

# Good boots for bad feet

I'm not sure how many people know this, but my feet tend to give me problems. Nothing really serious, but at the end of most days, my feet are always sore and tired. It doesn't matter if I'm wearing dress shoes, casual shoes, running shoes, walking shoes, work boots or even no shoes, the end result is the same. Except for two days this week.

I have been looking for a pair of square toed harness boots. My brother had a pair that he wore until they completely wore out. He always said they were the most comfortable things he ever wore. I found a pair on Friday evening. They were a bit pricey for me, but I said what the heck. I needed some new shoes, and these could also be worn on stage. Two things for the price of one. Stage and shoes/boots for the winter months. Not the same brand my brother had, but they were a good pair of boots.

Anyway, I wore them all day Saturday (and into the early morning hours) and put them on again on Sunday. After 24+ hours of wear (and remember these are 'new' boots), my feet on both evenings felt fine. Good support all day without any binding. I don't think my feet would have felt any better if I had stayed in bed all day... That was totally unexpected.

And the strange thing about all this... My brother (even though he has been gone from this earth since 2003) was right again. At least this time he can't rub it in...