



ON THE QUEEN'S HIGHWAY, UPPER LACHINE.

drain to run under your house; place all soil pipes outside where they can be ventilated, and in no way near or connected with your cistern or water pipes. In taking a house you cannot exercise too much care or anxiety in not only testing soundness of its floors, &c., but in investigating the condition and efficient working of its drain system. The illness of the tenants is often the first warning people receive of the slovenly made drainwork of a new house, which is as often hard to discover. No landlord has the right to endanger the lives of his tenants by refusing to remedy bad drains, neither threaten them with notice to quit if they complain of them rather than put his house into proper condition.

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To be healthy, all houses ought to have their sanitary arrangements periodically inspected. It has been suggested that a skilled and intelligent plumber should be employed by the authorities to go the round occasionally of every house, taking special and personal charge of the sanitary matter connected therewith. This would greatly relieve householders who, with the best desire, rarely understand drainage and sanitary systems enough to quickly detect a flaw—though they know well what it is to suffer by them. Back yards and out-houses cannot be too frequently whitewashed. If you happen to notice damp places in them, or in your floors near a waste pipe or cistern, take up the flags, or have the wall opened so as to at once find the mischief, or it will but increase to the great danger of yourself and family. There is another trouble belonging to pipes, but which happens more often in the country than in town; namely, the gradual blocking of the interior by the mineral deposits of the water. We all know the hard sediment that gradually cakes on the sides and bottoms of kettles where lime-

charged water is in constant use. In boiling, this is more rapidly thrown down by the water, but in the ordinary flow, unboiled, through the pipes that conduct it into the house, it none the less deposits its limey burden till I have seen its waterway, in a pipe of two inches in diameter, narrowed to a little hole through which one could not pass a common cedar pencil.

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I find that I must leave, to another time, the regulation of one's house, from a sanitary point of view, as I cannot longer ignore the very wonderful correspondence upon the "Slavery of Drink" that has been going on, in the columns of one of our great London daily newspapers. I have often speculated on the question is alcohol necessary for women, because, as far as my own experience and observation go, I should say that it is not necessary to nearly the extent it is now employed. So many ladies, as well as middle class women, take wine or beer at their meals for no other reason but because they like it. Others have a good deal of superstition about it, and think it is good for their health, because, for the moment, it stimulates them and makes them feel livelier. But a good tonic, taken daily for a week or two, would do them infinitely more good, and be far more wholesome. Now, I am no temperance person, abstainer, nor blue ribbonite; but I do not advocate stimulants of alcohol, or fermented liquor—like beer and porter—for any woman who desires to keep her health in good order, by which I mean her digestion, her circulation, and her complexion—which last seems to trouble and interest so many of my correspondents. If the wine that finds its way into our houses was always pure and unadulterated, and as harmless as the ordinary wines that people drink abroad, it would not matter, but our clarets are comparatively strong, our ports

heavy, and our sherris are so-called "fined," with any amount of abominations, in which there is included a great deal of adulterated brandy. These are the chief wines of upper class Englishwomen. I do not deal with spirits because no healthy woman, who respected her health, would make a practice of drinking spirits daily, unless she was specially ordered by a doctor to do so, and in this, doctors often make many mistakes. Beer, or porter is simple ruination for anyone—man, woman, or child, who has inherited a gouty, bilious rheumatic, or acid constitution—and if they have not got such a one naturally, it will soon make it for them. People, and I regret to say many members of my sex, are so silly. They feel low, or depressed, or tired, and instantly they fly to a stimulant, under the great delusion that stimulus means strength. They will find that in an hour's time, or less, they are just as bad again. Whereas (as the lawyers say) had they taken a dose of iron and quinine, they would have laid in a little stock of strength that would have given "tone" to the whole system, the wearied and weak stomach which is too tired to do its digestive work properly, and in fact to all the organs that depend on it. This is undoubtedly stimulus, but it is also strength which neither of the other stimulants are. Water—pure, wholesome filtered water is our natural beverage, and is best and least heating for the blood, and is decidedly the most healthy so long as it is good. Filters are so cheap and reasonable now that no one need be without them, nor have an excuse for bad water. Water is the most wholesome fluid to mix with one's food in eating, and it stands to reason that no kind of spirituous liquor can make healthy or good blood. So that those who persist in pouring fermented and spirituous fluids into their unfortunate interiors must take the consequences in heated blood, rheumatism, acidity, indigestion, and a variety of other discomforts.