

of unclean air and want of sunlight. Air is the most necessary requirement of animal life, as without it, death would ensue in a few minutes. Little care is taken, however, to see that the air we supply to our lungs is pure and clean. A person, under normal conditions, requires three thousand cubic feet of air an hour, in order to insure a reasonably pure supply, but few get it, except in the open air. Not only in the crowded warehouses, and stores, but in the homes, there is practically no provision for ventilation, except by windows and doors, and there are thousands who, during the winter, shut the windows tight, and close every crevice in their sleeping apartments, and slowly poison themselves by breathing the same air over and over again. Is this not a lack of cleanliness? It is filthiness. You would not care to eat food that had been already used; do not, then, use air which has been inhaled and deprived of its life sustaining qualities.

The second essential in the maintenance of animal life is water, which forms over sixty percent. of the human body. An important point under the heading of cleanliness, and a very fruitful source of disease, is the failure to keep clean the internal surface, the stomach, intestines, etc. When a person regularly eats far more than he needs, (a very common practice) the digestive organs become weakened, and unable to dispose of the surplus food rapidly enough. This matter remains in the intestinal canal, becomes decomposed, and its poisons are rapidly absorbed by the blood and carried through the system. Is not this a lack of cleanliness?

Then there is a lack of cleanliness with respect to the nasal passages. It

is difficult in this country to find any one who is entirely free from catarrhal trouble of some kind, which is generally attributed to the climate, but the climate has little to do with it. The nasal cavities should be kept clean, by washing or bathing every day, otherwise mucus and other excrementitious matter, with dirt particles inhaled, form into solid lumps of matter. This is a common cause of foul breath.

The teeth are also frequently subject to neglect. Decay is induced by improper food, and lack of attention. The teeth are for chewing and grinding, and to keep them strong and sound they must be used on something offering more resistance than soft, cooked food. Decayed teeth, or teeth with cavities, retain decomposing matter, which assists in the further destruction of the teeth, contaminates the breath and impairs the digestion.

The body is constantly undergoing a process of tearing down and building up. The old tissues are being constantly replaced by new ones. These dead tissues must be quickly thrown off, or the system becomes clogged with this effete matter, and disease is sure to follow. The only preventive of this state of affairs is exercise.

There is one other form of uncleanness,—of the mind. To have a healthy body it is necessary to have a clean, healthy mind. The physical body is greatly dependent upon the moral and mental faculties as to health. A strong, clean body is the basis of all success. A strong, clean mind is the next. A strong, clear morality follows as a matter of course. Summarizing, we have the following respects in which there is frequently evidenced a lack of cleanliness: Air, external bathing, internal bathing, food, the nasal pass-