

with this bacillus now it has been caught? In the first place, then, the germ will be of invaluable service in the preparation of vaccine lymph pure and simple; that is to say of an unadulterated virus which cannot possibly contain the germ of any other disease. This will obviously destroy the one and only argument of any weight which has been advanced against vaccination—the possibility of impure lymph being employed, and of some other contagion thus being conveyed to the vaccinated child. That fear has been proved to be almost illusory again and again; but still the anti-vaccinator has clung to it as his chief weapon, with the desperate pertinacity with which drowning men are reputed to clutch at a straw. If the germ of vaccinia can, however, be cultivated and employed, in preference to calf lymph or even of glycerinated lymph, it will break down this solitary reason against vaccination. Glycerinated lymph, which the Government at present recommends, is very nearly safe in consequence of the destructive effects of glycerine upon the germs of most diseases, and its preservative power against putrefaction. But cultures of the vaccinia germ itself will be, under very simple precautions, not only most effective but also absolutely safe.

#### CYCLING FOR RHEUMATISM.

GERMAN physicians have been making some valuable investigations as to the usefulness of cycling, especially in rheumatic affections of the joints, and loss of power in the lower extremities. The results which they have obtained seem remarkable. Patients suffering from rheumatic and gouty disease, with great deformity of the knees and feet have been, after some months regular cycling exercise, almost cured; the joints becoming more flexible, as the muscular strength of the limbs increased. The one rule which is insisted upon is that the amount of exercise must be gradually increased, and must be systematic; and it is almost needless to say that, in these patients with fixed and useless joints, a tricycle and not a bicycle is employed for the treatment.

A point, however, on which information has not been given, certainly deserves further elucidation. In these chronic rheumatic cases, the heart is almost invariably affected, and the influence of the exercise on that organ might be expected to be also beneficial; but the fact has not been noted in the paper to which we refer.

#### The Nurses' Settlement in New York.

BY SS LAVINIA L. DOCK.

AMONG the various "Settlements" so called in England and America which are the outward expression of a unique modern discontent first embodied in the life and residence of Arnold Toynbee in the East of London, none is likely to be of more interest to nurses, especially to those who respond to other than purely professional notes than the Nurses' Settlement in the great crowded tenement house region of New York. Its very beginning was out of the ordinary course of events, for, whereas to-day people who enter "Settlement" life do so consciously, the two nurses who, fresh from their training in the New York Hospital, went into the densely populated East side to live in a tenement among the masses of foreign-born people, had never heard of Arnold Toynbee. They did not know of Hull House in Chicago or of the College Settlement in their own city, both already established, responsive to the same urgent pressure. They had not even read "All Sorts and Conditions of Men" in which Besant and Rice's heroine lives among the most wretched of London poor, and "Marcella" had not yet been written. In a word, they had no idea that they were beginning a Settlement. Simply, of the two undertaking this new strange life the one who was leader had, in the course of hospital work, learned with horror of the conditions in which the very poor lived, and filled with the conviction that if such things existed she must be among them to see where help might be brought, persuaded a friend to go with her and try what living among them might do. Friends interested, yet not a little perturbed, promised to see them through. They went to work in a systematic way by getting letters to the Board of Health and all the organized charities, in order to be prepared at all points for efficient practical action. On this preliminary work they encountered the College Settlement, where they lived for a short time, finally taking rooms in the top of a tall tenement. Here they lived for two years a life fuller of colour and incident than many a novel. Their tiny rooms were charming in the simplicity of clean bare floors, six cent white curtains and green growing plants. They did all their own work, except laundry and scrubbing, and got acquainted with their neighbours, their chief solicitude being to approach these less fortunate fellow mortals upon the neighbourly and individual side, and to make their own impression as friendly souls before whom all the confidences and problems of living might be safely opened.

Their nursing was of course their "open sesame." Armed with badges from the Board of

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