

part, are far more apt to regard it from a decorative rather than from a sanitary point of view.

The animal and vegetable kingdoms furnish man with his clothing materials. Silk, wool, hair, feathers from the animal. Hemp, flax, cotton from the vegetable. The cardinal clothings are wool, linen, cotton, silk. Wool and cotton are principally used—wool in the cold climate, cotton in the warm. Wool stands pre-eminent as a good conductor of moisture, a non-conductor of heat, and for its electrical properties. Linen attracts moisture, cotton does not, nor does silk, but it may disturb or excite the electricity of the skin. It has been known to set up a dermatosis.

*Color.*—Dark colors absorb and radiate heat. White are bad radiators and absorbers of heat, for this reason light clothing is the best for summer; white is the least absorbent of odors and gases. Physicians and nurses are best dressed in white. Clothing affects the skin, for good or ill, in health and in disease.

*In health.*—One of the requisites for maintaining the skin in a normal condition is proper clothing. Treves has formulated the requirements of healthy dress—

- (1) A perfect covering for the body.
- (2) Maintenance of an equable temperature.
- (3) Absence of superfluous material and needless weight.
- (4) Non-interference with any of the functions of the body.

Not seldom you see young girls whose trunks are well covered, but whose upper and lower extremities are sadly deficient in any covering save the exterior garment. Heat and cold must be guarded against. The former producing miliaria, erythema calorica, increase of pigment, etc.; the latter, dermatitis congelationis, pruritus, erythema pernio, etc. Cold causes contraction of the capillary blood-vessels of the skin and the blood is determined to other organs—lungs, kidneys, etc. Cold lowers the nutrition of the body. This may account for the more frequent occurrence of skin diseases in winter-time.

*Over-clothing* should be avoided. All no doubt are familiar with the over-clad baby, garment after garment, layer after layer of material zealously placed on the darling, almost smothered in