

HEALTH AND DISEASE.

Mens sana in corpore sano.

Healthy Homes.

Robert Rawlinson, an English civil engineer, gives in his letters and papers on sanitary questions many excellent rules for making a healthy home, of which the following are a few of the most practical and important:—

"The subsoil beneath a house should be naturally dry, or it should be made dry by land draining.

The ground floor of a house should not be below the level of the land, street, or road outside.

A site excavated on the side of a hill or steep bank, is liable to be dangerous, as external ventilation may be defective, and the subsoil water from above may soak toward and beneath such houses. Middens, ashpits, and cesspools, if at the back, must also taint such basements.

The subsoil within every basement should have a layer of concrete over it, and there should be full ventilation.

Cesspools, cesspits, sink-holes, or drains, should not be formed nor be retained within house basements.

The ground around dwelling houses should be paved, flagged, asphalted, covered with concrete, or be graveled.

Outside channels should be in good order, and be regularly cleansed.

House eaves should be gutted and spouted.

Swill tubes should not be near doors or windows.

Pig-sties should ever be at a distance, and where pigs are kept there should be rigid cleanliness. Improperly keeping pigs has caused more human sickness and destroyed more life than all the battles the country has ever been engaged in.

Garden plots should of course be in order and be properly cultivated."

How to Live Long.

The following, copied from *Arthur's Home Magazine*, contains some very valuable suggestions in regard to the necessity of regular habits of living in order to prolong life:—

"We have, to a great extent, the power of prolonging our lives. Living by rule and obeying nature's simple laws may seem very irksome to people at first; but doing so soon becomes a habit, and a blessed habit, and one that tends to happiness, to comfort, and to length of days. A great deal might be said about the benefits of regularity in our modes of living. Old people who have once settled down in a kind of groove of life, cannot be unsettled therefrom, even for a few days, without danger to health and life itself. They may, perhaps, have their regular time for getting up in the morning, certain methods of ablation, certain kinds and quantities of food and drink, certain hours for taking these, certain times for rest, exercise, and recreation, and a hundred other things, which, taken separately, may seem but a trifle; but taken in the aggregate, make up their lives, and they know and feel that they must not be unsettled. The wheels of life will run long in grooves, but soon wear out over rough, irregular roads. Habits, whether good or bad, are easily formed when one is young; but when one advances in years, it is terribly difficult and oftentimes dangerous to set them aside. Therefore, study, if you would live long, to be regular in your habits of life in every way, and let your regularity have a good tendency."

Sunlit Rooms.

No article of furniture should be put in a room that will not stand sunlight, for every room in a dwelling should have the windows so arranged that some time during the day a flood of sunlight will force itself into the apartments. The importance of admitting the light of the sun freely to all parts of our dwellings cannot be too highly estimated. Indeed perfect health is nearly as much dependent on pure sunlight as it is on pure air. Sunlight should never be excluded except when so bright as to be uncomfortable to the eyes. And walks should be in bright sunlight, so that the eyes are protected by a veil or parasol when inconveniently intense. A sun-bath is of more importance in preserving a healthful condition of the body than is generally understood. A sun-bath costs nothing, and that is a misfortune, for people

are deluded with the idea that those things only can be good or useful which cost money. But remember that pure water, fresh air and sunlit homes kept free from dampness, will secure you from many heavy bills of the doctors, and give you health and vigor which no money can procure.

It is a well-established fact that the people who live much in the sun are usually stronger and more healthy than those whose occupations deprive them of sunlight. And certainly there is nothing strange in the result, since the same law applies with equal force to nearly every animate thing in nature. It is quite easy to arrange an isolated dwelling, so that every room may be flooded with sunlight some time in the day, and it is possible that many town houses could be so built as to admit more light than they now receive.—*Builder and Woodworker.*

Weary Women.

Nothing is more reprehensible and thoroughly wrong than that a woman fulfils her duty by doing an amount of work that is far beyond her strength. She not only does not fulfil her duty, but she most signally fails in it; and the failure is truly deplorable. There can be no sadder sight than that of a broken down overworked wife and mother—a woman who is tired all her life through. If the work of the household cannot be accomplished by order, system and moderate work, without the necessity of wearying, heart-breaking toil, that is never ended and never begun, without making life a treadmill of labor, then, for the sake of humanity, let the work go. Better live in the midst of disorder than that order should be purchased at so high a price—the cost of health, strength, happiness, and all that makes existence endurable.

The woman who spends her life in unnecessary labor, is, by this labor, unfitted for the highest duties of home. She should be the haven of rest to which both husband and children turn for refreshment. She should be the careful, intelligent adviser and guide of the one, the tender confident and helpmate of the other. How is it possible for a woman exhausted in body, and as a natural consequence in mind also, to perform either of these offices? No, it is not possible. The constant strain is too great. Nature gives way beneath it. She loses health and spirits and hopefulness, and more than all, her youth, the last thing a woman should allow to slip from her: for no matter how old she is in years, she should be young in heart and feeling for the youth of age is sometimes more attractive than youth itself.

To the overworked woman this green old age is out of the question; old age comes on her sere and yellow, before its time. Her disposition is ruined, her temper soured, her very nature is changed, by the burden which, too heavy to carry, is dragged along as long as wearied feet and tired hands can do their part. Even her affections are blunted, and she becomes merely a machine—a woman without the time to be womanly, a mother without the time to train and guide her children as only a mother can, a wife without the time to sympathize and cheer her husband, a woman so overworked during the day that when night comes her sole thought and most intense longing is for rest and sleep that very probably will not come. And even if it should, that she is too tired to enjoy. Better by far let everything go unfinished, to live as best she can, than to entail on herself and family the curse of overwork.—[*Sanitary Journal.*]

Dr. Roddick, of Montreal, recently delivered a lecture on "Surgical and Medical Emergencies."

The subject of foreign bodies and the treatment in such cases was taken up and directions were given as to the course to be pursued when pins or coins have been swallowed. Dry, hard food should be taken in order to encircle the foreign body and facilitate its passage through the intestines. A very common mistake in such cases was to give emetics. This should never be done, as the pin or sharp pointed body might be made to pierce the stomach.

He then passed on to the treatment of scalds and burns. The death of a burn was not in general so important as its extent, a very superficial burn with a wide extent being more dangerous than a deep one with small extent. In case of a simple burn, flour was recommended as a good thing. In case of frost bites a patient should be bathed with cold water or newly-fallen snow until circulation was established, when oil and cotton should be applied.