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# Fatigue — The Danger Signal



The wearing down of leather heels within two weeks shows the impact of your hard heels on concrete pavements. The shock of every step is a big factor in producing fatigue.

Have you reached the point where you have no strength left to overcome fatigue?



You could walk all day on the soft, green turf of a golf course—but a short walk on city pavements utterly exhausts you.



Change concrete pavements to cushioned paths. Replace your nail studded leather heels with heels of new, live rubber.

Is the slightest act an effort?

Do you feel cross and irritable at night?

Do you worry over petty troubles?

THESE are the Danger Signals of Fatigue. When we reach the limit of our mental and physical endurance—when overwork of brain or body starts its drain upon our nervous energy—Nature never fails to flash the danger signals of *Fatigue*.

### How fatigue grips you

Fatigue Poisons work gradually—subtly. If each day you are using up more than your normal amount of surplus energy—you are slowly drawing more and more heavily on your health capital, and diminishing your powers of efficiency. That "tired feeling" creeps over you a little earlier each day till finally your night's sleep is no longer sufficient to refresh you—to restore your wasted health vitality.

How can you tell when you are nearing the limit of your natural energy? You must look out for the danger signals sent out by Nature—loss of

appetite, insomnia, increasing exhaustion from day to day without increase in the amount of work done, mental depression, lack of interest and initiative. *No one can afford to disregard these danger signals.*

### "Plus Health"

"The spirit of the times," says Doctor Anna M. Galbraith, former Physician and Instructor at the New York Woman's Medical College, "demands nothing less than the most perfect development of body and mind, and maintaining the highest degree of efficiency of the adult worker for the longest possible term of years."

A surplus of energy must be persistently aimed at—what Harrington Emerson, the well known Efficiency Engineer, calls "plus health." No fatigued woman can be at her best; she is doomed to inferior work, and to be mentally depressed.

### Conserve your energy

Economize your energy wherever you can. Make every activity build up your vitality instead of wearing it down.

Your shopping, your housework, or

your daily walk need not exhaust you. They should use up only a normal amount of your *surplus* energy. It is the added strain on your nerves, the shock and jar of every step you take on concrete pavements and hardwood floors that *wastes* your strength, and leaves you tired out.

You could walk all day on the soft, green turf of a golf course and feel only the wholesome "tiredness" that comes from a day in the open air—but a short walk on city pavements utterly exhausts you.

### Change concrete pavements to cushioned paths

Save your nervous system from the useless shock and strain of hard heeled shoes on concrete pavements. Replace your nail studded leather heels with heels of new, live rubber—city streets and hardwood floors will feel like cushioned walks.

O'Sullivan's Heels of new live rubber absorb the shocks that now wear you out. They give you the quiet, elastic step and easy swing of youth—a feeling of increased energy and "life."

Get a pair of O'Sullivan's Heels to-

day. Notice the difference they make. O'Sullivan's Heels are one of the most important modern devices for making life quieter, smoother, happier.

In black, white and tan; for men, women and children, 50c attached. Be sure you get O'Sullivan's and avoid the disappointment of substitutes.

Most good shoe dealers now sell latest styles already O'Sullivanized.

