

## CHAPTER FIFTEEN

### Shoes <sup>i</sup>

*O Allah (The Exalted) bless our master Muhammad (may Allah bless him and grant him peace) just as You love and You desire for him.*

Doctor Nixon Wazeer after many years of research states and emphasises that walking bare footed is beneficial for you. It is also harmful to wear one shoe only and the other bare foot as I have seen people affected by Sciatica<sup>2</sup>. <sup>i</sup>

Abu Hurairah (may Allah be pleased with him) states that "Do not walk with one shoe, wear them both or take both of them off." <sup>ii</sup>

To wear shoes standing is not good for the health as to put pressure of all the body on one foot and leg is harmful. This is why it is said to keep balance on both feet and this can only be done whilst seated. At times something may be in a shoe like a stone etc. and to place the foot on the floor at an instance will result in damage to the feet.

Jabir (may Allah be pleased with him) narrates from the Messenger of Allah (may Allah bless him and grant him peace) that he disallowed wearing shoes whilst standing. <sup>iii</sup>

When we wear shoes sitting it is more comfortable. To empty shoes is also a Sunnah. I can recall when I was young, after leaving the Madrasa I put my shoes on and I have put my foot in my shoe full of water. Someone had placed water in my shoe as a joke. If I had known this Sunnah and practiced it then I would have known before placing my feet in a shoe full of water.

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<sup>i</sup> Kewar Medical

<sup>ii</sup> Muslim

<sup>iii</sup> Tirmidhi

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<sup>1</sup> See Volume One, Chapter Thirty Five, Section Four for this Sunnah

<sup>2</sup> Pain felt down the back and outer side of the thigh, leg and foot.