

room, wherever the outlet in the room may be. Thus the opening of the outlet in the room may be in the fire-place, near the ceiling, or at the floor; but the distance between the lower part of the column of air (that is, the floor of the room) and the point of delivery into the open air (the top of the chimney or ventilating tube whatsoever) remains unaltered. Nothing, therefore, can change this, except an actual lengthening or shortening of the chimney or ventilating tube.

"TAKING COLD." THE SKIN AND THE CLOTHING. (Concluded).

In the last number of the JOURNAL, I alluded to the large numbers who die every year in this country from inflammations, arising frequently from colds caused by neglecting to keep the skin in a healthy, vigorous condition by bathing and suitable clothing. I endeavored to point out the means by which colds might be avoided, chiefly by the proper care of the skin, and by appropriate clothing; and I intimated that I would in the next number say something about mistaken attempts to harden the system—over clothing, tight and unequal clothing, and making sudden changes in it.

Dr. Osgoode, in his "Health Primer," says, "there is a popular error that hardening will inure one to any degree of cold—to the most sudden changes of temperature. * * There are no words strong enough to characterize the folly of those parents who think it right to harden their children, by forcing them to face the cold insufficiently clad."

In reference to this, the "Herald of Health" very properly observes: "In what the author (Dr. Osgoode) here says, he seems to oppose hardening as an expedient to which none but cruel parents will resort. He does not give warning that there

is an opposite and more dangerous extreme. What then about hardening and softening? If you do not the one, can you avoid the other? What seems hard for one is quite easy to another, who is inured to it. The true question is, what degree of hardiness—the minimum and maximum, is consistent with the most robust health. It will, no doubt, be granted that both extremes are dangerous. To which are children most exposed? Hardening is the result of over-work and exposure to cold, one or both; softening the result of underwork and careful keeping in a warm atmosphere, one or both."

In clothing, as in everything else, I believe, without exception, there is nothing like the "happy medium."

Probably the most pernicious practice of all in regard to clothing is that of overclothing parts of the body, and allowing other parts to be insufficiently covered, which is an almost universal practice in the case of young children, and too common amongst women.

The object of clothing in cold weather is to prevent the escape from the body of the animal heat generated in the body. Heat is generated in all parts of the organism, but a little more in some parts than in others—more in the brain, muscles and liver, and it is distributed and the temperature of the body equalized by the circulating blood. Uniformity of temperature and of the circulation of the blood is one of the first essentials of health.

Heat is being continually given off from the entire surface of the body. Too little clothing permits the too rapid escape of the heat, whether from the whole body or only from parts of it, as the extremities, and the skin and parts beneath become cold, and the little blood-vessels in and beneath the