

Clothing at all times should fit loosely, both in man and woman, but if there be any time where tight clothing can do more harm than at another, it is certainly in childhood.

The reasons mothers give for this bandaging of the infant is that its little body requires support, but this is a false notion. Nature does not ask the aid of bandages to make a well formed man or woman; what she requires is liberty and free action.

This tight bandaging is frequently the cause of rupture, of contortions of the bones, of rickets.

In infancy the clothing should be warmer than at any other period. The child is then more easily impressed by outward causes. The least change of temperature is easily felt and, in a country like Canada, where the changes of temperature are so abrupt and extreme, it is well to guard against them by wearing flannels.

Flannel being a bad conductor of heat, cools less rapidly than other textures, consequently any part of the body protected by it is less exposed to sudden arrest of the perspiration which is always dangerous and must be guarded against.

When I recommend the wearing of flannel, I do not mean that it should be worn next the skin. No, flannel should not touch the skin. The body is first covered with linen and then outside of this the flannel is put on. As the child grows older he must be taught to stand heat and cold without reference to little or much clothing, he must be hardened to our extremes of temperature. There is nothing more foolish and which

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