

sponged every morning with cold water, and a vigorous rub given afterwards, to tone the skin, and improve the circulation. A cold bath should always be taken quickly. If soap is used, it should be rubbed on before entering the cold water, and then the stay in the water should be very brief; the whole body sponged quickly, followed by a brisk rub with a rough towel. Cold baths should be begun in the summer, and only continued in the winter at a temperature of 60 to 70 degrees, and if the proper reaction ensues. There is no merit in being able to take cold baths, though at one time it became fashionable to boast of having broken the ice in one's morning tub.

For the majority of people it is quite sufficient to sponge the face, neck, back and chest with cold water on rising, and in the cold weather this is very useful as a protection from cold, neuralgia, etc., on going out into an atmosphere which perhaps is below zero.

A hot bath, i.e., 98 to 105 degrees, is only necessary in cases of sickness. If a person has taken a chill, and is experiencing all those miserable sensations which indicate it, they should take a bath of this temperature; drink some hot water meanwhile, and when thoroughly steamed, get straight into bed without any delay whatever. Once there, it is a very good plan to take a glass of hot lemonade with honey. This should be made fresh, the lemon juice squeezed on the honey and hot water added. During the night cold water may be drunk if thirsty, and after the profuse perspiration which follows this treatment, great care should be taken on getting up again.

Here the tepid bath comes in most opportunely to remove the waste and close the pores. Salt should be used in it to harden the skin. Many a life might be saved if only people would take a cold in hand at once and help nature to recover its equilibrium, remembering always that it is through the skin we take cold, and that it is best and quickest got rid of that way also. Sea bathing is excellent, provided the following rules are observed :

1. Not to go into the water for two hours after eating, nor on an empty stomach.
2. Not to remain in after the first sensation of cold or fatigue.

Swimming combines the advantages of bathing and exercise, and the salt in the water is most salutary for the skin and the cutaneous nerves. A sudden plunge into very cold water is dangerous unless one is hardened to it, and is, of course, more so in fresh than in salt water. Many cases of death from "bather's cramp" are due to the benumbing and depressing influences of cold on the vital organs, for the water around the swimmer is constantly being changed, and each layer of water abstracts a considerable amount of heat. The care of our hair is a very serious consideration, seeing that a good supply of it, besides being a protection, is a great beauty, and more durable and far less costly than fine hats.

We have got past believing that each individual hair is a tube, out of which it is possible to lose a certain amount of vital fluid. We used to singe the ends carefully to close them up, and so make up for nature's carelessness in leaving them open.