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Editorial.

CYCLING FOR NURSES.

CYCLING has become such a universal form of exercise, and its advantages are so obvious for nurses who have but small opportunities for exercise and recreation, that it is of much importance for them to understand the drawbacks of the bicycle. A well-known Austrian physician, who has devoted very careful consideration to the subject, we believe, takes too gloomy a view when he condemns bicycling as the fruitful source of many new and obscure diseases; for he illustrates his wholesale antagonism by stating that "woman was never meant to strain her muscles and nerves, in a foolish endeavour to push up steep inclines a lot of steel and rubber."

It is beyond dispute that the majority of riders do not obtain the full advantages of bicycling, and also suffer considerably, from a physical standpoint, owing to the mistakes they make in the exercise. It should always be remembered that the strain of the bicycle not only comes upon the muscles of the lower limbs, but also upon that of the heart; and that the strain, if at all severe, is liable to be followed by very serious consequences. Many riders increase the stress upon the heart by bending forward, and so compressing their chest walls, while, at the same time, the muscular action of the limbs is forcing the blood through the veins of the thorax. It therefore follows that the

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