

# Lang Foot & Arch Normalizer Rolls Away Your Foot Troubles

During the late World War foot arch trouble was successfully treated in the 34th Fort Garry Horse in Winnipeg, Canada, by making the soldiers, so afflicted, walk in their stocking feet on an inverted V, constructed of two 2x8 inch wood boards nailed together having a beveled top surface.

Since it is inconvenient, expensive and impracticable to construct such a device, the inventor, with such knowledge before him, devised the Lang Foot & Arch Normalizer to accomplish the same purpose and others as well.



Those races accustomed to going barefooted use all the muscles in the foot, therefore they have little or no foot trouble. Our foot muscles are little used. They become weakened, and soon the foot loses its ability to function properly, causing pain and possibly more serious troubles.

The causes of foot troubles are too many to enumerate, but in the great majority of cases your Physician, Podiatrist or Trainer will advise exercise. Where exercise is advised, three minutes morning and night with the Lang FOOT & ARCH NORMALIZER will help to restore the normal functions of the foot.

There is no black magic in the way this Normalizer works, or what it does. One of its principal benefits comes from its me-

chanical ability to aid to restore the normal articular motion to the bones of the foot.

It acts also like massage, with the great benefit of increased blood supply and nerve stimulation. For cold feet there is nothing to compare to three minutes' exercise before retiring at night.

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**PRICE: \$10.**

11 inches long

6 inches wide

4 inches high

Weight, 4 pounds



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## DIRECTIONS

Consult your Physician, Podiatrist or Trainer for advice. Wear properly fitted stockings and shoes.

Place Normalizer on a rug on the floor. Grip roller with feet as shown on first page. Push the roller forward and backward, pushing it so as to contact only the front one-third of the foot. Then use the roller for second one-third of foot. The last one-third, or heel section, do not roll at all.

Those not excessively over weight and agile enough can get the quickest results by standing with both feet upon Normalizer, holding with the hands to bed post, highboy, etc., rolling forward and backward.

Gradually increase the amount of exercise each day, according to age and present general physical condition.