

chill of immersion in cold water will take place at the precise moment when the reaction consequent upon the chill of exposure by undressing ought to occur, and this second chill will not only delay or altogether prevent the reaction, but convert the bath from a mere stimulant to a depressant, ending in the abstraction of a large amount of animal heat and congestion of the internal organs and nerve centres. The *actual* temperature of the water does not affect the question so much as its *relative* temperature as compared with that of the surrounding air. Practically, there ought to be a good deal of difference between the two, the water being much cooler than the air, and the body much warmer than the water, but not so much warmer than the atmosphere as to be chilled by undressing. In short, the aim must be to avoid *two* chills; first, from the air, and second, from the water, and to make sure that the body is in such a condition as to secure a quick reaction on emerging from the water, without relying too much on the possible effect of friction by rubbing.

THE TORONTO PUBLIC SCHOOL BOARD AND THE MEDICAL HEALTH OFFICER.

Obstacles to sanitary progress one would not have expected to meet in those to whom is intrusted the welfare of the young, who have the management of the very nurseries of the population, and in Toronto. But it appears such have been met. The Medical Health officer in the discharge of his duties visited some of the schools and made known the insanitary state in which he found certain buildings, out-closets, etc. It appears members of the board, instead of being glad to avail themselves of medical advice, disapproved of his action, and the chairman of the committee on buildings not only tried to belittle the work of the officer, but called in question his statements. From the chairman's statements the closets must be in a very objectionable state; and what was said of the alterations, and of the views of the committee, as reported in the *News* of June 27, manifest a great want somewhere of a knowledge of sanitary matters, and would be amusing were it not lamentable. We are surprised at, and are forced to express condemnation of, such a course, and believe the public will sustain the action of the health officer; and they should see that the management of the buildings in which their children spend so large a portion of their time at a most important period of their life is in competent hands. This concerns a serious matter.