

other reason being the pressure of a loaded rectum and sigmoid flexure upon the left common iliac vein, as well as in the left ovarian, as they pass between the bowel and the brim of the pelvis.

The evils of the corset are very much increased by the error of suspending the greater part of the clothing from the waist instead of from the shoulders, as men do. The clothing of a fashionably dressed civilized woman, in winter street costume, has been estimated to weigh 37 pounds, 19 of which hang from the waist, so as to increase abdominal pressure. It is needless to add that less than half of that weight, if judiciously laid out, would answer all the purposes of covering and warmth.

During many hours a day for many years civilization requires that the female child should be kept at a desk, supporting the weight of her head and shoulders on her left arm, while the right is employed in writing. The result is atrophy of the dorsal muscles of one side with lateral curvature. At the age of puberty the corsage is applied, when the dorsal muscles of both sides having their work done for them atrophy, in accordance with the physiological law, in virtue of which unnecessary organs disappear. These erector spinæ muscles then disappear, as may be seen by the spines of the vertebræ becoming prominent, instead of being buried in muscle, as they are in the savage state. What with street cars, cabs, railways and elevators, the muscles of the limbs are hardly used at all, and they atrophy. The levator ani, the principal muscle of the pelvic floor, and therefore sometimes called the pelvic diaphragm, is so seldom called upon to raise the anus or to constrict the vulva that it too generates and becomes thin and weak. On this continent, where civilization has reached its highest phase, the muscular system has been replaced by fat and nerves, principally nerves. As Dr. Herman of London says (B. M. J., June, 1889): "Under civilization, a new type of disease has sprung

up among women who are accustomed to have everything done for them and to do little themselves; persons who think and feel a great deal but act little. Over-sensitive nerves and weak muscles, he says, are partly inherited and partly the result of training; of a training which instead of making the child into a good animal has been, perhaps not intentionally, directed towards developing the mind and hindering the growth of the body; a training which develops complexity of nervous structures instead of nervous energy. It is the result of a childhood spent in learning a great deal and doing very little." Instead of training women to be tall strong and muscular, with good appetites and the power of sleeping well, the whole tendency of civilization is to depress and mortify the flesh in order to exalt and cultivate the spirit.

This supremacy of the nervous system amongst the most highly civilized women gives a peculiar complexion to almost all their ailments, their symptoms as a rule being altogether out of proportion to their actual disease; for instance, when the muscles which support the uterus are a little tired, instead of a feeling of fatigue, the highly civilized woman complains of unendurable pain, so that slight functional disorders are frequently subjected to treatment which should only be required for severe organic disease. Nervous sedatives have become so necessary, that in one town in the United States the writer has seen half a dozen ladies come into a drug store within half an hour and consume a dose of bromides on the premises. They appeared to be regular customers. This hyper-irritability of the nervous system is so prevalent among the most highly civilized people, that domestic happiness is not so common as it once was. The writer would suggest that bromide of sodium should take the place of common salt upon the table of this continent.

If civilization with its luxury and ease, and the possibilities which its accompanying wealth gives women of having things