

born with equal chances with the male. The daughter of civilization, on the contrary, inherits at her birth the diminished lung capacity and breathing power of her highly educated mother. From the age of two or three till ten or twelve she is treated pretty much the same as her brother, although both are too often treated badly enough, being kept in close confinement in a poisonous atmosphere for many hours a day when they should be running about in the pure air. About the age of puberty, however, the civilized female becomes heavily handicapped, for she is then taught that any but the slightest movements are ungraceful, and in order to give her a so-called nice figure she is fitted with a corset, a sort of irregular shaped band which is so tightly laced around the middle of the body as to prevent the lower ribs and diaphragm from acting. This gives rise to a limited form of breathing known as costal respiration, which was formerly thought to be natural to all women. Owing to the experiments of Kellog, it has been established that among women who have never worn corsets there is no such thing as costal respiration as opposed to abdominal respiration. On the contrary, they use the abdominal breathing just as much as men do.

Not only does the corset diminish the effectiveness of the lungs, but indirectly it lessens the nutritiousness of the blood by decreasing its supply of oxygen. Besides that, it directly interferes with the usefulness of the blood in another way; the compression of the chest by the corset actually limits the diastole of the heart. We have only to remember that the heart has no power of its own to dilate, but merely expands by the very slight *vis a tergo* of the blood flowing in from the large veins to understand why syncope and death from this cause are by no means rare.

Congestion and enlargement of the liver are important factors in the production of diseases of the female pelvic organs. Here

again the corset and civilization have much to answer for. In the normal woman the diaphragm is free to rise and fall, alternately drawing in and forcing out the blood; without this suction action of the diaphragm the liver becomes congested. This means enlargement. At the same time, the enlarged organ is forced back against the spine so as to compress the inferior vena cava which passes behind it. As this vein receives all the blood coming from the internal generative organs, compressions of the inferior vena cava must cause congestion of the womb and ovaries.

That the corset must hamper the peristaltic movements of the intestine is evident, leading to constipation, malnutrition and poisoning of the system, to which Sir Andrew Clark, with his happy faculty of calling old things by a new name, has termed *foecal anaemia*.

Apart from the pressure of the liver upon the main venous trunk, the passage of blood and lymph from the uterus and ovaries, already battling against heavy odds in the shape of gravity, has still further to contend with the artificial strictures at the waist, so that the large, loose plexus of veins lying between the folds of the broad ligament known as the pampiniform plexus, is frequently over-distended with blood, amounting to varicocle, and causing excruciating pain. Many a time the removal of the corset would render unnecessary the removal of the ovaries. Some writers have denied the existence of varicocle of the broad ligament, which the writer was one of the first to describe, and which he has not the slightest doubt is a much more common disease among women than varicocle of the spermatic vein among men. In several previous papers he has called attention to the greater frequency among women of pain in the left side, and to the explanation of it, partly by the fact that the left ovarian vein, like the left spermatic, empties into the left renal vein at right angles to the current, and consequently at a disadvantage; the