

permanent invalids. There is no more frequent cause of the ill-health of domestic servants than the damp and sunless rooms in which they pass so much of their time, owing to the injurious practice of building dwelling-houses, both in town and country, without a cellar under the whole house, drained, and ventilated from side to side. No room is fit for human habitation which has not a six-foot cellar, dry, with ample through ventilation underneath it. It seems surprising that, in a damp climate like ours, with rheumatism and scrofula prevailing everywhere, this necessity has not been perceived.

It is often thought that sanitary knowledge means chiefly ventilation, food, and drainage; that it applies only to the lower classes, and that we must await the action of Government to build better houses and otherwise deal with the gigantic question of pauperism. This is a profound mistake. Health depends upon the observance of all the laws of our complex nature; it applies to the mind as well as the body. A deteriorating influence which proceeds from within is more to be dreaded than one that comes from without. The nervous system (from mental or physical causes) may be completely shattered, leaving the individual a wreck. The senses (from mental or physical causes) may be rendered so craving and irritable that the noble proportion of the nature is lost. An hysterical, feeble person is an unhealthy one; equally unhealthy is a coarse, brutal one. In either case, health, in