

use, they often lead to disease and suffering. Though destined to the highest power and enjoyment in life by virtue of great intelligence, mankind is capable of the greatest degradation and misery when guided by perverted reason and biased judgement.

In regard to the care of human life man is now, for want of proper education, far behind the ancient Greeks and Romans and even the Egyptians and Jews. In all his progress and wisdom, in all his thirst for and acquisition of knowledge, man has failed to obtain that knowledge of himself and his environment which is now indispensable to his own protection and preservation. And from want of this knowledge, not only has the average of his life been immensely shortened, but his needless sufferings have been and are now incalculable. In his rush for position or honor or wealth, or for only the gratification of his appetites, man has failed to calculate the costs of these in health and vitality. Indeed, scientific medicine has but recently clearly demonstrated these

costs. Had the masses of the people but been educated in the essentials of popular medicine, or hygiene, a large proportion of the many millions of human lives which civilization in its blind progress has sacrificed would have been saved and incalculable human suffering avoided. Sites of cities would then have been drained and seweraged; dwellings, schools and all work-rooms would have been properly ventilated; infectious diseases would have been greatly suppressed or entirely stamped out; mothers would have known how to feed and bring up their infants to maturity, and we should not now have before us the unnatural spectacle of nearly one half of man's progeny being destroyed before reaching the period of manhood or womanhood, by the numerous enemies of human life to which for the most part man himself has given rise. And man would now be a more perfect being physically, and as a race doubtless of higher mental endowments. He would, in short, on the average at least, be a better bred creature than he is at present.

ON THE PREVENTION OF "COLDS."

MANY a severe case of illness that leads down to death, and cuts off a most valuable life, perhaps that of the head of a family, has its starting point in what is commonly called a "cold." Whatever may be the precise physiological or pathological condition of the body which a sufferer so universally designates as a cold - and the condition is not very well understood, there is a most complete consensus of opinion amongst medical authorities, which is being continually strengthened by clinical experience, that the tendency to take a cold is best overcome by invigorating the great emunctory organ which invests the body, namely the skin. Clothing and the habits of civilised life tend to hamper and relax the skin and make special effort necessary to secure and maintain the highest efficiency of this organ. The skin must be prepared to meet and resist atmospheric changes by systematic treatment.

An excellent paper was read at the recent Brooklyn meeting of the American Health Association by an experienced physician of Richmond, Ind., on the subject of clothing. In this the author contended that in the present age most people clothe too warmly. The skin is thus enervated and weakened, and cannot then respond vigorously to atmospheric changes. People, he contended, as we often have contended in this JOURNAL, are too much afraid of feeling the cool air on the skin, whereas the effect of such a feeling is to invigorate the skin, and through it, the whole body. Medical opinion is strongly against the overclothing of the present age. While the skin is thus relaxed and weakened no means are used for invigorating it.

To prevent colds then adopt measures for developing the vigor and elasticity of the skin. Cool bathing is the great measure for this—the one great preventive remedy