warn you. Use common sense in the selection of your shoes.

If you have been wearing high-heeled shoes and a change to low heels is necessary, make the change gradually.

Do not wear shoes that are too tight. They shut off the circulation and cramp the muscles. Shoes that are too short hinder the normal action of the foot and are sure to give you trouble.

Patent leather shoes cannot be recommended for regular wear. They are so treated that the pores of the leather are filled: hence they stop the circulation of air, cause the feet to perspire too much, to become tender, to burn and blister.

Do not, however, blame all your foot troubles on your shoes. Your discomforts may not be due to the style and size of the shoes you wear, but to physical weakness; to your work if you do a great deal of standing or walking; to neglect of your feet, or to a weakened and

broken down arch that has caused your foot to spread, in which case you can find quick relief and permanent correction in some of the Dr. Scholl Foot Comfort Appliances.

When you have corrected the wrong condition of your feet, you will find that the stylish shoes you want to wear will hold their shape much better, will wear much longer and will be surprisingly comfortable.

Much advertising is done these days on "arch support" shoes, "flexible shank," "arch preserving," "arch resting" and other so-called "Corrective" shoes. After a most careful inspection of hundreds of brands, I have come to the conclusion that they utterly lack merit as curative shoes. No two feet being exactly alike and no two arches of the same shape and height, it is certain that ready-made shoes containing steel shanks of one standard elevation cannot relieve or correct weak or fallen arches. The only adjustment found in so-called arch preserving or supporting shoes must be downward. Where there is arch or ankle weakness, Dr. Scholl's Arch Supports should be fitted and adjusted to the individual requirements of the feet and to the style of shoe you wish to wear.

## Shoe Troubles Often Result of Foot Troubles



A broken down shank,  
the result of weak or  
flat-foot.

If you have foot troubles, do not blame your shoes if they hurt you, or quickly lose their shape. No shoes can long withstand the unnatural strains that structural weaknesses of the foot put upon them.

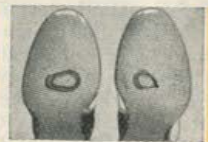
Weak foot, for instance—a condition in which the muscles of the foot are relaxed and the ligaments are not able to hold the foot in its properly formed position—shows itself often in the flattening of the shoe shank. And because it is the real cause of weak ankles it is also the cause of "wobbling," which makes the heels of the shoes run over and the counters bulge.



Run-over and crooked heels are caused by weak ankles.

When the weak foot condition has been permitted to develop into flat-foot the strain on the shoe is much greater. The shank of the shoe is often entirely broken down, the leather rips where it is attached to the sole and where the vamp is sewn to the upper. This condition

will soon make a sorry sight of the most expensive shoes, ruining their shapely lines, covering them with wrinkles.



Wearing the soles through in this manner is a sure indication that the arch across the ball of the foot has broken down.

A weakened anterior arch at the ball of the foot lets the foot spread, bulging the uppers out over

the sole. Again, the condition is evidenced by uneven wearing of the sole under the depressed bones.

Excessive perspiration, which is often a symptom of structural weakness in the foot, rots the lining of shoes and causes the leather to crack and break.

In the quick correction of foot troubles such as these, Dr. Scholl's Appliances and Remedies

are a direct and easily calculated economy. They make it easy to get shoes that fit and prevent the premature discarding of the fewer pairs you must buy.

## Stockings Often the Cause of Foot Troubles

Do not wear stockings that are too short. They are often as instrumental in causing deformity of the foot as ill-fitting shoes. When too short they interfere with the natural motions of the foot and cause such disturbances as bunions, hammer toes, ingrowing toe nails and flat-foot.

## How to Cut the Toe Nails

The nails should be trimmed, as a rule, once a week. A special nail nipper is excellent for this purpose. Do not pick the nails and tear them off. The uneven edges that are left are apt to injure the tender skin of other closepressed toes, or, at least, to cut the stocking.

Trim straight across, and smooth with a toe nail file or rasp, leaving the nail long enough to protect the end of the toe from pressure and irritation. Do not cut the corners back



The wrong and right way to cut the toe nail.

deep and make the nail too short—this practice is often the cause of ingrown nails. The illustration above shows the wrong and right way to trim toe nails.

## Bathing the Feet

Health and hygiene demand that the feet be given the most exacting care and attention, for absolute cleanliness will do much to keep the perfect, normal foot in good condition. There are more pores to the square inch on the soles of the feet than on any other part of the body.

Bathing the feet properly is the first requisite for perfect foot comfort. Dr. Scholl's Foot Soap is, without question, the most effective and ideal soap for this purpose; made in granular form, it stimulates the skin and increases blood circulation, opens the pores, purifies, deodorizes and induces a healthy, sanitary condition.

Bathing should be followed by a vigorous massage and then dusted with an antiseptic foot powder.

Those who suffer with hot, aching feet, with feet that tire and blister easily, will find under those headings on the following pages a most excellent and easy way of obtaining complete relief—the Dr. Scholl Home Treatment for the Feet.

## Children's Feet

What a blessing to have perfect feet! Most infants have them. It is in the development of them that abuse or negligence must be guarded against or they will lose their shapeliness, their beauty and their comfort. Mothers and fathers should be continually watchful during the earlier years that no wrong condition starts to develop in their children's feet, and should early instruct the little ones themselves in their proper care.

Good judgment should be exercised in the selection of shoes and stockings for the growing child, that they be of sufficient length and width to allow for the natural expansion of the feet. A child's foot grows very rapidly, so that it is best to purchase footwear larger than is immediately needed. Nature must have its course in the development of every joint and muscle. Do not run the risk of hindering this natural development.



*Pedo-graph prints of child's feet.*

When a child is learning to walk, its ankles are apt to seem weak. If this condition does not soon correct itself, a pair of Dr. Scholl's Arch Supports of a tiny size slipped inside the shoes will help to prevent the ankles tipping in or out and will assist nature in the proper development. If the ankles are unusually weak, Dr. Scholl's Ankle Supporter may be laced about them to support them and to prevent tipping.

If there appears in your child's feet any serious abnormal condition, do not delay in getting the advice and services of some competent physician or surgeon-specialist.

*Dr. W. Scholl, M.D.*

## Foot Troubles

AND HOW  
TO CORRECT  
THEM



**H**AVING gained from the foregoing pages a clearer conception of the seriousness of foot trouble; how it can adversely affect your health, looks, efficiency, disposition and personality and deprive you of the enjoyment of even ordinary pleasures of life, let the following pages guide you to the proper method of relief.

All forms of common foot disorders are explained in this booklet—the causes, symptoms and treatment. For each condition is shown the specific Dr. Scholl Appliance or Remedy designed to relieve and correct it. These devices and preparations are made under Medical and Orthopedic supervision in the largest institution in the world devoted exclusively to the feet. They enjoy the endorsement of thousands of medical practitioners; have been awarded Gold Medals at various Expositions for their originality, superiority and the scientific principles on which they are based.

The corrective appliances can be secured from leading shoe dealers and shoe sections of department stores in all parts of the civilized world, where they are fitted to the feet and

shoes to meet the individual's requirements. Dr. Scholl's Zino-pads, Foot Cream, Foot Powder, Bath Salts and all other Dr. Scholl Foot Remedies can also be purchased from your chemist.



A typical case of flat-foot.

## Broken-down Arch or Flat-Foot



**B**REAKING down or falling of the arch is a condition in which the ligaments and muscles supporting the foot become strained and weakened. This allows the structure to turn inward slightly at the ankle and downward on the inside of the foot, causing a depressed position of the instep, which then develops into flat-foot.

There are numerous causes for fallen arch or flat-foot; standing too long on hard floors, walking too much, physical weakness after illness, carrying heavy burdens, athletic strain, maternity, feet too small to carry the weight of the body, badly fitted shoes, hosiery that is too tight, gaining weight too fast, and others.

The pains of arch weakness commence with a burning, aching sensation through the heels and instep, sometimes with pain in the heel like stone bruise; the feet tire and ache; shoes are not so comfortable after walking a short distance, and there is a feeling of fatigue. On arising in the morning the feet feel stiff and clumsy. The ankles seem weak; they turn and twist too easily. In later stages the feet become so painful that very frequently the pains are mistaken for, and diagnosed as, rheumatism. Frequently there is pain in the thigh, hip and back.

Special shoes, rubber heels, bandages, liniments and such external treatments will do no good. The strain and pressure must be removed by support. Dr. Scholl's Arch Supports are designed for all types of foot arch conditions.

The object is to relieve the strain, give firm support to the bones of the arch, to hold them in their true positions, and equalize the weight from heel to ball.



All of these aims are reached in Dr. Scholl's Newest Improved Arch Supports. They are scientifically designed and built of special metal alloys—that are light yet so strong that the supports will permanently hold their shape. These new discoveries in metallurgy are non-rusting and non-corrosive. Beware of steel that will rust or other metals that corrode.

Relief will be immediately apparent after wearing these Supports, and continued care, with the appliance adjusted as the condition of the foot is gradually brought back to normal, will ensure foot comfort such as you may have despaired of ever having again.

### *Arch Supports Should Be Adjusted*

While Dr. Scholl's Arch Supports are made scientifically and orthopedically correct and in many styles, sizes and shapes to fit practically



*With Dr. Scholl's Arch Fitter, arch supports can be quickly and accurately adjusted to meet the individual's requirements.*

all types of feet, yet there is occasionally a case where the supports need adjustment in order to fit the individual's feet and shoes correctly. Then again as the condition of the foot improves the arch supports should be raised from time to time until the

arches of the feet are restored to normal, at which time the Supports can be dispensed with.

To enable the shoe dealer and the foot comfort expert to make these adjustments, where needed, quickly and accurately, Dr. Scholl perfected his Arch Fitter. This machine is furnished to all dealers rendering the Dr. Scholl Foot Comfort Service, and you should insist that your Supports be fitted in a depot and by a salesperson who is equipped with and qualified to adjust your supports with this scientific fitting device.

## Corns

HOW TO RELIEVE  
AND SAFELY  
REMOVE THEM



**T**HIS most common of all foot troubles has only one cause—friction and pressure of shoes. A corn has no root. It is simply a conical mass composed of layer upon layer of hard, dead skin. Soreness and inflammation is the first symptom of a corn. Nature, to protect the part, causes the skin to harden. Allowing this process to go on unchecked produces the corn. It is the pressure of this hard mass on the sensitive nerves that causes sharp pain.

If you take the simple precaution of applying Dr. Scholl's Zino-pads at the first sign of soreness on or between the toes, you will not only enjoy instant relief from pain, but actually stop a corn before it has time to start!

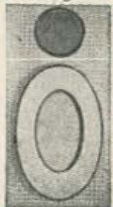
If you already have a corn, nothing is as quickly effective in ending pain as Dr. Scholl's Zino-pads. The mild medication in them gives you immediate relief. They also cushion and protect the sore spot from friction and pressure of shoes and soothe and heal the inflamed tissues.

For loosening and removing corns with speed and safety, use the separate specially Medicated Pink Disks included in each box. First apply the Disk directly over the corn and cover it with a Zino-pad. The Disk releases a penetrating medication which quickly softens and loosens the corn for easy removal.

After the corn is removed, continue using Dr. Scholl's Zino-pads alone until the healing is complete. Should new or tight shoes irritate the spot, apply Dr. Scholl's Zino-pads at once and every possibility of a corn will be avoided.

**WARNING:** Do not accept a cheap imitation for genuine Dr. Scholl's Zino-pads!

cause they are made to look like Dr. Scholl's. Avoid using caustic liquids or plasters in treating corns—they often cause acid burn. Above all, do not cut your corns—the risk of blood-poisoning is too great.



*Disk releases penetrating medication directly into the corn or callous, quickly loosening and removing it.*

*Triple thickness outer rim of Dr. Scholl's Zino-pad cushions the sore spot, removing the cause—shoe friction and pressure.*

*Inner part of Dr. Scholl's Zino-pad mildly medicated to end pain.*

A soft corn is a thickening of the skin between the toes which is kept soft and irritated by the moisture and pressure on the toe. It is sometimes found in the web of the toes, but most frequently on the lateral sides of the joints of the toe. Between the toes where the corn has formed, put a Dr. Scholl's Zino-pad (Soft Corn Size). These special pads are made to protect the sensitive tissue, to separate the toes and to provide a dressing that is quickly and easily applied.

Separate specially Medicated Pink Disks which are now included in each box of these Pads, offer a safe, sure method for quickly loosening and removing soft corns between the toes. Apply the Disk directly over the soft corn, then the Pad. Forty-eight hours usually suffice to make the corn loose enough for easy removal.



*This specially designed pad fits comfortably between the toes, and removes all pressure.*

After the pads have been applied it is advisable to dust Dr. Scholl's Antiseptic Foot Powder between the toes to absorb the moisture.

When treating corns be careful to wear stockings long enough and wide enough to prevent cramping of the toes.

## Callouses on the Sole

THE CAUSE AND METHODS OF RELIEF



**T**HIS widely prevalent condition is an extremely painful one, and in an advanced stage can be fully as crippling as a severe injury to the foot.

Callouses on the sole mean only one thing—that the arch of the foot, extending across the ball of the foot, from the great toe to the little toe, has weakened and sagged. When this occurs, the heads of the bones forming what is termed the Metatarsal Arch press on the nerves, tissues and blood vessels in this region of the foot. Its early stages are marked by extreme tenderness or burning sensations, followed by pains, cramps or callouses.

Falling of the Metatarsal Arch is caused by the weight of the body being unevenly distributed on the foot, the greater weight being thrown on the ball and forepart, causing constant friction and pressure. If the metatarsal arch (across the ball of the foot) is weakened and pressed down, it permits the weight to be thrown unduly upon these bones in the forepart of the foot.



*Dr. Scholl's Anterior Metatarsal Arch Support is used where arch across ball of foot is broken down.*

For permanent relief the cause should be removed by wearing, in ordinary cases, Dr. Scholl's Metatarsal Arch

Supports carefully fitted up to the arch of the foot to equalize the weight and remove the pressure from the ball. When there is only a slight depression of the metatarsal arch, Dr. Scholl's Lastik Metatarsal Pad is very effective. The elastic bandage positions the pad which is attached and at the same time aids in the correction by compressing the waist of the foot and preventing spreading of the bone structure. Pads made of a special spongy composition are supplied so that elevation or correction can be increased when needed. But if the transverse or instep arch is lowered and the bones are depressed, there is a special Dr. Scholl Arch Support for this particular purpose.

Where the callouses are not very severe, or of long standing, Dr. Scholl's Zino-pads, the special size for callouses, should be worn.

The use of Dr. Scholl's Zino-pads will soften the callous and give instant relief, but for the complete removal of the callosity or hard, dead skin the Pink Medicated Disks, included in each box of Zino-pads, should be applied directly on the calloused part first, then covered with a Zino-pad to protect it and remove the shoe pressure. The Medicated Disks contain a penetrating medication that is absorbed into the hard, dead tissue and quickly loosens it without injury to the surrounding live skin. This is the quick, safe, scientific way for removing callouses.



Dr. Scholl's Zino-pads quickly relieve and remove callouses.

Callouses are signs of some wrong condition in the foot. They should be given careful attention.

## Bunions . . . Enlarged Joints



**T**HERE is nothing more painful or more annoying than a bunion or enlarged and inflamed toe joint. Bunions are not only painful, but they are disfiguring, spoil the shape of the shoe. Yet they can be relieved permanently and their appearance completely concealed.

Bunions are produced by various causes, sometimes narrow, pointed shoes, sometimes short and pointed stockings, while again they may be hereditary.

A partial dislocation of a joint must occur when the great toe, bent by the footwear, is forced to overlap or underlap the next toe. It is the resulting inflammation and swelling at this joint which gives the foot a distorted appearance and, under pressure of the shoe, causes the severe pain.

With a shoe that allows room for the great toe in its normal position, immediate relief is secured by wearing a Dr. Scholl's Toe-flex. This device, made of soft, flexible rubber, straightens the crooked toe whether it is overlapping or underlapping, brings it back into position and corrects the cause of the bunion. It induces better circulation and builds up the crippled structures and tissues, allowing the muscles a chance to bring flexing and bending motion to the feet.



For extreme cases Dr. Scholl's Bunion Spring should be used.

Dr. Scholl's Bunion Spring acts as a lever which gently but firmly draws the great toe into its normal position. It can be worn with a

loose-fitting shoe, but the practical method is to wear it at night and during the day use a Dr. Scholl's Toe-flex.

Where the arch or instep is weakened—as it often is in these cases—causing weight to be thrown upon the great toe joint, a Dr. Scholl's Arch Support should be worn with the Toe-flex. If the joint is stiff and the bunion of long standing, Dr. Scholl's Bunion Spring should be worn at night.

For the enlarged or inflamed joint or growth at the great toe joint, Dr. Scholl's Bunion Reducer, a shield moulded of pure surgical rubber, should be worn next to the skin. It is scientifically designed to fit snugly and easily over the bunion joint.



Dr. Scholl's Bunion Reducer prevents friction and pressure.

By keeping out the air and retaining the natural warmth and moisture, it causes the enlargement to diminish in size by the natural process of absorption. Shapeliness of the shoe is preserved by this healing shield. When once fitted to the foot, there is no shifting out of place nor is adjusting required. Can be worn in finest shoes or lightest slippers without being noticed.

Another effective appliance for relief of bunions is Dr. Scholl's Leather Bunion Protector. This device padded with wool felt removes the pressure from the enlarged or tender joint and fills in around the deformity, thereby preserving the shape of the shoes.



Dr. Scholl's Zino-pads (bunion size) remove friction and pressure.

When the bunion or enlarged joint is only slightly irritated, Dr. Scholl's Zino-pads, Bunion Size, should be used.

## Perspiration

WHAT TO DO WHEN IT IS EXCESSIVE



**E**XCESSIVE perspiration of the feet is an annoyance, due to an unhealthy condition of the skin glands. It is caused often by non-porous footwear, such as rubber boots and patent leather shoes, but more often by nervousness.

The decomposition of acids and secreted fats from excessive perspiration is the cause of odour, also of tenderness, especially on the soles and between the toes. This condition of excessive and odorous perspiration is known as Bromidrosis. There is a special Dr. Scholl treatment for it which can be depended upon to have a salutary effect upon this condition. Here is the procedure:

At night, bathe the feet well, using Dr. Scholl's Foot Soap. It is a special preparation made in granulated form to stimulate healthy action and circulation and to remove all impurities from the pores of the skin. Rub in well its generous lather, then carefully rinse with clean water, dry thoroughly and massage with Dr. Scholl's Foot Cream. This cream is delightfully cooling and soothing; tones up the tissues and muscles and leaves the feet comforted and rested. Follow by dusting the feet with Dr. Scholl's Foot Powder.



Dr. Scholl's Foot Cream massaged into the feet tones up the tissues.

This combination of Foot Soap, Cream and Powder is known as Dr. Scholl's Home Massage. "3" Necessities.



## Athlete's Foot

ITCHING FEET  
AND TOES

**T**HIS skin infection—Epidermophytosis—commonly called "Athlete's Foot," "Golfer's Itch," "Gym Foot," Eczema and Ringworm on the feet and between the toes, is extremely infectious. It lurks in many places where it is least suspected—where people go for health, recreation and cleanliness.

Despite all efforts in modern sanitation, this germ thrives in places of public resort—bathing pools, beaches, locker and dressing-room floors at clubs, showers, gymnasiums, hotel bath mats, etc.

It is a fungus infection and is often mistaken for various forms of eczema. In its early stages it manifests itself in several different ways—usually by an itching sensation between the toes, on the soles of the feet and tops of the toes; fine rash with small pimples or tiny blisters that break and exude a yellowish fluid. The skin turns white and scales form between the toes; skin may peel, leaving sore spots unprotected. This skin condition may spread to the ankles or up the legs and other parts of the body and is, therefore, often attributed by sufferers to a form of eczema.

Dr. Scholl's Solvex is recommended for this trouble. This soothing, healing ointment penetrates deeply into the tissues, stops the itching at once and quickly kills the germ.

While treating this skin infection, the feet should be kept dry. Dr. Scholl's Antiseptic Foot Powder, sprinkled on the feet and a little dusted inside the shoes and stockings, is a valuable aid. To prevent reinfection the stockings should be boiled and the shoes disinfected.

## Ingrowing Toe Nails

HOW TO RELIEVE  
AND CORRECT  
THEM



**C**ROOKED toes are the result of long continued crowding. When pressed together by the shoe or stocking, naturally the toes are forced out of their normal position so that they overlap or underlap each other. The nails are pressed down into the flesh, the corners cut the tender skin and the very painful condition known as Ingrowing Toe Nail results.

The cause should be removed first, of course. Get the right size shoe and stocking. Then use Dr. Scholl's Toe-flex or Toe Right (pads of soft flexible rubber so shaped that they stay exactly in position) to separate the toes and gradually straighten them into their normal positions.

Some persons have a tendency toward ingrowing nails because of the natural curvature of the nails, which, when not being trimmed properly, cause them to grow down into the cuticle. It is, therefore, necessary in all cases to look very carefully to the trimming of the nails.

If the toe nail has already caused inflammation and ulceration, start the following treatment at once. The nail should be cut square across, and if, owing to a natural curvature of the nail, the edge tends to turn down at the sides, it should be elevated with pledgets of cotton saturated with Dr. Scholl's Onixol (Ingrowing Nail



Dr. Scholl's Toe-Flex  
straightens the toe.

Remedy) until the nail ceases to cause pain and curve inward. In the meantime the centre of the nail from the cuticle to the outer edge should be filed down. For severe cases with infection about the nail a competent Chiropodist should be promptly consulted.

### *Chilblains—Two good remedies*

Imperfect circulation of the blood either from low state of health or from the wearing of constricting footwear often results in chilblains when the feet are exposed to severe cold and then suddenly bringing them in contact with heat. This lowered temperature affects the circulation of the blood by reducing the quantity and the activity. When the condition is suddenly arrested by application of heat it will distend and weaken the walls of the blood vessels, cause congestion and press upon the nerve branches. The burning, itching sensation about the affected part in light cases is extremely uncomfortable; in some cases it is almost unbearable.

Chilblains also follow frost-bite. It is recognized by sensations of burning and intense itching. After a few days the itching promotes rubbing, producing pain and continuous aching. The parts appear red and swollen and usually occur after each exposure to cold.

Chilblains can be prevented usually. Wear shoes that do not bind your feet. Wear woollen stockings if you are apt to be out long in cold weather. Keep the feet dry and warm and do not suddenly bring them in contact with heat after having been exposed to extreme cold.

Apply Dr. Scholl's Chilblain Lotion to the affected parts. This will relieve pain, itching, burning and congestion. At night the parts should be gently massaged with Dr. Scholl's Foot Cream to improve the circulation. In bathing, tepid water should be used—not cold or hot water, as both are injurious.

## Morton's Toe

PERMANENT RELIEF  
FROM ITS PAINS  
IN THE FOREPART  
OF THE FOOT



**W**HEN there is a numbness, a sudden, cramping pain in the forepart of the foot, it is *correctly* diagnosed as a metatarsalgia or Morton's Toe. It is often mistaken for and treated as neuritis or rheumatism, but without results, of course.

Morton's Toe condition is nothing less than a breaking down of the arch across the broad part of the foot which can be attributed usually to the wearing of narrow pointed shoes, high heels, short or misfitted shoes or stockings which prevent the natural action of the foot. Women, much more than men, suffer from this ailment.

The pains from Morton's Toe are very severe. There is a cramped sensation, a burning, stinging or swelling. The foot is extremely sensitive, with callouses on the sole; and there is great pain when stepping on stones or rough surfaces. These cramps come on suddenly and



*Dr. Scholl's Anterior  
Metatarsal Arch Sup-  
port for the relief of  
Morton's Toe.*

often at a most inopportune moment. The sufferer must sit down, remove the shoe and compress and rub the part until the dislocated bone in the arch goes back into place. This relief is only temporary. Unless the arch is mechanically supported the same distressing experience will be repeated whenever the weakened arch is under long continued stress.

A sure escape from this and *permanent* relief can be secured by wearing a Dr. Scholl's Anterior Metatarsal Arch Support. This support, made of springy metal, light yet strong, is fitted to the foot to give elevation just behind the depressed bones. It holds them in their correct position and prevents the impingement of the nerves which cause the pain. Callouses, which accompany this trouble, then quickly disappear and the foot is made permanently comfortable and useful.

### *Pains in the Heel*

A bruise may cause a sharp pain in the heel, but it will be more or less temporary. There are a number of symptoms for flat-foot and broken down arches, but continued tenderness in the heel is almost always a sign of this condition. Walking upon hard pavements, sudden changing from high to low heel shoes, overweight, jumping or falling upon the heel and the jarring heel-walk due to flat-foot are some of the many causes of painful heel. At times, the heels become so sore and tender that the sufferer is unable to stand. At other times, the painful condition occurs after long and continuous standing or walking and is felt mostly in the afternoon or toward evening. It should be taken as a warning. Do not let it go on until some serious condition develops in your foot. If you have been suffering with heel

pains, get at the cause of them. Dr. Scholl's Foot-Eazer (or Tri-Spring Arch Support if you are heavy) will raise the arch to its normal position and take off the heel the excessive strain that is the cause of the pain.



Showing how Dr. Scholl's Tri-spring Arch Support is fitted to relieve painful heel.

## Rheumatism

WHAT YOU THINK  
IS RHEUMATISM  
MAY BE WEAK  
OR FLAT-FOOT



**R**EFERENCE has already been made in this booklet to the fact that foot trouble often produces aches and pains in other parts of the body. This is strikingly exemplified in cases of broken down arch and flat-foot. Many persons afflicted with these conditions suffer from rheumatic or sciatic-like pains in the feet and limbs in the belief that they are rheumatic. In all such cases medicinal treatments prove fruitless. Suffering continues unabated. Tracing it to its source almost invariably proves that this condition is caused by nothing more or less than muscular and ligamentous strain in the feet and limbs from broken-down arches or flat-foot.

This is demonstrated by the fact that when the proper Dr. Scholl's Arch Support is fitted, every trace of the pain disappears. If you have such symptoms, by all means have your feet tested by an expert in Dr. Scholl's methods. He can quickly determine the cause if it is due to foot arch trouble and give you speedy relief.

Dr. Scholl's Arch Supports have made millions of men, women and children foot happy. They rest, strengthen and comfort the feet by equalizing the body's weight and giving support where support is needed. In this manner all muscular and ligamentous strain in the feet and legs is removed. They are light and flexible; worn in any shoe and fit as snugly as an insole.

## Run-over or Crooked Heels

With Dr. Scholl's Walk-Strates many persons are able to preserve the shape of their shoes and prevent crooked or run-over heels. The pads, worn inside the shoes, are built wedge-shape to equalize the body's weight on the heels.

When the foot is held in correct position the ankle is firm and it soon gets greater strength. This overcomes the tendency to run over the



*Dr. Scholl's Walk-Strates are especially valuable in correcting this trouble.*

heels, adds grace and poise to the carriage, and corrects the wrong condition which destroys the shapeliness of the shoe and detracts so noticeably from one's appearance.

## Sprains — what to do for them

A sprain of the foot should have expert medical attention. Careful bandaging is necessary to hold the foot in a corrected position and to relieve the pressure or strain on the already weakened and torn ligaments. Complete rest is advised.



*Massaging with Dr. Scholl's Foot Cream will reduce the swelling and relieve the pain.*

An excellent treatment for sprains is Dr. Scholl's Ligtone. This is a very effective liniment for relieving the pain, soreness and swelling. It penetrates readily, reaching the deeper

muscles and ligaments. Use Ligtone several times daily, rubbing it in until thoroughly dry. Quick and pleasing results are assured.

When the acute soreness and pain disappears, massage the foot, as vigorously as its tender conditions will allow, with Dr. Scholl's Foot Cream. Do this each day; it will help to subdue the inflammation and swelling and tone up the ligaments and muscles.

A weakened arch is often an after-effect of a sprain. Guard against this by wearing a



*Dr. Scholl's Ligtone is prepared especially for sprains and similar troubles.*

Dr. Scholl Arch Support inside the shoe when you begin to use the injured foot. You'll find it a most helpful aid to foot comfort and the ideal way to strengthen the weakened muscles.

## THE SCHOLL MFG. CO. LTD.

Largest Makers of Foot Comfort Specialties in the World.

### Australian Wholesale Agents:

Victoria: MICHAELIS, HALLENSTEIN & CO. PTY. LTD., 441-5 Lonsdale Street, Melbourne.

New South Wales: FARLEIGH, NETTHEIM PTY. LTD., 1-15 Foveaux Street, Sydney.

Queensland: FARLEIGH, NETTHEIM (Queensland) PTY. LTD., 35-Charlotte Street, Brisbane.

Western Australia: B. ROSENSTAMM, King Street, Perth.

South Australia: JULIUS COHN & CO., Leigh Street, Adelaide.





Painful Feet interfere with your work, discourage exercise, so vital to health, spoil life's pleasure and make you miserable all over.

**NEVER NEGLECT YOUR FEET**

*Wm. M. Scholl, M.D.*

### *Dr. Scholl's "Surgical" Arch Support.*

Dr. Scholl's Surgical Arch Supports are made to meet the needs of those whose foot weakness is pronounced — for persons of heavy weight, or where great strength is required.



### *Dr. Scholl's "Suprex" No. 52 Arch Support.*

This support is extremely light and thin and is designed for the relief of tired, aching feet, weak or fallen arches. Resilient. Can be worn invisibly in court shoes.



### *Dr. Scholl's Anterior Metatarsal Arch Supports with Brace Reinforcement.*

These supports are made in various designs, and especially to sustain heavy weight or extra strain caused by weak or flat-foot conditions.



### *Dr. Scholl's "Tru-Span" Arch Support.*

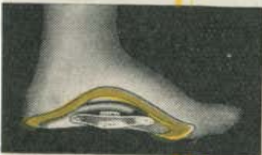
For severe cases of broken down arch and flat-foot, especially where the bone structure of the foot is rotated inward, downward and depressed. This support is substantial and durable and will hold firmly in corrected position. It is covered with finest quality leather.





### *Dr. Scholl's Foot-Eazer.*

This is the original invention for relieving tired, aching feet, weak ankles, cramped toes, weak or fallen arches, corns, callouses, bunions, and rheumatic-like pains in the feet and legs. Worn in any shoe.



### *Dr. Scholl's Tri-Spring Arch Support.*

Made especially for extreme cases of weak feet, weak and broken down arches and flat-foot, and indicated where considerable upward pressure is required. For heavy-weight persons this support is highly recommended.



### *Dr. Scholl's Metatarsal Arch Supports.*

These supports are made in various designs to relieve burning sensations and callouses at the ball of the foot, tender spots, contracted toes, severe cramp-like pains in the feet and legs.

### *Dr. Scholl's "Kiropedic" Arch Support.*

This style support is designed especially for those cases where there is considerable weakness in both arches of the foot. Leather covered top and bottom. The design, shape and thinness permits it to be worn in close fitting shoes.



### *Dr. Scholl's "Clinical" Arch Support.*

This support combines the qualities of lightness and excellence of finish to the value of scientific and anatomical correctness. The shape and thinness permit it to be worn in any style of shoe.



### *Dr. Scholl's Arch Support N.H.I.*

An all metal support, extremely light, strong and resilient. Designed to meet those cases where considerable tenderness is experienced. Hygienic and cool to wear. Suitable for all types of shoes.





*Dr. Scholl's  
Home Massage—  
"3" Necessities.*

This combination home treatment set consists of one tin of Dr. Scholl's Foot Soap, one jar of Foot Cream and one tin of Foot Powder. Their daily use is a habit that should be carefully cultivated.



*Dr. Scholl's  
Bath Salts.*

These salts contain the concentrated properties of one of the most famous medicinal spas of the world. They are deodorizing and cleansing. Relieve hot, tired and tender feet, and are excellent for softening water for all toilet purposes.

*Dr. Scholl's Foot Soap.*

Most effective soap ever produced for cleansing the feet. Made in granular form. Stimulates the skin, increases blood circulation, opens the pores, loosens the secretions, purifies, deodorizes, and relieves tired, aching feet.



*Dr. Scholl's  
Foot Powder.*

An antiseptic powder for hot, tender, perspiring feet. When sprinkled on the feet or in the stockings and shoes, a soothing, cooling, restful feeling is the result. Prevents friction of shoes and eliminates disagreeable odours of perspiring feet.



*Dr. Scholl's Massage  
Cream.*

A soothing, cooling and healing cream-like preparation for quickly relieving sore, hot, tired, aching, swollen feet. It heals and eliminates tenderness and irritation and leaves the feet in a comfortable, delightful condition.



*Dr. Scholl's  
Fixo Corn Plasters.*

Fixos protect the tender surface from irritation and loosen the corn so it can be easily removed. Easy to apply, sure to stay in place. Cannot blister or irritate the skin. Six treatments to the box.





*Corn size for corns and tender spots and sore toes.*



*Callous size for callouses and burning on bottom of feet.*



*Bunion size for bunions, enlarged, tender joints.*

### *Dr. Scholl's Zino Pads.*

You never tried anything so quickly soothing and healing, so thoroughly effective as Dr. Scholl's Zino-pads for relieving corns, sore toes, callouses and bunions.

The triple thickness outer rim of Dr. Scholl's Zino-pads cushions the sore spot, removing the cause—shoe friction and pressure. That is the reason Zino-pads have become so universally popular. They are scientific, easy to apply and more effective than any other method known.

Once a corn is gone, it can never come back if you apply a Zino-pad at the first sign of irritation caused by new or tight shoes.

The Separate Pink Medicated Disks, which are included in each box and used in conjunction with Zino-pads, offer a safe, sure method for quickly relieving bunions and loosening and removing corns and callouses without injury to the surrounding live tissue.

Zino-pads are absolutely safe—cannot produce infection, irritation, inflammation or any bad after-effects. They are thin, protective, soothing and healing. Avoid substitutions and imitations.



*Soft corn size for between toes.*

### *Do not Cut Your Corns or Callouses.*

With Dr. Scholl's Zino-pads you are positively safe. No danger this way of blood poisoning as with cutting your corns or callouses, or risk of acid burn, which harsh liquids and plasters so often cause. That is why so many doctors recommend them.



*Corn size to stop shoe pressure on toes, etc.*

### *Various Uses for Dr. Scholl's Zino Pads.*

Dr. Scholl's Zino-pads make new or tight shoes fit with old shoe comfort. Until a new shoe, no matter how well it may fit, is "broken in," it may cause a sore spot or blister on the foot. To prevent this, simply



*Callous or corn size to protect callouses and tender spots.*



*Bunion or callous site  
to prevent chafed  
heel.*



*Bunion or callous site  
to prevent instep  
ridges.*



*Medicated Disk loosens and  
removes corns and callouses,  
quickly relieves bunions.*

*Soothing, healing pad cushions  
the sore spot, removing the cause  
—shoe friction and pressure.*

place a Zino-pad on the tender part where the shoe rubs, "bites" or pinches. All discomfort ceases at once, and the possibility of a corn, callous, bunion or blister is removed. Here are illustrated some of the uses for Zino-pads to make your feet comfortable. Dr. Scholl's Zino-pads are made in special shapes for Corns, Soft Corns, Corns between the toes, Callouses and Bunions. Each size packed separately; never assorted.

### *Dr. Scholl's Bunion Reducer.*

A shield, moulded of pure para gum rubber, fits snugly to the bunion, relieves shoe pressure, hides the deformity, preserves the shape of the shoe. Three sizes: Small, medium and large. Rights and lefts.



### *Dr. Scholl's Toe-Flex.*

By straightening the crooked toe, Dr. Scholl's Toe-Flex gives immediate relief and corrects the cause of the bunion. Being made of pure para gum rubber, it is soft, sanitary and extremely comfortable. Three sizes: Small, medium and large.



### *Dr. Scholl's Bunion Spring.*

This device should be used for enlarged bunions, or crooked toes of long standing. Gently but firmly draws the great toe into its normal position. Three sizes: Small, medium and large. Rights and lefts.



### *Dr. Scholl's Bunion Lotion.*

For painful bunions, burning, tender and swollen joints, use Dr. Scholl's Bunion Lotion. It alleviates pain, tenderness and soreness, reduces irritation, inflammation and swelling. Comes in liquid form and is easily and quickly applied.



### *Dr. Scholl's Leather Bunion Protector.*

Made of fine leather, padded with wool felt to remove pressure from enlarged or tender joints. Conceals the deformity and preserves the shape of the shoe. Worn over the stocking. Three sizes: Small, medium and large. Rights and lefts.



### *Dr. Scholl's Toe-Right.*

Especially efficacious for crooked toes and soft corns between the toes. The upright cylinder of pure rubber restores the toes to their normal position, thus straightening the crooked or affected joints. Sizes: Child's and adults.



### *Dr. Scholl's Hammer Toe Spring.*

Style B. This corrective spring for hammer toes is very successful in mild cases. Takes up little space in the shoe; therefore, can be worn as a day or night corrective. Sizes: Small, medium, large.



### *Dr. Scholl's Stocking Protector.*

Made of a new, patented material which is thin, dainty, comfortable, durable and washable. It fits snugly to the heel, requires no attachment. Prevents the shoe slipping and the consequent wearing of stocking heels.



### *Dr. Scholl's Walk-Strates.*

Where heels run over on the outside. Dr. Scholl's Walk-Strates immediately correct this tendency by equalizing the body's weight. They preserve the shape of the shoe, cut down repair bills and make walking a pleasure. Easily attached in any shoe.



### Dr. Scholl's Chilblain Lotion.

This lotion quickly relieves the inflammation, itching, burning and tenderness due to frost bite and exposure to cold. Brings about normal functioning of affected blood vessels and tissues



### Dr. Scholl's Solvex.

Quickly relieves the intense itching of "Athlete's Foot," "Gym Foot," "Golfer's Itch" and ringworm infection of the feet and toes. The antiseptic and germicidal properties of this ointment kill the germ and heal the inflamed, cracked and scaly skin. Effects complete relief.



### Dr. Scholl's Heel Cushions.

For sore, tender heels Dr. Scholl's Heel Cushions are a boon. They give the heel a soft, resilient bed. Extending into the shoe, they support the arch. Better than rubber heels. Made of finest rubber, covered with leather.



### Dr. Scholl's Wenal (Bunion Salve).

Wenal Ointment is a lubricating and softening emollient for loosening up and making painful bunions and stiff joints more elastic. Its penetrating and analgesic properties make it an efficacious treatment for rheumatism of the joints.



### Dr. Scholl's Onixol.

Safe, reliable remedy for ingrowing toe nails and irritation around the nail groove. A few drops in the crevice stops the pain at once; the inflamed and irritated tissues are quickly healed. The nail soon grows straight.



### Dr. Scholl's Ligtone.

This is a very effective liniment for relieving pain, soreness, inflammation and burning sensations caused by muscular or ligamentous strain. Ligtone readily penetrates the underlying tissues and may be used with satisfactory results wherever a good liniment is required.



### *Dr. Scholl's Heel Snugger.*

Shoes, slippers or pumps that slip at the heel, wear out hosiery and blister the heel. Dr. Scholl's Heel Snugger overcomes this condition by holding the shoe or slipper firmly in position. Made of velvety rubber.



### *Dr. Scholl's "2" Drop Corn Remedy.*

Gives immediate relief and removes the corn after one or two applications. Does not cause irritation to the surrounding tissues, making it the most satisfactory liquid corn remedy on the market.



### *Dr. Scholl's Felt Corn and Bunion Pads.*

Designed to remove the pressure and friction of shoes from Corns and Bunions or other sore spots on the feet. They are applied with the aperture directly over the painful area.



### *Dr. Scholl's Eucalyptus Iodine Socks*

Impregnated with a mixture of eucalyptus and iodine. Bring warmth and relief to painful neuralgic conditions which occur in the feet. Made of good quality flannelette.



### *Dr. Scholl's Menthol Boracic Socks*

Impregnated with Menthol and Boracic, cooling and soothing to hot, aching feet. Should be worn where the feet easily perspire. Excellent for wear in low-heeled shoes.





*Hot, Burning, Sensitive Feet—How to  
Make Them Cool and Comfortable*

Dr. Scholl's Home Treatment is also recommended for this trouble. Thousands of people have found relief from hot, burning, sensitive feet through its daily use. The particular advantage comes in its unflinching power of toning up the feet, making them strong and healthy and normal. After even a short period of this treatment you will find that you are actually able to wear smaller, more stylish footwear and wear them with a delightful sense of comfort.

If in hot weather or after a strenuous day your feet feel hot, tired or tender, begin this treatment immediately. You will notice the difference in your feet at once and as you continue it as a daily habit, you will never neglect giving your feet this regular comfort treatment.

*Do not neglect minor foot troubles*

Your foot trouble—whatever it is—will not correct itself. The chances are that it will steadily grow worse unless it has proper attention and scientific treatment.

Corns, callouses and bunions are often surface signs of weakness in the foot—danger signs that warn you of impending serious trouble. Do not ignore them.

*A Reliable Remedy for Every  
Foot Trouble.*

This little booklet only illustrates a few of Dr. Scholl's Appliances and Remedies. Remember there is one for every form and degree of foot trouble. Each device and preparation is made under Medical and Orthopedic supervision and bears the recommendation of thousands of medical practitioners.

If unable to obtain any one of Dr. Scholl's Foot Comfort Appliances or Remedies, please write to Dr. Scholl's Foot Comfort Service, as per page 29.

*Look for the name —  
"Dr. Scholl"  
Refuse substitutes.*

In order to better serve those in this community suffering from foot troubles we give the famous Foot Comfort Service founded by Dr. Wm. M. Scholl, the eminent foot authority. You are cordially invited to call and get a Free Demonstration. In charge of this work is a Foot Comfort Expert who will gladly serve you without cost or obligation.

### HOW TO ORDER.

To obtain the correct size or measurement for Dr. Scholl's Appliances:—

1. State size and width of shoe worn, or copy the number from the lining of your shoes if the size is unknown to you.
2. Stand with STOCKINGED feet on a piece of paper, and, with a pencil held perpendicularly, make an outline drawing of each foot.
3. Give a careful description of your foot trouble in your own words. Indicate by "X" location of pain or sensitiveness, and any further information.
4. Cash must accompany all orders.

Write your name and address very plainly, and communicate with—

