

acid and salts and acids which the blood is charged with, and the sufferer lies sweltering in moist heat and discomfort until his "cold" is a little better and it is considered safe to approach soap and water. Many a cold might be nipped in the very beginning by a hot bath followed by a speedy retreat between the bedclothes and a hot drink. It should be remembered however, that the profuse perspiration following is Nature's way of throwing off the "cold" and the skin should be washed with warm water within twelve hours (in bed if necessary) and this should be kept up while the sufferer is in bed. A cool sponge bath with some salt in it should be taken on first getting up, as after a chill and much sweating, the skin is sensitive and needs hardening and strengthening. Finally, we are all of us familiar with the excuse that we are "too tired to wash to-night," and consequently feel justified in betaking ourselves (hot and dirty) to bed. "Mother, need I wash to-night, I'm so sleepy?" says the child who has been allowed to regard cleanliness as a bore, and the indulgent mother with an eye to saving trouble as well as pleasing her darling, replies: "No, dear, you needn't; just let me braid your hair, then jump into bed!" The wise and kind reply to the child's request would be to put the tired little body straight into a warm bath and with soap to remove part of the cause of the tiredness and with kind words divert the mind from its own sensations. The fretfulness would vanish with the dirt, and when she emerged warm and glowing from the water, the weariness would have given place to a

comfortable drowsiness which would speedily end in the deep, dreamless sleep of healthy childhood.

A hot bath is a powerful tonic and a warm bath taken every night will, besides cleansing the body, increase the circulation, induce sleep and banish half the fatigue owing to stimulation of the nervous system through the sensory nerves in the corium. It is not always possible in some houses to take a nightly bath, but there is surely nothing to prevent anyone from washing the whole surface of the body before retiring to rest. This should be done with warm water and good soap, and the advisability of doing so at the end of the day lies in the fact that warmth opens the pores and contact with cold air immediately after might give a chill, while, if we retire straight to bed, no such risk is run.

The question of cold baths, sea bathing and care of the hair, etc., we can discuss in the next paper, but it may be mentioned here that it is always good to sponge the face, back and chest with cold water in the morning, as it gives tone to the skin and lessens the susceptibility to cold.

There is also something to be said for the education of children in habits of cleanliness. The childish dislike to washing is in no wise due to love of uncleanness. It is simply a bother, the subject doesn't interest them, and there are so many other things to be done! If the force of habit and sense of duty were brought to bear on the daily wash, we should find children as amenable to it as they are to anything else.