

skin contract and get smaller, as everything does when cold, and will not contain the normal quantity of blood; while the inner organs are, at the same time, forced to contain more than the normal quantity of blood: colds, congestions and inflammations follow as a consequence. On the other hand, over-clothing leads to accumulation of heat, and to relaxation, distention and debility of the vessels of the skin and other tissues, and when confined to parts of the body, the vessels in these parts become relaxed, distended, or congested with blood, and hence, the body is rendered more susceptible of cold, and less able to resist sudden changes in the weather.

Now, when some portions of the body are over clothed and other portions almost bare, it is easy for anyone to understand how impossible it is for the temperature and circulation to be as uniform as they should be, or for the functions of the body to be well and harmoniously performed; and when they are not thus performed, then there is disease. So that it does not seem possible for any one habitually clothed in this way to be well.

Just enough clothing should be worn to keep the skin on the extremities, even the hands and feet, comfortably warm, or, at least, to prevent these parts feeling cold. More than this tends to relax and debilitate the tissues of the skin, and predisposes to colds; less, chills the blood, and is, at best, unsafe.

A little careful attention will soon enable one to judge how much clothing is needed to meet the requirements indicated. And health and life are of such value that it is worth giving the necessary attention, especially in the case of children. It is decidedly better to wear extra clothing than to live in and breathe, as in rooms, an atmosphere with a temperature above 65°, F.

Every one knows that during exercise less clothing is needed, and indeed ought to be worn, as it is bad to be warm while exercising in any way; but few take the precaution to put on extra clothing, a shawl or coat, as soon as the exercise is over, as should be done.

Many a death is caused by inflammation arising from a cold contracted by getting chilled, even slightly chilled sometimes, after having been warmed by exercise, either at work or play.

Sudden and great changes in the quantity of the clothing worn should be specially avoided; changes from thick to thin garments, especially under garments, should be made gradually, and better in the morning, when the vital powers are most vigorous. It is not wise to wear, as some do, only the same amount of clothing in severely cold weather which is worn in moderate weather, on the whole, or even on only a part of the body. It is better to increase, or lessen the quantity to meet the changes in the weather.

In conclusion, light clothing is best. Warmth is better attained by several layers of lighter, loose fitting garments than by fewer layers of heavier and thicker clothes; as more air is then retained in the clothes; and air being the best non-conductor of heat, promotes warmth. Weighty clothing is often a source of discomfort, and weight does not necessarily promote warmth.

#### DRAINAGE AND SEWERAGE OF TOWNS.

The fourth Annual Congress of the Sanitary Institute of Great Britain was opened at Exeter on Tuesday, September 21st. Earl Fortescue, the president, in the course of his address, after reviewing the course of sanitary legislation