

### Annotations.

#### HOSPITAL SUNDAY.

When the late Canon Miller, Rector of Birmingham, and Mr. T. B. Wright, then editor of the *Midland Counties Herald*, evolved the idea of Hospital Sunday, they could have had little conception of the proportions to which this scheme would grow. Thus, in the Metropolis alone, Mr. George Herring has again this year offered to give 5s. for every pound given on Hospital Sunday up to £25,000, including the donations of the City of London, to which a special appeal was made. One response to this appeal has been received in the donation of £12,500 from the executors of the late Mr. Wyndham F. Cook, of St. Paul's Churchyard.

On Sunday last services were held throughout the churches and chapels of the metropolis.

At the afternoon service at St. Paul's Cathedral His Majesty's judges attended in State. They were met by the Lord Mayor and Sheriffs, who also attended in State. The Bishop of Stepney, who was the preacher, spoke of the generous gifts, not of money alone, but of service also in hospital wards by medical men and noble women. Nevertheless, there was a great stratum of wealth and comfort which no appeal seemed to reach.

At Southwark Cathedral, its Bishop, referring to Mr. Herring's generous offer, said it was "a fine and stimulating piece of benevolence, but was there not a little irony about it, too, when one man not wealthier than many could give such a challenge to the wealth and the charity of such a city as London?" We commend this point of view to London's millionaires.

#### THE NATIONAL LEAGUE FOR PHYSICAL EDUCATION AND IMPROVEMENT.

The meeting held at the Mansion House on Wednesday to inaugurate this new League was crowded and enthusiastic, and the Lord Mayor was supported on the platform by many eminent men. The speeches were admirable, the Bishop of Ripon, the Lord Chief Justice, Mr. Alderman Stone, Sir William Broadbent, Mr. Haldane, K.C., Sir T. Lauder Brunton, and others pleaded eloquently for enlightened work in improving the physical and moral condition of the people. But it remained for the only woman speaker, Mrs. Bramwell Booth, to touch the keynote in her beautiful address on the higher motherhood, in which she spoke plainly of the importance of true marriage, of purity, and self-denial, and the all-important women's part in building up an honourable and healthy nation.

### Medical Matters.

#### CODDLED HEARTS.

The weightiest of warnings was delivered recently by Dr. James Goodhart, LL.D., addressed both to the public and to the medical profession, against the evils of treating healthy hearts as diseased.



Dr. Goodhart's admonition was given in the course of his Cavendish Lecture to the West London Medico-Chirurgical Society at the Hammersmith Town Hall.

"It is a harmful thing for anyone to coddle his heart when there is no disease, and I think we (the medical profession) are far too instrumental in aiding and abetting this," he declared.

Commenting on the way the terms "dilated heart" and "heart strain" were abused, he said that the last case he had was that of a young man who complained that he had strained his heart while rowing three years ago, and that that organ still "ran away" if he did anything violent. The truth, however, was that the man was a weakling with no disease of the heart. The treatment for it, if it could be adopted, would be to send him rough-riding over a cattle ranch for a year or two, for his heart and muscular system needed more work, and not less.

"One may well deal a little less extravagantly with the principle of rest. I often see, as I think, this treatment pushed too far. I see people absolutely forbidden to walk uphill, or 'exercised' in a bath chair, or carried up and down stairs.

"We do far more good by pronouncing people sound, even if out of health, and thus sending them forth with renewed hope, than by keeping them in the chains of uncertainty and nervous dread, than which nothing can be more crushing to the utility of a life or more harmful to the chance of regaining health.

"I know of no symptoms of a 'weak heart.' Yet the use of the term leads either to a state of nervous dread from which recovery is most difficult, or else to a life of luxurious idleness, which, by the enervation it causes, is likely sooner or later to be precedent to the end it would seek to avoid."

#### SLEEPING SICKNESS AND TSETSE FLY.

Colonel David Bruce, who in Uganda and elsewhere has been inquiring into the cause,

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