

"WANTED"—MUNICIPAL BOARDS OF HEALTH.

Almost ever since the commencement of this Journal, we have through it urged the desirability of having municipal boards of health formed,—one indeed in every city, town, village and township in Ontario. Personally, too, we have urged upon the Attorney-General and the Provincial Secretary, the great importance of these, and in pressing for the Provincial Board, it was in order that it might serve as a centre for the municipal boards. In fact that is, or ought to be, the chief function of the Provincial Board, the organizing and keeping in working order of local bodies, which can best, by all odds, do practical sanitary work. It was much regretted that provision was not made for the formation of these two sessions ago ; yet another session of the Legislature has been allowed to pass without action in this behalf. The stand taken by Dr. Carney, of Windsor, is highly commendable, and if numerous other medical practitioners would do likewise, it would aid greatly in bringing about the desired legislation. We trust all will assist, in accordance with the resolution passed at the recent meeting of the Ontario Medical Association, by using their individual influence in urging the importance of it upon individual members of the Legislature.

THE HAPPY MEDIUM.

Greatly blessed are they who are so constituted, either by inheritance or education, as to be able to strike in all things the happy medium. Many persons of both sexes there are who are extreme in their views and actions in everything ; and there are those, not small in number, who go to extremes in some things, though they are moderate in others. But there are not very many who can take the medium course in everything.

In nothing is a judicious moderation of greater importance than in matters relating to health. Those are healthiest, for example, in body and mind, who, in eating and drinking partake in moderation, perhaps in great moderation, of most of the many and various good things which a wise Providence has provided for mankind, and who do not subsist almost wholly upon coarse bread, vegetables and water ; who, without over-work or over-play, take abundance of regular out-door exercise ; who bathe for cleanliness, without soaking themselves too constantly in water ; and who clothe moderately and sleep not too little nor too much.