

Air-Baths - cont. p. 2.

the enthusiasm of my fellow air-bathers. Since I began to take two 15-minute air baths every day, I find that they have hardened and toughened my skin and that I seem to have a greater immunity to colds as well as still greater zest for life.

In Europe, where the effects of air and light on the exposed skin have been studied much more than here in the United States, we find English, French, and especially the Swiss physicians highly enthusiastic about the benefits of ventilating the skin liberally. One Swinn doctor even goes so far as to declare, "Air, light, and sun baths will constitute the principal remedies of the twentieth century." Air-bathing has been found especially helpful to nervous people and insomniacs. The rate of basal metabolism, which is raised only slightly by exposure to the sun, is increased markedly when the naked body is exposed to moving air. The air-bath's direct action on the vasomotor system and its stimulation of the capillaries has been compared to massage. The well-aired skin, declares one of England's prominent medical authorities, becomes velvety, supple, and free of pimples and acne. It stays warmer on cold days. Even the muscles are said to have better tone. Here, surely, is a starting point for special research into the histology and physiology of the skin.

Practice Discreet Nudism. As usual, Benjamin Franklin seems to