

getting unduly heated. Rheumatism and neuralgia, both fearful diseases, as we can certify from our own abundant experience, are often brought on in this way. The neglect to put on a coat when a hard day's work was done has cost many a man an immense amount of pain.

It is bad enough to sit down in a cool room when merely warm without putting on extra clothing, but when to the heated condition of the system exhaustion is added, the danger of a sudden chill, and the degree of danger from a chill, is greatly increased. *Never* sit in a draft of air to "cool off" after working, or at any other time. Always when tired and sweaty put on a coat as soon as the work in hand is finished. It is not safe to wait even for a few minutes. A coat should be carried to the field in warm weather, and worn to the house when the work is done. Waiting until he could get to the house has caused many a man to take a cold which resulted in serious sickness. *Always* wear woollen next to the skin. Thin woollen clothes in the summer, and thick ones in the winter should be worn. Not only the grown people but the children should also be dressed in this manner. The best medical authorities in this country and in EUROPE have strongly advised the use of woollen clothing at all seasons of the year.

As already suggested, more clothing is needed at night, when the system is exhausted by the labors of the day, than is required when at work. At all times sufficient clothing should be worn to keep the person comfortable, and in winter it should be of the best quality (as far as warmth is concerned), in order that it may afford sufficient protection without being burdensome. The same rule applies to the bed-clothes which are used. Newspapers folded between the quilts will give much warmth with little weight. *Never* sleep cold, but use clothes enough to keep warm. Keep the feet dry, if possible, during the day, and before retiring at night dry and warm them thoroughly. See that the children do not neglect this. Attacks of croup, and severe lung diseases, are often induced by going to bed with cold, damp feet.

Avoid exposure to storms. If caught out in one, change the clothing as soon as possible, and rub the skin vigorously until it is all aglow. Keep the children indoors during rain and snow storms. No possible good can come of their being out and it may lead to severe illness.

**CLEANLINESS.**—Much of the work on a farm seems directly opposed to cleanliness, yet there is no impossibility, even for the farmer, to obey this plain and important law of health. The two millions of little pores in the skin are the outlets by which an immense amount of waste matter is removed from the body. If these outlets become closed, by reason of a cold, or of an accumulation of dirt upon the surface, this matter is thrown upon the internal organs, thus greatly increasing their labor, and also poisoning the whole system. Frequent bathing is absolutely necessary to secure cleanliness, and, sooner or later, every one will find that cleanliness is indispensable to health. The feet need frequent washings. Many people are troubled with cold feet who would not be if they washed them more frequently. Putting the feet into hot water and keeping them in it ten minutes, adding more warm water as that in the pail grows cool, will often quiet a severe headache so that the patient can sleep. Sleeplessness, unattended by pain, can sometimes be cured by dipping the feet in cold water and rubbing smartly with a coarse towel just before going to bed. When there is a disagreeable odor, wash the feet with water in which permanganate of potash—ten grains to a pint of water—has been dissolved. Or they may be occasionally washed with vinegar.