

adherence to these conventions than, say, 20 or 30 years ago; but the legal and medical professions, at any rate, have been on the whole conservative in this respect. With regard to headgear, the ordinary silk hat of the town dweller has long been criticized; but it must be admitted that in spite of many attempts to displace it in popular favor it remains the *sine qua non* for certain society functions, though not now so indispensable for many others where a short time ago it was quite compulsory. We do not understand why the white tall hat has fallen out of use; it was lighter to wear, cooler to look at, and, so long as there was no black band to suggest that the wearer was in mourning for the last remnants of his respectability, its appearance was cheerful. Straw hats, that now form so large a proportion of the summer headgear of our town population, are certainly cool and light; the soft panama variety looks more comfortable, but not only is it much more expensive, but from a medical point of view it has a drawback. Whatever type of hat is worn the lining should be soft and elastic, so that there is no constriction anywhere round the brow; yet the panama offers so large a surface of attack for sudden wind that it must be tight to the forehead. The air-space above the head should be ventilated. Air itself is a bad conductor of heat, and if a deep layer of air is interposed between the head and the head covering, this forms the best protection against the effects of sun, provided, of course, that the air layer is kept cool by free ventilation. Although the tall hat to some extent retains its vogue, the double-breasted frock-coat has almost disappeared for daily use; but we still seem to cling to funeral black as the appropriate hue for city life. Our climate is so variable that we cannot always assume that a fine warm morning will be followed by a hot day; therefore we cannot always at the beginning of the day dress appropriately for the ensuing eight hours or so. Woolen stuff for material, and a loose fit, will secure comfort, and protection from extremes both of heat and cold. Light colored garments are naturally cooler than dark ones, as they reflect instead of absorb the sun's rays; but a permeable texture is of much more importance than color; it is necessary for health and comfort that free passage should be allowed for evaporation from the skin, inasmuch as this is the most effective physiological means of cooling the body. Dwellers in tropical countries generally wear white cotton clothing, very light in texture, being careful, however, to protect the head from the sun's direct rays by some form of turban, and the abdomen from chill by several folds of material, forming a cummerbund. With our variable climate we must be cautious, even in the hottest weather, how far we imitate the habits of people