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HEALTH.—Without it, what can we enjoy, what can we accomplish? If we possessed all the honours of the world, all the gold which has been extracted from the mines of California, we could not enjoy them only in proportion as we have health; their value is diminished if health declines. With health, other things being equal, we can accomplish almost everything we undertake. We can travel from star to star, we can dive into the depths of the earth, explore its dark regions, and bring up the hidden mysteries which it contains. To take such a course as will insure health to an advanced age, is a proof of wisdom. We were placed in the world to be useful; and the longer we remain in it, the more good we shall accomplish, if we are endeavouring to answer the end for which we were created. To preserve our health, or regain it if lost, is to prolong or regain life. One eminent physiologist has said that, "health is life," hence to impair the former, is to destroy the latter and *all its pleasures*.

A good cleansing of the entire body with soap and warm water once a week, is all the bathing the human system requires for purposes of health.

No rational mind can fail to see that it is a wisdom and a duty to guard against the causes, and watch vigilantly against the indications of such diseases as dyspepsia, which often so influences the mind as to subvert the whole character, making a wreck of happiness, heart and life together.

CLOTHING.

Preventing the changes in the atmosphere from affecting the system, counteracting the pernicious influence of cold and moisture, and preserving the body from too great heat, is the true design of clothing; thus contributing to health and comfort in all climates.

Clothing possesses no warmth in itself, but merely prevents the heat of the body from being carried off by the air, and other surrounding objects, faster than it can be supplied by the functions of the body which perform that office.

The essential requisites of clothing are:

1. Freedom of movement.
2. Absence of pressure over any part of the body.
3. No more weight than is necessary for warmth, and both weight and warmth evenly distributed.
4. Beauty and grace, combined with comfort and convenience.

Clothing, like an armor, enables us to combat against the elements, and its importance increases as we pass from a warm country to a more rigorous climate. It is the true regulator of the heat of the body, even the lightest veil serving this purpose by moderating the loss of heat.

By increasing the number of garments according to the rigor of the season, we diminish the radiation of heat as by a succession of relays. The linen, the underclothing, the cloak, constitute, as it were, so many artificial skins. The heat, cooled by the skin, warms these superposed coverings; it passes through them much less quickly if they are bad conductors, and reaching the surface escapes, but without producing the sensation of cold which direct contact with the air would cause. The protection due to our garments is increased by the layer of warm air they enclose and which maintains a temperature between twenty-four and thirty degrees. Soft stuffs, furs and feathers, owe their warmth to this interposed air. Each person, therefore, has his little particular atmosphere that accompanies him everywhere, and is constantly renewed without chilling him.

It should be sufficient to protect the body from the external influence of the atmosphere, and preserve in it that degree of temperature which is most agreeable, as well as best adapted to the exercise of its healthy functions and motions. It should not occasion an unnecessary amount of perspiration.

The foregoing requisites should never be sacrificed to fashion, and the human being who does so may be justly regarded as lacking good sense. Whatever is suitable and harmonious in colour, and adapted to the occupation of the wearer, and the season or climate is proper. The age, the constitution, and the habits of the wearer should