

to 14 inches in length, fine, and silky. She has an exquisitely beautiful, delicately feminine face, plump and firm mammae, a broad pelvis, and a distinctly feminine form generally. She has continued to menstruate regularly every six weeks, the periods usually lasting two days and a half, never longer. A recent microscopical examination of the discharge shows no change in its character or composition.—New York Medical Journal.

SANITARY BASEMENTS

The basement of a dwelling is usually the part least cared for, and yet the basis for a healthy home is undoubtedly the basement. How often do we find it a dark, damp, unventilated place, stored with decaying vegetables and all sorts of odds and ends? The old way of constructing basements or cellars, now fortunately rapidly changing as better ideas prevail, was to go deep enough into the ground to provide the necessary height. The house rested upon one or at most two foundation stones above ground. This gave small window space for light or ventilation, and placed the basement floor near to or below the average ground water level.

Few appreciate that basements breathe, and that their inhalations go into the rooms above them and into the lungs of their occupants, when the air of a basement is heated, as by a furnace or laundry stove, it rises and passes into the house above. A greater or less portion of the escaping air is replaced by air from the soil about the house. If this soil is polluted, as is often the case, so will be the air drawn into the basement. If potatoes, apples and other vegetables are allowed to rot in the cellar, which frequently happens, the air is still further contaminated.

A cellar should not be too deep in the ground. If the height is divided, half above and half below the ground, the basement will be cool enough for most

purposes, and opportunity for lighting and ventilation will be given.

To insure a dry basement, which is highly essential, it will be necessary in most soils to provide drainage. Drain tile, just below and inside or outside of the foundation walls, will carry off soil water. A floor of concrete, cement or asphalt gives further assurance of a dry basement. In some places hollow tiles, which give a layer of air between outer and inner walls, are used for foundations and are superior to stone in many ways. In the manner indicated above, or in some other equally effective manner, we should cut off ground moisture and ground air.

A source of basement pollution should be here noted. The iron soil pipe, which conveys the waste from closets, bath and other fixtures, frequently ends at the basement floor, and from there on, crossing the basement floor, perhaps in a sewer pipe, or even, in the older houses, a brick drain. In either case there is the possibility for the escape of sewage, saturating the surrounding soil. The soil pipe should continue of iron to and through the basement walls.

With a properly constructed basement, extreme care should be taken to keep it clean. Windows should be hinged so as to be easily opened for ventilation. If it is necessary to store vegetables in the basement, they should be frequently looked over, so that those which have commenced to decay may be removed.

Quite often the servants' water closet is placed in the basement. This is always objectionable, and should be avoided, if possible. But this matter is rendered worse by the practice in many houses, to economize in building, of using an inferior closet for the purpose. Being so located, they escape observation, and if of inferior pattern, quickly become foul or leak sewer air into the basement.

It has been said, before you consider a woman a good housekeeper, look into her kitchen; but it might be said, before you consider a house healthy, look into the basement.—Ohio Sanitary Bulletin.