

property of letting it evaporate very quickly, thus exposing the wearer to a dangerous chill. Wool, on the contrary, gets well saturated with water and retains it better, and the water, in evaporating, cools the tissues slowly without causing a reaction in the body through the sudden depression of heat. Hence the superiority of wool as clothing.

Q. What should be the shape of clothing ?

A. It depends on the party whom it is intended to cover. Generally speaking, clothing should not compress any part of the body to the extent of impeding its movements or the circulation of the blood, breathing or digestion. The observance of this hygienic law is imperative for the due development of the body and the preservation of health.

Q. How does clothing, and especially under-clothing, protect us from chills ?

A. Our real clothing is the layer of air which surrounds the body. The sole function of clothing consists in keeping around the body a layer of air heated by the skin. The flannel undershirt is here fully described : the flannel, by retaining the air in its woolly woof, protects the body from the changes of temperature and absorbs the perspiration from the surface of the