

lower seat in the closet so that the thighs will support the abdomen during defecation, are other curative measures.

The importance of the fact that most people do not drink enough water is not appreciated. The soluble toxins and waste materials of the body's metabolism are excreted by the kidneys in solution in water. Diluted solutions of poisons have a much less injurious action upon protoplasm than concentrated ones, and therefore a concentrated urine, if it contains harmful substances, is more apt to damage the kidney than a diluted urine. The beneficial action of water in removing poisons from the body is illustrated by the improvement which occurs in people with severe infections, such as typhoid fever, after drinking large quantities of water and after a free urine secretion. Although much water is lost by the body through the skin and lungs, such water carries little or none of the impurities of the body. It is the kidneys which excrete these substances, and enough water should be taken to insure an excretion of from 1200 to 1500 c.c. of urine each day.

As has just been stated, the skin is not an important organ of excretion, although a large amount of water is lost through the sweat glands in the course of a day. The chief functions of the skin are protection and regulation of the temperature of the body. The latter function is hampered by the wearing of tightly woven clothes, which prevent air from circulating freely about the body. Personal cleanliness need not be emphasized here. If decency did not demand it, health would, for infection lies in dirt. Bathing is not alone for the purpose of cleanliness, for in the bath the pores of the skin are opened up, the cutaneous circulation is increased and the general well-being of the body improved. A cold bath in the morning toughens the body against changes of temperature and raises its resistance to infectious organisms. It does this by bracing up the circulating system and stimulating metabolism.