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Very Truly Yours
Dr. J. Kaler

Shirts

Important to Health and Comfort!

DRESS AND CARE OF THE FEET.

592-7

BY

Dr. P. KAHLER,

815 BROADWAY, NEW YORK.

It is a great feat to fit feet.

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G. P. PUTNAM'S SONS

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PREFACE.

DR. PETER KAHLER, Surgeon Chiropodist, presents his compliments to his many patrons and to all into whose hands this pamphlet may come. His reason for issuing it is that he has often been requested to prepare a condensed statement of the principles upon which he practises his profession and carries on the extensive manufacture of boots and shoes of a peculiar construction.

His patients and customers have suggested such a publication, that they might be able to answer the many ques-

tions asked by their friends. He has also found that strangers applying at the store have to be told the same things many times in the course of a week, and not unfrequently in a single day. It is hoped that this little work, small indeed in size, but carefully prepared and accurate, will serve the double purpose, besides being intrinsically interesting and valuable.

INTRODUCTORY.

I HAVE been in the practice of my profession for more than a quarter of a century, and in that time have treated, with such care and skill as I could command, all diseases of the Feet, from whatsoever cause arising. I have no hesitation in calling my duties a Profession, and think that none of my many patients—some of whom are distinguished members of the Medical Faculty—will think me presumptuous in so doing. It is a Profession, because it requires special knowledge of the Anatomy and Physiology

of the Human Foot, and of the various maladies to which it is liable. It also involves skill in the Surgical art, and a familiarity with the influence of those diseases upon the muscular and nervous systems.

Many wandering Chiropodists, going about the country, never staying long in the same place, and not often returning a second time, ignorant of Anatomy, and incapable of performing a delicate operation, possessing only a few salves, and the knowledge of the use of some powerful acids or astringents, and often doing more harm than good, have brought the Profession into contempt, and to them are applied such contemptuous names as "Corn Doctor," etc. So, when Dentistry first

arose, its professors were called "Tooth Doctors," and some are hardly worthy of such a name. But men who thoroughly understand their business, who have been graduated from Dental Colleges, or studied under competent instructors, are recognized as genuine professors of a most important art. The Foot is as complicated an apparatus as the jaw. The toes, though not so numerous, are much more complex in construction than the teeth. It may surprise those who have never investigated the subject, to be told that a healthful condition of the Feet is as closely connected with happiness, and a sound condition of the whole body, and particularly of the brain and nervous system, as a healthy state of the

teeth. As before remarked, I have been in the practice of this Profession for more than twenty-five years, and had the benefit of the best instruction, in the Anatomy of that part of the body, in my native country. I have also been in the city of New York for fifteen years, and at 815 Broadway, where I now am, since 1870. If there is any thing in an established reputation; if the patronage, year after year, of men of character and standing; if their unsolicited commendation to their friends of my services; if their bringing their friends to me, justify a man in feeling that he has succeeded, and in claiming that he can succeed in treating any disease of the Feet, I am justified in so claiming.

I shall give you a brief account of some of the most painful ailments of the Feet, and how they are produced ; and then tell you how I came to enter on the manufacture of shoes, and what the principles are which I keep in view.

DISEASES OF THE FEET.

INGROWING Toe - Nails.—The scientific name of this most painful disease is *Onyxia*; but the name is not so important as the thing, and by any name this disease is one of the most distressing which mortal flesh is heir to. It is a turning in of the toe-nail, causing inflammation and ulceration, and finally fungus growths, commonly called proud flesh, and the occasion of the most intense pain. Not only does it cause pain worse than any toothache, it sometimes poisons the blood, the corrupt matter being absorbed. Surgeons are called in. All medical relief failing to

effect a cure, they proceed to the heroic treatment of removing the nail entirely, which is an operation attended by excruciating agony. A recent number of the *Lancet*, the great London medical and surgical periodical, perhaps the most widely circulated and generally quoted magazine of the kind in the world, gives an account of an operation for this difficulty in an English hospital, and the patient suffered so much pain that they gave him a mixture of ether and chloroform to make him insensible. The operation was successful, but the chloroform and ether produced a fatal result, for when the surgeon looked up from his work the patient was dead. Such painful operations, however, are seldom necessary. I have restored

many cases supposed hopeless, and preserved the nail entire.

Enlargement of the Joint of the Large Toe.—In this complaint the joint becomes affected by a constant inflammation which is communicated to the bones, causing large swellings, and these start other inflammations, and even cause unnatural growths of bony structure. From these often follow deposits of matter, and these give rise to *necrosis* of the bone, a disease which, once begun in any part of the human body, may—fortunately it does not always do so—go on to a fatal termination.

Breaking down of the Arch of the Foot.—Of this deformity I shall say but little, though it is very frequently met with, and generally is the result of

wearing improperly made shoes. It is not always attended by pain, though sometimes there is, for months together, a constant dull ache; all the natural spring, beauty, and symmetry of the foot being destroyed. It also has a very bad effect on the circulation of the blood in the feet. Abscesses sometimes form on the instep, which are slow and painful.

Corns.—These are of two kinds: hard and soft. They need no description, as almost everybody can apply the old lines to them:

“ What we have felt and seen
With confidence we tell.”

Few, indeed, are there who do not suffer from them, and few that do not

know that an ugly corn can destroy all the pleasure of life.

Callosities of the heel are often sources of acute pain, and actually cripple persons in their gait as much as would be the case if they had met with a severe accident and broken a limb.

Distortions of various kinds may be mentioned. Bunions sometimes come on the smaller toes, and corns on the upper part of the foot. The little toes are twisted together, and under each other, and cause much suffering; the instep becomes inflamed and is pained by the least pressure. Various swellings appear on the bottom or on the ball of the foot; occasionally the nails of the smaller toes grow in.

It is thought by many persons that

when a large bunion is formed—in other words, when the joint is out of place—all that can be done is to alleviate the pain and reduce the deformity a little. It is considered incredible that the natural shape of the foot can be restored. This I am happy to say is a great error. By the use of bandages properly made and properly adjusted, and by skilful palliative treatment in connection with shoes of the right shape, the bunion can be reduced, the joint replaced, all the natural motions of the toes and feet brought back, and every thing made to move harmoniously. There are incurable cases in very advanced years, but the number of them is very small. I consider it one of the most fortunate discoveries that I have

made, namely, the way to bring back the long-displaced joint and cause the foot in walking to resume its proper form and motion.

A mysterious connection exists between the nerves in the feet, especially between those in the great toe, and the brain and nervous system. Dr. Brown-Séquard gives an account, in some lectures of his, of a patient who, whenever he bore the weight of his body on the right toe, became violently insane. A surgical operation, whereby a nerve was bisected, cured him.

He also speaks of a similar instance where pressure on the toe relieved severe nervous paroxysms. The effect of the constant pain caused by distorted or inflamed feet wears upon the system ;

persons have been known to be made seriously sick by it. Many give up walking and taking any kind of exercise, because their feet hurt them so. Then from want of exercise disease sets in; for no person who cannot move easily can long be well.

Particularly do sore feet hasten the coming on of old age and decrepitude, for reasons which can readily be seen. People as they grow old are indisposed to exertion in their best condition, but if they cannot walk without pain, of course they soon give up exercise and suffer from indigestion, and that, in elderly people, may soon bring on heart disease, apoplexy, or paralysis. No doubt many persons have died of consumption from want of exercise; but

they took no exercise, not because they were indolent, but because their feet hurt them when they tried to walk. Almost all, perhaps all, these ailments can be cured by proper treatment, and the feet restored to their former symmetry and elasticity. Many of my patients will testify that they have renewed their youth, attained a vigor, buoyancy, and ease of motion which they had not had for many years, and, what is more important, have found a great improvement in their general health. The effect of pain or uneasiness in any part of the system, continued day after day, upon the mind, is very great. This passes away when these troublesome ailments are removed.

HOW I CAME TO ADOPT MY SYSTEM OF BOOTS AND SHOES.

IN the practice of my profession I found great difficulty in procuring for my patients properly constructed boots and shoes. After I had almost restored the foot to a healthy condition, it would happen that the improperly made shoes which they persisted in wearing, would bring back the original difficulty, or something as bad or worse. None can doubt that most of the diseases and deformities of the feet of which I have spoken, and under which so many suffer, are directly or indirectly

caused by want of knowledge or by want of thought on the part of those who call themselves "Boot and Shoemakers." They are in ignorance or they are regardless of the principles on which the clothing of the feet should be constructed. Not comprehending the anatomy and physiology of the complex organism on which their labor is bestowed, they either blindly stick to the usages and forms in which they were trained, or which have become prevalent, or follow the fashion, however irrational or unhealthy the paths through which it may lead. Too often, however, the fault is with the wearer, who will obstinately and unwisely insist on wearing shoes too short or too narrow, and sometimes both; thus crowding five

toes into a space not sufficient for three, and in many cases which I have seen, not allowing for the entire five room enough for two. The boot-maker, who thinks he must please the customer, to retain his patronage, complies. The result is that the joints of the great toes are pressed out of place, made inactive and powerless, and often almost paralyzed. Ingrowing nails are caused in the same way, and corns, both soft and hard. Distortions of the most indescribable forms appear. I have seen deformities and excrescences which would not be supposed possible, and if exact drawings of them were made and exhibited, you would say, as a humorist once declared at a watering-place where many were bathing, that "The most

hideous thing in nature is a man's foot." Shoes too narrow or shoes too short produce great evils, but shoes or boots both narrow and short, give Nature no opportunity to protect herself, and, as though incensed beyond endurance, she revenges herself upon the violator of law, filling him with unceasing and insupportable pains. Heels much too high and placed under the arch of the foot cause other evils, besides aggravating such as have been already described; the body is thrown forward and kept in an unnatural position, and the knee peculiarly affected. The connection of the knee with the nervous system is well known to physicians. Nothing weakens a man more than any difficulty of the knee; nervous excitement,

especially fear, is spoken of as "weak knees." With such heels the action of every muscle employed in walking, or in maintaining the erect posture of the body, is interfered with. This evil effect extends to parts of the body which would naturally be thought farthest removed from injury from such a source. A leading surgeon not long since, after many experiments, traced an obstinate difficulty of the muscles of the eye to the effect of the long wearing of improperly made shoes.

Nothing in Nature is more beautiful than the structure of the human foot; so-called Art is responsible for its deformities. It is thought alone which rectifies Art; thought applied, not to

fanciful speculation, but to the perfect forms which Nature presents.

Here my friends must allow me to say that parents should give much more thought than most do to the feet of their children, that they may preserve them from the deformities and diseases which so many have to endure. The mother who would do any thing for her children, for want of thought will permit the little one's foot to be cramped and squeezed in an ill-fitting shoe; not remembering that the bones, being soft and pliable, are readily misplaced.

Again, for the sake of economy, as they erroneously suppose, they allow the children, as well as themselves, to wear machine-sewed shoes, having a roughness on the sole on the inner side

of the shoe, causing callous spots, being stiff and unyielding to the foot, so that the muscles lose their free action and become stiffened, which not only injures the foot, but, what is very important to all, and particularly to ladies, destroys the ease and grace of motion, producing instead an ungainly carriage. In consequence of the extended observations and experience which I have naturally had, in examining and operating upon the feet of so many persons, my object has been for the last twelve years, in the construction of my boots and shoes, not only to give comfort and prevent disease of the foot, but to cause the deformed feet—and when necessary by professional treatment—to return to their normal condition.

It was no easy thing to introduce the "broad-sole boots," but by continued perseverance and the spontaneous recommendation from one to another, by those who had worn them, at the present time I am enabled to give employment to fifty workmen, whom I have schooled and drilled in the working of my system of manufacturing suitable covering for the feet.

That system is modelled upon the shape of the natural—not the deformed—foot; broad soles and low heels giving room for the five toes and allowing every muscle perfect freedom of action. It is a fundamental principle with me to allow and provide sufficient length, and to secure a close fit at the instep and heel, arching toward the centre of

the hollow of the foot, not pressing too much upon it, but giving sufficient support to the arch and sustaining the instep. These provisions give a fine form to the foot. To give health and comfort to the feet it is by no means necessary, as some unwisely think, to make an ugly boot or shoe; I seek to combine taste and neatness with comfort. When the foot has been considerably distorted and crippled, boots on my system, being formed in harmony with the natural shape of the foot, to a great extent hide the deformity. Here I must register my protest against those pretenders who undertake to give ease by making shoes the exact shape of the distortion. In extreme cases only is this necessary, and then for but

a short time. The effect generally is to increase and perpetuate the variation from health. Many deformities will disappear without treatment if the shoe be properly made. I cannot urge too strongly the importance of having sufficient width of sole. Misplaced joints and bunions are almost invariably caused by too short shoes, and can be cured only by wearing shoes longer than the foot, which will allow the big toe to resume its natural position.

PRACTICAL HINTS.

I AM becoming more and more convinced that the first object of the physician should be the prevention of disease, and the second, the cure. It is my desire to prevent such maladies as I have heretofore described. This can be done by care and the use of properly made boots and shoes. If they were universally adopted, I believe that in the next generation crooked toes, corns, hard and soft, inverted nails, monstrous joints and bunions, would almost disappear. The feet should be as free of pain, weakness, and disease as the hands. As we have seen, their struct-

ure and adaptation to the wants of man are perfect. Thirty-six bones and thirty-six joints have been united by the Creator to form the human foot. Yet man cramps, confines, and distorts their harmonious adjustment, and turns every one of these hundred and forty-four bones and joints into centres and avenues of pain. A practice of twenty-five years, during which I have treated with great success all kinds of diseases of the foot from whatsoever cause arising, and the number of references which I can give from my patients—not residing in remote and inaccessible parts of the world after the manner of quacks, but here in New York and vicinity, and that among the best families, including many of the medical

faculty—are the most substantial guarantee that could be afforded, that those who may come under my care will receive proper treatment.

From the first putting on of socks and shoes great care and attention are requisite. The feet should be washed evening and morning, the same as the hands, and wiped thoroughly dry, particularly between the toes. The nails should not be cut too often nor at any time shorter than to be on a level with the ends of the toes. Healthy adults may bathe their feet in cold water, but persons advanced in years should not generally bathe their feet, but will derive great advantage and comfort from sponging them once a week or oftener with soap and water, and wiping them

thoroughly dry immediately afterward.

Hoping that these practical directions will be of use to my patrons, and that those who have sore, tender, or deformed feet will not go limping through the world, robbed of half their capacity of usefulness and enjoyment, and that when they can be relieved with a little time and patience; and that the use of hygienic boots and shoes, to the value of which there are so many witnesses, and which I have tried conscientiously to introduce, will become general, I subscribe myself, with respect,

DR. P. KAHLER.

815 BROADWAY, N. Y.

TO HAVE COMFORT WITH YOUR FEET.

ALL who suffer from corns, bunions, ingrowing toe-nails, enlarged joints, or any of the evils previously described, and all who are free from these and wish to remain so, and experience the greatest ease in motion and the most comfort in rest, should adopt and wear shoes made upon the principles which I have set forth, which are the principles of nature. I keep constantly on hand a full line of Ladies' Gentlemen's, Misses', Youths', and Children's Boots and Shoes and Slippers, in all sizes and styles, both for house and

street. I am also prepared to make to order with promptness and care whatever may be desired by those who favor me with their patronage.

In the manufacture of our shoes we combine beauty, comfort, and durability. Employing first-class workmen, using only the best French leather, and all work being hand-sewed, we confidently recommend our stock of boots and shoes as equal in every respect to custom work. Having so many different widths and sizes conforming to the natural shape of the foot, we find no difficulty in fitting our customers at once, unless the foot is very much deformed, when we prefer to make after careful measurement. We use prepared felt between the layers of the soles, to

avoid all squeaking. Persons living out of the city can have an accurate fit by sending one of their shoes to us (the cost by mail being but a trifle), and a simple outline drawing of the foot, which is made by placing the foot upon a piece of paper and drawing the pencil around it. When it is not convenient to send one of the shoes, the number of the shoe usually worn will answer. All sizes sent are carefully filed away for future orders. As women suffer more, and their carriage is more unfavorably affected, by diseased feet, we make *Ladies' Broad-Sole Boots a specialty.*

Dr. PETER KAHLER,
SURGEON CHIROPODIST,

815 BROADWAY, NEW YORK.

(Near 12th Street.)

Established 1868.

REFERENCES.

THE number of references I can give is the most sufficient guarantee of my ability and skill in the treatment of the diseases of the feet.

By permission I refer to a few of my many patients.

- Mr. and Mrs. R. L. Stuart . 154 Fifth Avenue.
Mrs. D. O. Mills 634 Fifth Avenue.
Mrs. W. D. Sloane 642 Fifth Avenue.
Mrs. Dr. John Hall 3 West 56th Street.
Mrs. J. R. Skidmore 31 East 38th Street.
Dr. Scott 8 East 41st Street.
Mrs. Sam'l Wilkenson 8 West 40th Street.
Hon. Oliver Hoyt Stamford, Conn.
Mr. W. H. Macey 40 East 21st Street.
Mr. F. W. Vanderbilt 693 Fifth Avenue.
Mrs. B. Haxton 21 Madison Avenue.
Dr. W. H. Allen 18 West 11th Street.
Mrs. M. R. Vincent 37 East 35th Street.
Mrs. J. C. Fargo 56 Park Avenue.

- Mrs. H. B. Jewett . . . 289 Madison Avenue.
 Mr. W. S. Gurnee . . . 626 Fifth Avenue.
 Dr. J. M. Buckley . . . 805 Broadway.
 Mrs. W. D. Bishop . . . Bridgeport, Conn.
 Mr. F. Cottenet . . . 37 Fifth Avenue.
 Mr. J. C. M'Creery . . . Broadway and 11th St.
 Mr. Theo. M. Davis . . . 2 West 36th Street.
 Dr. A. L. Northrup . . . 44 West 46th Street.
 Mr. T. M. North . . . 24 West 19th Street.
 Mrs. J. S. Odell . . . 3 West 37th Street.
 Mr. T. H. Mason . . . 215 Madison Avenue.
 Mrs. Wm. Bond . . . 155 Madison Avenue.
 Mr. Oliver Fiske . . . New Brighton, S. I.
 Alfred Poppenhusen . . . 11 Mercer Street.

And many others.

Respectfully,

DR. P. KAHLER,

815 BROADWAY, NEW YORK.

OFFICE HOURS:

9 A. M. TO 12 M.

2 P. M. TO 6 P. M.



Dr. P. Kahler,

815 BROADWAY N.Y.

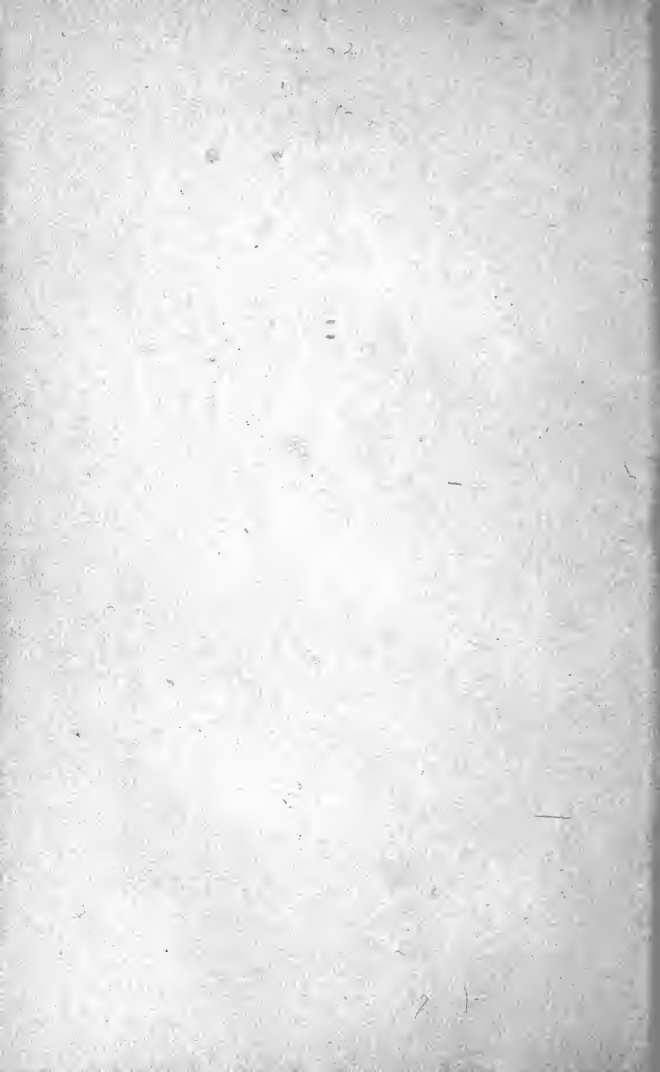




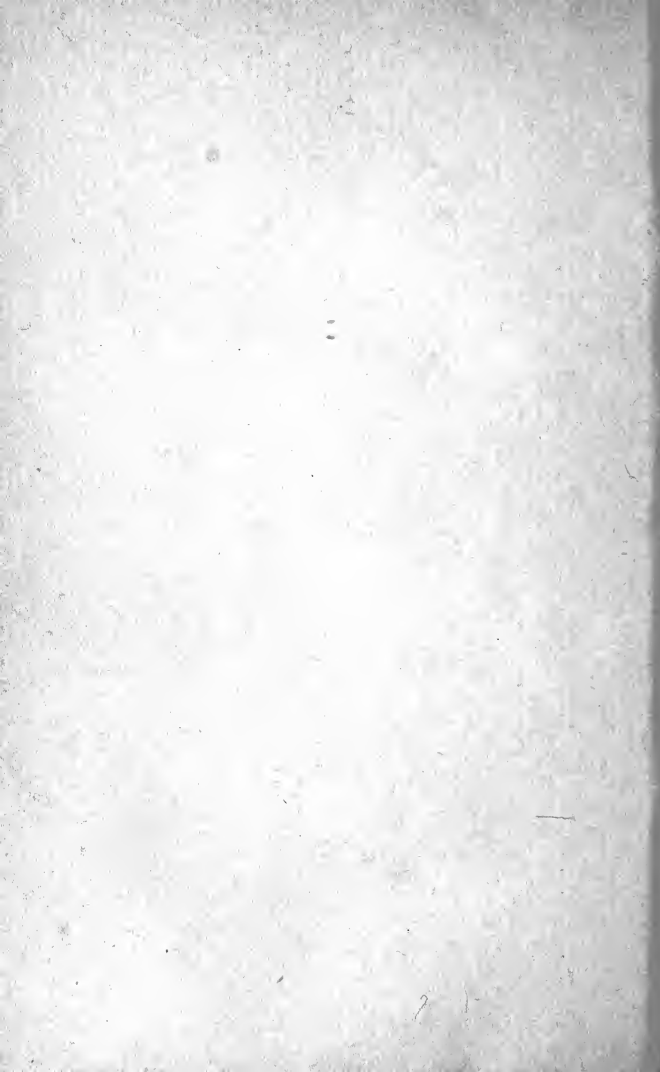










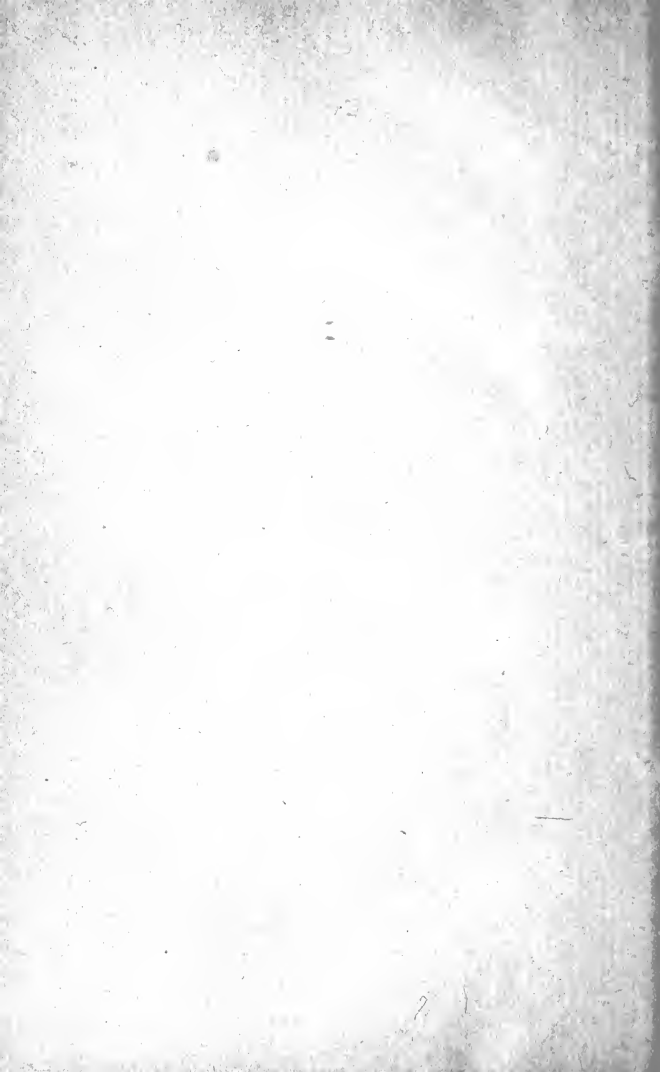










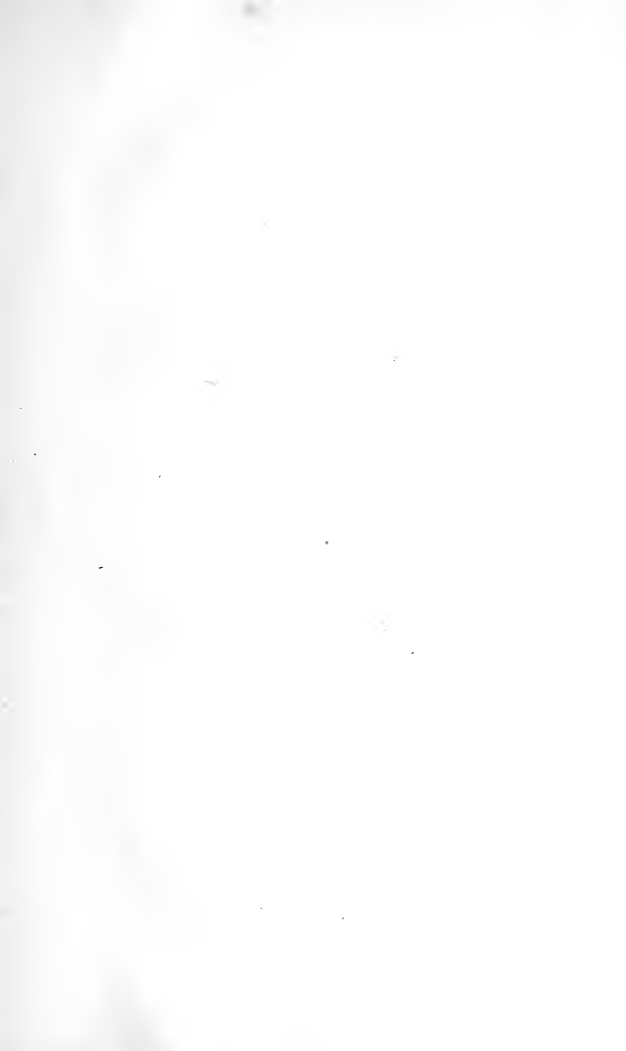




















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