

better than elastic. Patent leathers retain the sweat. Uppers should be soft. Heel low. Toes square.

*Stockings and Socks.*—Woollen fabrics the best; silk next. Cotton should not be worn. Socks worn square-toed. Digitated toes advised by some as being more cleanly.

*Night attire* should be of linen or cotton. Woollen not worn except by old people, children and the rheumatic. Linen gives rest to the skin which may have been unduly stimulated by the woollen garments. All experience a sense of relief when the day-clothes are taken off.

*The Head.*—Babies should never wear caps. No head-dress should weigh more than five or six ounces. Felt is the best material for hats. Soft, broad-brimmed hats are the best. Boys should wear caps of the softest and lightest texture. Ladies should not wear combs.

*The Neck.*—Tight and stiff collars should not be worn. It prevents the proper use of the arms. The circulation of the neck should not be impeded.

*In Infants* the following obtain. Should be warmly clad. Woollen clothes. Body evenly covered. Head kept cool. Clothes free from constriction of any kind. Bandage abolished (it constricts region of heart, lungs, liver, etc.). Compresses and pads avoided. Avoid over-clothing.

*Underclothing* should be woollen, silk or gauze being used if it be too irritating and cannot be worn next the skin. The clothing covers a multitude of sins and disguises many diseases, especially of the skin.

*In Disease.*—While clothing is necessary to keep the skin in condition, it is often the means of giving rise to a dermatosis.

- (1) It may serve as a nidus for pediculi or parasitical affections.
- (2) It may irritate a healthy skin by roughness and friction, and set up an eczema, pruritus, or dermatitis.
- (3) It may excite a diseased one.
- (4) It may convey poisons to the skin and set up a dermatitis, etc.
- (5) By increasing the warmth of the part it may excite or increase the growth of parasitic fungi—*tinea versicolor*, etc.