

flower-stalks in the water, and they ultimately formed a thick network over the plate. The flowers remained quite fresh, excepting a few of the most advanced when gathered, and as soon as the roots began to run in the water the buds began to expand, to take the place of those which faded, and up to the middle of November the bouquet—if it may be so called—was a dense mass of flowers and a more beautiful or chaste ornament for the indoor apartment cannot be imagined.

**BATHING OF THE BODY.**—The prophet Mohammed, a fanatic of cleanliness, regarded friction with sand as compensatory for washing; and if any one suppose that the limbs and trunk of the body cannot be kept as perfectly clean by dry rubbing as by any amount of washing, I say he has something to learn. Undoubtedly, in a hot climate, or hot weather, there is nothing so pleasant and so rapidly effectual as bathing, if the temperature of the water be not too low, as it is apt to be with us, even in our hottest weather. I have always enjoyed swimming; but reluctantly give it up, because the cold makes my hands dead, which cannot be healthful. I once brought on a severe attack of illness by using a sitz bath. All the hardy barbarians of the north have, at all times, been reproached by southern people for their neglect in washing. The old Romans did not—as a notion—betake themselves to baths till the era of effeminacy set in. Tacitus says of the Germans: "In the midst of this dirt they grow up into those limbs which we admire." The Scythians, of Herodotus, were reported not to wash; but in cold weather, at distant intervals, to cover their bodies with a hot, spicy paste. It dried on them, and dropped off when cold, leaving the flesh clean. Northern races know that cold water takes strength out of them, and they do not volunteer to touch it. Their practice has more weight with me than recent theories. No doubt where hot baths, warm dressing-room, and luxurious towels can be commanded, warm bathing tends to human beauty. Perhaps it makes a more delicate animal, more susceptible to cold. I think it does. A hot-air bath is a very different thing, and more akin to the Scythian practice. But, granting that wealth may advantageously avail itself of warm water, with a cold shower bath after it, that does not justify a universal command to men and women, rich and poor, to wash their whole bodies every day in cold water, as many of our sanitarians do.—*T. W. Newman, in Herald of Health.*