

it is easily soiled, it must be often changed, indeed, as often as possible.

Wool admirably preserves the heat of the body; consequently it should be used in the making of winter garments. The use of flannel jackets worn next the skin is almost indispensable in such a variable climate as that of Canada. Besides keeping the body in the same state of warmth, it produces, by its roughness, a slight friction favorable to the action of the veins and nerves.

Silk has the same properties as wool, but it should not be worn next the skin, because it keeps the body in a sort of vapor-bath, which impedes perspiration. The same is to be remarked with regard to impermeable clothing which should be doffed as soon as shelter from rain is reached.

Finally furs, preventing all loss of bodily heat, are an efficacious barrier against cold.

Q. What must be observed with regard to the shape of clothing?

A. Whatever part of the body the dress may cover, it should not compress it, so that the circulation of the blood may be free, and that perspiration may evaporate. The shape should leave liberty of action to all the movements. Nothing then is more opposed to hygiene than to squeeze the waist in a narrow corset, which