

TEMPERATURE.

Another very important condition upon which good health is based, is the right degree of temperature. This must be maintained; otherwise health cannot long exist, for the proper circulation of the blood depends almost wholly upon the maintenance of the proper degree of temperature in the body.

The heat of the body is all generated within the system by the friction which occurs in the processes of transformation (converting food into flesh) and disintegration (separating the worn out tissues from the sound). In health, there is an equal development of heat in all parts of the system, the limbs being just as warm as other parts. Now as the oxidation of the wastes of the body is the chief source of animal heat, and as this oxidizing process is constantly occurring, it follows that heat is constantly generated within the system. This being the case, it is evident that unless there were some means for conducting away the surplus heat, the body would sometimes become extremely hot. This want is incidentally supplied in the vaporization of the watery portion of the perspiration which is poured out upon the surface of the body by the sweat glands. This action is usually carried on without being observed, when it is called insensible perspiration. At such times, evaporation takes place so rapidly that the perspiration does not accumulate. While this evaporation serves to assist in removing the excretions from the system, it also serves a most important part in regulating the temperature of the body, thus enabling it to endure the vicissitudes and changes of the weather and seasons, and to adapt itself to various and diverse climates and countries. When a person is at rest, or exercising moderately, the evaporation of the small quantity of moisture which passes off insensibly is sufficient to keep the temperature of the body at the normal standard; but when violent exercise is engaged in, the wastes of the body are greatly increased and, consequently, a much larger amount of heat is produced; but the circulation being necessarily increased at the same time, the sweat glands of the skin become correspondingly active and pour out upon the surface a much greater quantity of fluid which, by absorbing the heat of the body, is converted into vapor, thus rendering latent, and removing from the body, the surplus heat which would otherwise prove exceedingly detrimental to the interests of the system.

If for any cause the temperature of the body either rises a few degrees above, or sinks a few degrees below, 98° Fahrenheit, the fluids become changed, the organs cease to perform their functions, and death follows. This being the case, it is easy to understand the importance of keeping the temperature of the body as near the normal standard as possible. One very essential means of keeping the body in this condition is the taking of a bath once or twice a week, thereby keeping the skin clean and the pores open, that there may ever be a free exit for the perspiration. If for any cause the sweat glands have ceased their work, and the system has become hot and feverish, it should be frequently bathed, or dampened with wet cloths. The water used for this purpose may be either hot, warm, tepid, cool, or cold, as is most agreeable to the patient. As the water thus applied vaporizes, the heat of the body is conducted off and the fever is reduced.

Another point to be considered in regard to temperature is that all parts of the body and limbs must have an equal temperature, for without an equal temperature there cannot be an equalized circulation of the blood, and without this, health cannot exist.

CLOTHING.

It is quite probable that there is no subject concerning which so little thought is given by the majority of women as the proper mode of clothing the body so as to keep it in health. Many women, in these days of plenty, dress to look pretty and to outdo their neighbors, while very few dress with reference to the conditions that make dress a necessity. The primary necessity for dress is to prevent the too rapid escape of the heat of the body, and to protect the system from the evil effects of frequent atmospheric changes

of temperature, humidity, etc.; and to meet these varying conditions should always be the chief aim in preparing clothing for the body.

In order that the temperature of the body may not be unbalanced, and one part become too warm while another part becomes too cold, it is necessary that all parts should be equally well clad. The limbs should be clothed just as warmly as the body, and still more attention should be bestowed upon the clothing of the feet if the person is of sedentary habits. But this is not the way most women dress. They clothe the body altogether too warmly, loading it down with skirts, etc., while the limbs are exposed to a constant current of air. No woman, dressed in the usual manner, can walk without creating a current of air about her limbs by the swinging motion given to her dress. This must of necessity chill the limbs and prevent free circulation of the blood.

Look at the manner in which little girls are dressed. It is just as impossible to rear the girls of the rising generation into healthful women unless their mothers dress them more healthfully as it would be to make a world. **Health and an equalized circulation are inseparable, and such a circulation cannot exist when the body is clad more warmly than the limbs.** How often we see little girls with the dress made without sleeves, and reaching only to the knee, the arms and upper part of the chest being left entirely bare, while the limbs are protected only by a pair of thin cotton drawers, which in many cases do not reach to the stockings. The effect of such a dress can only be to keep some parts of the body warm while other parts are allowed to chill. **The circulation thus becomes unbalanced by the blood receding from the chilled surface and extremities, and, as a consequence, the vital organs become congested so that healthful action is impossible, and disease is the result.**

The women of America are great sufferers from diseases peculiar to the sex; and as all diseases are but results, so with these. They too have been produced by causes, and of these, **the cause which has contributed more than any other to bring about the diseased condition in which they find themselves has been their manner of dress in childhood, youth, and adult life;** for it is a fact that, with very few exceptions, **women do not for a single day of their lives dress physiologically, the dress in adult life being just as contrary to the laws of health and hygiene as in childhood.**

Another point to be considered in adjusting the dress to the body is that it should set free and easy and should not cause pressure on any part, nor interfere in the least with any movement of the body or limbs. **The chest must be especially guarded against pressure or constriction.** If the waist is drawn in, there cannot be free breathing; and without this, there can be but little vitality. The habit of wearing corsets or of tight lacing is very pernicious. **Even the wearing of under garments fastened with bands about the waist is injurious.**

Clothe the arms, limbs, and feet just as warmly as any part of the body, suspend every garment from the shoulders, make the garments so that when the lungs are filled to their utmost capacity there will be room about the waist between the garment and the body. Be sure that the garments are all so adjusted that every movement which it is possible to make with any part of the body, limbs, or arms, may be made without straining the garment, and without causing pressure. Never wear a load of skirts to keep the limbs warm, but wear undergarments that shall fit each limb separately. Let the entire body, the arms and the limbs, be enveloped in an under garment all in one piece. Over this, clothe the limbs with suitable garments that will allow of the wearing of pants that reach from the knee to the ankle joint. **Let the dress be worn so as to reach within six, eight, or ten inches of the floor.** Clothe the feet with warm, high stockings and with shoes or boots sufficiently large to admit of moving the toes. Keep the shoes soft and pliable. The soles should be wide and thick; the heels should be neither high nor narrow. **Never wear corsets, bands, or belts, about the waist. Never wear elastics, cords, or ribbons about the limbs to hold the stockings up.** Retain them in place by buttoning them to the drawers. **Keep the feet warm, the head cool, the circulation even, and the temperature of the body at 98°, and you will not be sick.**