blowing directly against a person may be harmful by causing unequal stimulation of the heat regulating mechanism, and thus may lower the vitality to such a point that the organisms which produce a cold and which are omnipresent can obtain a foothold and grow on the exposed mucous surfaces. Exposure to cold in the open, in persons accustomed to changes of temperature, does not produce a cold. One of the great drawbacks to the methods of heating which are used at present, is that they maintain a constant temperature in the room and do not allow the body to adapt itself to changes when these are encountered. Such exposure then produces a congestion of the vessels of the nose and throat, and consequently a favorable condition for the growth of bacteria. Once established, a cold may be a very troublesome thing to cure. The hot foot bath, hot drinks and a good purge when one feels the cold coming on, will often cut the attack short.

The Hygiene of the Nervous System.—There has been an alarming increase in the occurrence of nervous and mental diseases during the past decade. A very important contributing factor to this increase, no doubt, lies in the greater expenditure of nervous energy required of people than in former years. The responsibilities of modern business, professional and social life are much greater than they were in the past. Moreover, the great development of mechanical labor-saving devices has lessened the need of physical exertion and allowed more time for mental pursuits.

A close investigation of the causes for mental breakdown and nervous prostration reveals the fact that it is not alone overwork and worry which bring about the condition, but that an important contributing factor is the failure of individuals to obey the simple laws of hygiene. Physical man if entirely neglected does not remain strong, but soon wears out. Many people are attempting to place, as it were, a racing motor upon a worn-out running gear. The mind may be ever so brilliant, but without a healthy body to house it, it is worth little.