

ated in the body than is sufficient to keep it at the normal temperature of 98½°. This excess of heat is dissipated by means of perspiration. This perspiration is going on constantly day and night. The underwear should be made of pure wool, as affording a fabric incomparably superior to all others. Few habits are more universal than that of changing one's underwear two, three, or even four times in the course of the year, in order to adapt it to the various changes of temperature in our varying seasons. No greater mistake could possibly be made. One should wear the same thickness of underwear the whole twelve months. Nothing is more hopeless than to attempt to adapt our clothing to the varying changes of temperature in the very fickle climate of our temperate regions. It cannot be done. Our protection is not in adapting our clothing to the various fluctuations of a fickle thermometer, but to so inure ourselves to the changes of temperature that we can meet them with impunity. This we may do by breaking up the habit of wearing too heavy clothing, and accustoming ourselves to get on with just sufficient clothing to keep ourselves just comfortable. There is much more comfort in wearing little clothing than in wearing too much. The warmth and comfort of the body is not so much dependent on the amount and thickness of the clothing, as on a healthy and vigorous cutaneous circulation. Wearing, then, a thin suit of all-wool underwear through the cold of winter and the warmth of summer, we make ourselves comfortable, according to the demands of the outside temperature, by changing our outer garments. As regards outer-wear, house-coats and overcoats, that is a matter which is easily regulated. Wear these garments with reference to comfort. Nothing is more pernicious than the habit of muffling up the neck. Another pernicious habit which is very prevalent is that of wearing extra protection of the chest, putting pads, wads of cotton and extra covering of that sort over the thorax, with the idea of thus protecting the lungs. One does not take cold on the lungs from an exposure of the

chest. The region of the body exposed to a draft has nothing whatever to do with the part in which the inflammation results. Extra protection for the walls of the chest weakens the whole system. The worst possible place to wear a chest-protector is across the chest; the best possible place, probably, is on the soles of the feet. The chest-protector is a misnomer. The same may be said of chamois-leather garments worn under the vest. They retain heat and moisture, hamper perspiration, and are in every way objectionable except in extremely cold weather. The limbs should be clothed warmly and comfortably in the same manner as the trunk of the body. The feet, coming in contact as they do with the cold and oftentimes damp pavement, require more protection than other parts of the body, but this protection should be on the soles of the feet. Hence the soles of the shoes should be abundantly thick, sufficient to prevent the soles of the feet feeling cold and dampness through them. The upper portion of the foot does not require the same protection, and should be clothed with reference to comfort. Wearing rubbers, while a necessity, is oftentimes a mischievous necessity. A rubber overshoe that covers the whole foot is always objectionable. In damp weather the slight rubber which only covers the sole of the shoe is infinitely better than the rubber shoe which covers the whole foot.

As regards overcoats, there is little need be said, further than to enter a mild protest against the excessive use of furs both for male and female wear which has become such a prevalent fashion. In our climate in late years, a sealskin overcoat or a sealskin dolman is undoubtedly a beautiful garment, and yet the Lord designed a sealskin for an animal whose principal habitat is in the Arctic Ocean. It is not in any way adapted for the wear of men and women in temperate zones.

As to bathing, while I regard the proper regulation of clothing as of great importance in enabling us to avoid taking cold, I am disposed to think that the proper use of the bath in one of its various forms,