

day. I confess I never looked with more sympathetic reverence on the devotions of any people than upon these pious sun-worshippers.

Are not we naturalists, who believe that the light and heat of the sun are the primary source of all organic life on our earth, really sun-worshippers?

PERSONAL SANITARY MEASURES.—The natural duration of sleep is eight hours out of the twenty-four, and those who can secure this lead the soundest lives. It is best taken from ten o'clock till six, and it is best obtained by cultivating it as an automatic procedure. All stimulants, all excitements, all excessive fatigues, all exhaustions prevent sleep, even if they do not permit it. The room in which sleep is taken should be the best ventilated and most equally warmed room in the house. The air of the room should be maintained at the natural standard of 60° F., and the body of the sleeper should always be kept completely warm. The bed should be soft and yielding. A regular tendency to sleep at other hours than the natural is a sure sign of error of habit or of nervous derangement.

Connected with cleanliness of clothing, as a means of health, is personal cleanliness. Perfected action of the skin, so essential to the perfect life, can only be obtained by thorough ablution of the whole body. The ablution ought, strictly, to be performed once in every twenty-four hours. It is best to train the body to the use of cold water through all seasons, so that the requirement for water of raised temperature may not become a necessity. The simplest and best bath is the ordinary sponge-bath. Plungings, splashings, showers and the like are mere pastimes. The occasional use of the hot-air or Turkish bath is an important adjunct to the means of maintaining health.—*B. W. Richardson.*