

its own clothes. This often leads to an eczema, intertrigo, hyperidrosis, etc. This sometimes applies to people of riper age. The warmth of the bustle and the gathering too many heavy skirts around the pelvic region often leads to congestion of these parts, sets up some uterine trouble, and this may give rise to a skin affection. As is well known, every organ of the body has its influence (directly or indirectly) on the skin. To cripple or interfere with the function of any of the organs of the economy would be to cripple the skin. All compression should be shunned. The liver, spleen, etc., should not be compressed by tight-lacing, nor the intestines by tight waist-bands. Everything that impedes the circulation of the skin must be strenuously avoided—tight sleeves, collars, garters, boots, gloves, etc. Tight garters may give rise to varicose veins, chilblains, eczema. If used they should be tied above the knee, but it is better to discard them and wear bands suspended from the waist. The belt should not be worn. *Insufficient clothing* should be remedied. Those having sedentary occupations in a warm room both in winter and summer need more clothing than those out-of-doors and hardened to cold. Infants and old people need more clothing. Frequent changing of clothing from a light to a heavy texture, and *vice versa*, is bad, nor should one be too ready to drop the winter flannels. Boerhaave says “our winter clothing should be put off on midsummer day, and put on the day after.” The clothes should not be cold when put on, nor kept in a cool place. They should be loose. This allows of a more ample stratum of air within the meshes and between the layers, which, being warmed by the body heat, are warmer than tight-fitting clothes. On retiring they should be removed and hung up to be aired.

*Close dresses* (Macintoshes, etc.) are objectionable, as they do not allow of free transpiration—skin respiration. This applies also to rubber socks and shoes.

*Gloves.*—Buck holds that silken and woollen gloves are more apt to lead to chilblains than kid or dogskin. Except in winter-time, or in those prone to chilblains or of feeble circulation, they should not be worn.

*Boots.*—Shoes healthier than boots for the young. *Laced*