

also be duly considered. A person engaged in sedentary employment will require warmer clothing than one who is actively engaged in manual work or labour requiring much muscular exertion.

Young persons, and those in the prime of life do not require as much during the day or as much covering at night, or of so warm a nature as those advanced in years, because the performance of the bodily functions in the former are more equal and vigorous, and heat is more rapidly developed than by the latter.

One of the safest rules in the regulation of dress is to adjust it to the fluctuations of the season; and this rule should be the more carefully observed by the infirm, the delicate, and the old. The winter clothing should not be discarded too early in the spring, nor the summer clothing worn too late in the autumn. Many persons, relying too much on the strength of their constitutions, expose themselves to changes from heavy to light and insufficient clothing, or disregard extreme changes of temperature to the cost of their lives. The grand rule is to so regulate the clothing that when exposed to the external air, the difference in temperature shall not produce any dangerous impression.

Tight clothing is invariably injurious if it impedes free action, or the free circulation of the blood. Clothing too tight around the neck is apt to produce headache, discoloration of the face, and even apoplexy, interferes with breathing and the action of the heart, and the whole system suffers from this one cause. The clothing, therefore, should give to every motion and part of the body the most free and easy action.

Flannels worn next the skin, for all people not morbidly sensitive to their gentle irritation, are perhaps the healthiest of all clothing for our variable climate. They promote perspiration, readily absorb the perspired fluids, and as readily part with them again by evaporation. Exchange of woollen underclothing is equivalent to a bath, and as a matter of cleanliness, without which there can be no Godliness, we would suggest that they be frequent. Cotton is far preferable to linen, as it is better adapted to maintain an equal degree of warmth on account of conducting more slowly.

The clothing of the feet is of far greater importance than of the head. We would say to all, let your feet have room so as to be comfortable, and keep them dry and warm. Whatever covering is worn on the head let it be light and cool, or rather let it be porous so that the air may have a chance to circulate and carry off dampness, otherwise, look out for baldness and premature gray hairs.

Avoid covering the neck up too high or too tightly. Never muffle so as to produce sweating or a sense of chilliness on removal. Protection against too great cold is always right, but the

overdoing of it, needlessly producing unnatural heat, is what does the mischief.

But what about corsets! Our readers will be able to gather our opinions from the general tenor of this article without our entering further into the discussion.

ADVICE TO WOMEN.—“One of the gravest mistakes in your dress is the very thin covering of your arms and legs. No physiologist can doubt that the extremities require as much covering as the body. A fruitful source of disease—of congestion in the head, chest, and abdomen—is found in the nakedness of the arms and legs, which prevents a fair distribution of the blood. I know that our servant girls and blacksmiths, by constant and vigorous exercise, acquire large, fine arms, in spite of their nakedness; and if young ladies will labour as hard from morning till night as do these useful classes, they may have as fine arms; but even then it is doubtful if they would get rid of their congestions in the head, lungs, and stomach, without more dress upon the arms and legs.

Perfect health depends upon perfect circulation. Every living thing that has the latter has the former. Put your hand under your dress, upon your body; now put your hand upon your arm. If you find the body is warmer than the arm, you have lost the equilibrium of circulation. The head has too much blood, producing headache or sense of fulness; or the chest has too much blood, producing cough, rapid breathing, pain in the side, or palpitation of the heart; or the stomach has too much blood, producing indigestion; or the liver has too much blood, producing some disturbance; or the bowels have too much blood, producing constipation or diarrhœa. Any or all of these difficulties are temporarily relieved by immersion of the feet or hands in hot water, and they are permanently relieved by such dress and exercise of the extremities as will make the derivation permanent.

Again I say, the extremities require as much clothing as the body. Women should dress their arms and legs with one or two thicknesses of knit woollen garments which fit them. The absurdity of loose flowing sleeves and wide-spread skirts I will not discuss.

Do you ask why the arms and legs may not become accustomed to exposure, like the face? I answer, God has provided the face with an immense circulation, because it must be exposed.”

Our article for next month will be on exercise.

To spend two or three moments on rising and retiring in rapid frictions of the whole surface of the body with the hand, is a more rational treatment of the skin, and a more health-promoting operation, for most persons, than a daily cold water bath.