

Again, changes from one extreme to another are most injurious. Some who have always been large, perhaps inordinate eaters, will, on learning that they are eating too much, or that abstinence is good, possess enough resolution to go to the other extreme and henceforth eat too little. Lacking the judgment to discern and pursue the happy medium, they perhaps give rise to more serious harm by not supplying the system with sufficient nutriment for health, than they had done in eating too much. They may take enough probably after the change if it were all thoroughly digested, but the stomach having been accustomed for many years to digest only a portion of what had been eaten, will not now digest completely the much smaller quantity which it receives. The change from even over-eating, when made, should be gradually made—a little and a little less eaten from day to day and from week to week—rather than suddenly, except it be for a meal or two, or a day or two, with some individuals.

So in exercise : one has long been of sedentary habits and learns that he should take exercise, perhaps a good deal of exercise. He is very liable to commence at once to take too much—to walk or to row too far or to play too hard at some game, and he is rather injured than benefited. He should have commenced the exercise by taking only a little at first, increasing the amount, short of great fatigue, from day to day.

So, in like manner, in all other things connected with health ; all should pursue the happy medium.

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SEWER VENTILATION.—Many methods have been proposed for the ventilation of sewers. The latest, perhaps, is that of forcing fresh air into them. We do not believe in the principle of this method, and cannot see how it can be put into practice without increasing the tendency to the unsealing of traps from pressure. Nor do we approve of the practice of ventilating by carrying pipes from the drains on the sewer-side of the drain-trap up the side of the houses. The correct principle, as seems so manifest, is that of *drawing off* the sewer gases towards the sewer outlets, and keeping up a constant current *from* the houses, rather than toward them, regardless of gravity, which is readily overcome. This may be accomplished by means of furnaces with tall chimneys, or pneumatic pumps. This last method has been carried out, it appears, most successfully in Paris. We purpose to soon deal with this subject at greater length.