

to the skin and more heat is lost through the expansion and increased activity of the glands. Cold tends to contract the skin, with the result that less heat is lost and the body retains its normal temperature, whatever the outer conditions may be. Another curious fact in this connection is, that cold slightly increases the production of heat in the body while heat lessens it, so the temperature is kept normal, not only through the amount of loss but by the regulation of the production of heat. The results of not keeping the skin clean are far-reaching and affect the whole body in the long-run. In the first place the waste epidermis tends to collect, obstructing the pores and so hindering the excretion of the perspiration and oily matter. The quality and natural beauty of the skin will in time become hopelessly spoilt through the accumulation of effete matters, and the blood as it circulates through the network of capillaries lying in the dermis will perforce take up, instead of getting rid of, certain substances which it is the natural function of the skin to excrete. A cold, clammy skin is the least of the evils following the neglect of personal cleanliness, and most of the horrible skin diseases are due to the same cause. I say "most" advisedly, for there are certain skin affections which are due to bad diet and which affect people who are spotlessly clean and refined. A delicate skin will often be the suffering organ when the blood has become tainted or overheated. An excess of fats or starchy foods will in some constitutions produce very distressing conditions of the skin, even when great care is observed. Another evil follows in the train

of a dirty skin. The sensibility is dulled through the inability of the sensory papillæ to re-act in response to changes of temperature. The sensations received by the skin are the natural means of regulating the temperature of the body. The deficiency of nervous tone due to blunted sensibility, enormously increases the tendency to chills. Hence, the unwashed run a far greater risk of colds and all other developments than the cleanly. A coating of dirt is no protection from inclement weather and the wearer thereof is far more likely to fall a victim to pneumonia, catarrh and kindred maladies than the person who washes daily and is the happy possessor of a fine, clear, sensitive skin. There are some very curious fallacies believed in by many worthy and cleanly people. While fully recognizing the need of a bath after violent exercise, some will tell you that a sedentary life or a quiet day in the horse has obviated the necessity of such careful washing as is necessary when one comes in hot and travel-stained. As a matter of fact, persons leading a sedentary life need baths more than the active because when the skin is kept active by exercise it partially cleans itself and the products of this kind of natural ablution are to be found chiefly on the clothes. But under sedentary conditions all the excretions collect on the skin and need to be thoroughly and often removed.

It is by no means uncommon to find the victim of a "cold" huddled into bed and kept there for several days while the bath has a holiday. The skin does its best under these adverse conditions to get rid of the excess of carbonic