

another of the workhouse reforms that must be effected. There is no reason why the food of Infirmary Nurses should not reach the Hospital standard. But we hope to see more and more this system of money in lieu of rations swept away, and are glad the Local Government Board has expressed such sensible views on this important subject.

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THE Board of Guardians of St. Olave's Infirmary are persisting in their endeavours to carry things with a high hand, and to depreciate the authority and position of their Matron. At their last meeting they actually, by a unanimous vote, granted a testimonial, amounting in value almost to a certificate, to one of the Nurses who insisted on leaving before her term of training was over.

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Mr. Eckroyd worked on the sympathies of the Guardians by emotionally describing the hard work accomplished by her during her incomplete term of office, and he practically implied a vote of censure on himself and brother Guardians by describing St. Olave's as the "Rotherhithe penitentiary."

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The Rev. Scott Lidgett opposed the granting of the testimonial on the ground that the Nurse had not completed her training, that the head officials of the hospital did not recommend the testimonial, and that the Nurse had broken faith with the Board by leaving before her time was up. He also said that the same Nurse who now brought forward complaints of unjust treatment, had appeared before the Board only a month since, and stated that she was quite satisfied with her position. But eventually the motion was carried unanimously, and the Nurse in question leaves the Infirmary after being encouraged by the Board itself to contravene the order and discipline of the Institution.

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Two or three of the Guardians asked with withering scorn whether it was necessary for the time of the Board to be wasted by "sifting the bickerings and squabbles of women." It would be as well if the Guardians themselves were to show their manliness, and abstain from the bickerings and personal abuse which appear to outsiders to characterise their meetings.

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THE representative of the NURSING RECORD this week paid a visit of inspection to the new building of the London Homœopathic Hospital, and was greatly impressed with the fine wards, perfect order and delightful tone which exists amongst the Nursing staff. We hope at an early date to describe the visit in detail.

Medical Matters.

THE BICYCLE HEART.



JUST as other employments and amusements have produced their own particular accidents, so the bicycle has now developed a condition to which the above name has been given. In a typical case, after some over-exertion, the rider suffers from extreme palpitation, from shortness of breath, and from a feeling of suffocation. It is then found, on examination, that the right heart is dilated, in consequence, probably, of the strain upon the pulmonary circulation. As a rule, with care and proper treatment, recovery is as complete as the onset of the affection is rapid. If the patient is kept perfectly at rest on his back, and appropriate heart tonics given, a day or two is often sufficient to remove the extreme palpitation and dyspnoea. In one such case, which was recently reported, the heart strain had been continuous and considerable, and the intensity and duration of the attack was correspondingly great. He required to be kept propped up in bed by pillows, to have inhalations of oxygen, and to have belladonna plasters over the heart's area, with stimulants and tonics administered internally. The moral to be learned is one which should be applied by those Nurses who are, in increasing numbers, especially those engaged in district work, availing themselves of the advantages of the bicycle. They must avoid clothing which constricts the chest, and so impairs the freedom of the respiratory function, and they must avoid prolonged over-exertion.

CINNAMON FOR CANCER.

THIS is a very old-fashioned remedy which is now being extensively tried again, especially in the United States, and the results which have been obtained have recently been published. It is asserted that in the great majority of cases in which it was employed, pain was relieved, the fœtor of discharges disappeared, and the general health of the patient was markedly improved. But apparently there was no permanent or great diminution observed in the progress or size of the growth. So that the results which were obtained on former occasions have merely been repeated, and cinnamon has proved to be merely a useful, and, so to speak, antiseptic tonic. The method of its preparation and administration is described as follows:—A decoction was made by boiling a pound of Ceylon sticks of cinnamon

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