

physician may do much by advice and instruction, and we have no doubt much is assayed in this way; but his counsels are too often unheeded, or if not unheeded, not acted upon.

A NEGLECTED LUXURY.

Almost all living nature bathes after some fashion or another: the cleansing and invigorating of the vegetable and animal kingdoms by the dew and the rain, are but modifications of the bath. Bathing was enforced as a religious duty by the Jewish and also by Mahometan laws; frequent ablutions were made to form part of their religious rites. Among the Greeks and Romans, bathing became a most luxurious pastime. In Russia, the vapor bath is in general use, from the Emperor to the poorest serf. Dr. Clark informs us that throughout all Finland, Lapland, Sweden and Norway, there is not a hut so destitute as not to possess its family bath, to which every member of the family resorts every Saturday at least, and every day in case of illness. The use of the bath is equally general in Turkey, Persia, and Egypt, among all classes, from the Pasha down to the camel-driver and Arab boatman.

How is it with the great Anglo-Saxon branch of the human family? Is it a hydrophobic propensity, or an inclination to economize time and water, that has with it so degraded ablution, that it is now so generally confined to the face and the hands? The exceedingly limited number of bathing-rooms in the entire Dominion of Canada, outside of the principal cities and towns, shows a marked and singular discrepancy between admitted theoretical knowledge and its practical application. Thousands of comfortable dwelling-houses are continually being built, in which apartments are appropriated to the various domestic processes, as cooking and 'washing;' while the setting apart of even a corner for the purpose of cleansing and invigorating the body, is apparently never once thought of by the builders. Let us hope and strive for improvement. Let us hope and strive to make the health-preserving practice of bathing the entire body as customary and universal as that of washing the face, or rising from bed in the morning.