

of Providence ; use it in abundance and with gratitude.

Q. What precautions should be taken in bathing ?

A. Medicinal baths should not be taken except by order and according to the prescriptions of a physician, because they are not adapted to every constitution. As regards baths solely taken for cleanliness, which are suitable to every person, one should observe : 1° not to go into water while in a state of perspiration ; 2° not to bathe immediately after meals ; but only after an interval of a few hours, so as not to stop digestion, which would be very dangerous ; 3° to choose clean water ; 4° to rub oneself with care on coming out of the water, and, after promptly dressing, to take exercise so as to bring about a reaction.

Q. When these baths cannot be taken, how can the deficiency be supplied ?

A. It may be supplied by means of a large sponge or a wet towel.

These ablutions should be performed rapidly, and on one limb at a time, which should be rubbed vigorously and immediately covered, because cleanliness should not antagonize modesty, both being sister-virtues.

When in health, this ablution may be taken in cold water, and should last only a few mi-