

proper food, and exercise. Anyone who knows her mode of life must admit this ; losing several hours of sunlight while she is sleeping late in the morning, several hours more while driving about in a closed carriage to darkened stores, and all the while attending lunches and card parties from two to six in the afternoon. As for air, what with the doors and windows of her bedroom closed, what with the overcrowded condition of the badly ventilated shops, the still worse ventilation of the lunch and card-room during the afternoon, and the dining-room and theatre in the evening, who can get less air than she does? As for food, many of the items on her bill of fare are lacking in the proper elements, and even if the exhausted woman had the right kind of food she could not digest it, and hence another source of weakness. But it is for want of muscular exercise that the rich city woman suffers most of all ; the muscles of the arms, legs and abdominal muscles, all have their work done for them by paid substitutes, while the exercise of the heart and lungs is reduced almost to the vanishing point. Can any one say that such a woman is healthy even before marriage? But when she marries and becomes either infected or pregnant, or in some cases both, she becomes one of the weakest specimens of her race. Is it not evident that if any one is a suitable subject for the decay of her least used organ, she is that one. There are many thousands of such women, and they would all do well to have that useless organ removed before they embark on the perils of pelvic disease or pregnancy. For in all of them the appendix is on the verge of decay and only waiting for a temporary increase in the number of colon bacilli for it to be attacked with ulceration, perforation and gangrene. When the heavy and badly-nourished appendix drops down into the pelvis and touches the infected tube, adhesions are formed which we so often find attached to the latter when we are operating for its removal.

During pregnancy the digestion, which may have been outraged for years, breaks down completely and the appendix is then worse nourished than ever. Peristalsis is inverted ; there is vomiting and obstinate constipation, a condition in which, by actual experiments, the number of colon bacilli is enormously increased. Their function in the economy is to disintegrate dead or dying organic material ; if they are not too numerous and if they remain in the intestine they do no harm ; but when the latter or any part of it becomes weakened, the colon bacilli migrate into its walls and cause ulceration. If the circulation of the patient is bad and the quality of the circulating fluid is poor there is nothing to prevent the ulceration from going on to gangrene and perforation with its general infection of the peritoneal cavity. If, on the contrary, the quantity and quality of the circulation is fairly good phagocytosis takes place and the weakened appendix is strengthened and walled