

AIR BATH (Victor G. Heiser, M.D.)

"A rosy, satiny, elastic skin is pretty good evidence of good health in general. When we systematically allow the gentle zephyrs to blow lightly thru our clothing or brush our naked bodies, our susceptibility to colds is apparently lessened, metabolism improves, jitters abate, and even other benefits follow.

Two comparisons may make it plainer why this is so. For one thing, the body is, in effect, a heat machine, always busily trying to radiate its excess of temperature into the surrounding atmosphere. The skin is your personal thermostat which blocks or facilitates the escape of heat according to your needs from hour to hour. But nearly all men, and most women, by dressing too heavily, discourage the skin as a heat regulator. It then becomes lazy, waxen, and only a halfhearted performer, making the wearer feel chilly in the slightest draft.

Fortunately, there's a simple remedy. It consists of indulging in a secret kind of nudism--air-bathing in the privacy of your bedroom or anywhere else in the house where you're away from spying eyes.

For a long time I gave more or less cheerful academic support to this belief, but it wasn't until I had spent 60 years of reasonably careful living that I put that belief into daily practice. Now I understand and share