

work, afforded to some extent a chart of the route by which I gradually arrived at the reforms embodied in my Sanitary Woollen System.

Since these essays were written, the popularity of my reforms has advanced with giant strides, and the experience of many thousands of wool-wearers in every country and climate under the sun has added new and valuable information as to the hygienic worth of my System, which has the happy faculty of attracting the enthusiastic interest—I had almost said affection—of those who adopt it.

The present book is divided into six parts, the first five containing a detailed description of my Clothing and Bedding Reform, and the sixth, various short essays dealing in a popular manner with questions of hygiene which are of general interest.

The Company which represents my System in the British Empire has had the honour of supplying to eminent Travellers and Explorers outfits of clothing and bedding for use under every possible climatic condition (see pages 76 and 78 of this volume). This affords striking evidence in favour of my contention that the Sanitary Woollen Clothing is eminently adapted for wearing in hot countries as well as in cold, and, *a fortiori*, in our changeable European climates.

G. JAEGER, M.D.