

### Appointments.

#### LADY SUPERINTENDENT.

Miss Elizabeth Frances Boles Sandiford (Sister Elsie) has been appointed Lady Superintendent of the Home for Protestant Incurables, Cork. She was trained at the Crumpsall Infirmary, Manchester, and for the last six years has held the position of Staff Sister and Assistant Matron of the Home for Protestant Incurables, Cork. She has also had some experience of private nursing.

#### MATRONS.

Miss Isabel E. Forster has been appointed Matron of the Hospital and Home for Incurable Children, 2, Maida Vale, London, W. She was trained at the General Hospital, Dover, and the Orthopædic Hospital, Birmingham, and has held the position of Nurse-Matron of the Westminster Home for Women, Charge Nurse at the Royal National Hospital, Ventnor, Isle of Wight, Matron of the Tenbury Cottage Hospital, and Matron of the Rosehill Hospital for Sick and Incurable Children, Torquay.

Miss S. T. Sutcliffe has been appointed Matron of the Lying-in Hospital, Birkenhead. She was trained at the Clayton Hospital, Wakefield, at the Southern Hospital for Women and Children, Manchester, and at the Maternity Hospital, Manchester. She has held the position of Sister of the Maternity Department of the Southern Hospital, Manchester, since 1899.

#### ASSISTANT MATRON.

Miss Mary D'Evelyn has been appointed Assistant Matron at the Union Infirmary, Leeds. She was trained at the Infirmary, Birmingham, where she subsequently held the position of Ward Sister.

#### SISTER.

Miss Emily Mann has been appointed Senior Sister at the County Hospital, Durham. She was trained at that institution, and has held the position of Staff Nurse at the Memorial Hospital, Kendal, and of Sister at West Ham Hospital.

#### CHARGE NURSE.

Miss L. Varley has been appointed Charge Nurse at the West Norfolk and Lynn Hospital, King's Lynn. She was trained at the District Infirmary, Ashton-under-Lyne.

Miss Hannah Davies has been appointed Charge Nurse at the Union Infirmary, Walsall. She received her training at the Union Infirmary, Wolverhampton.

#### INDIAN NURSING SERVICE.

The following ladies have been appointed to the position of Nursing Sister in the Indian Nursing Service:—Miss Edith Louisa Ramsey, trained at Guy's Hospital, and Miss Bridget Margaret Walshe, trained at St. George's Hospital, Bombay, and formerly a member of the Army Nursing Service Reserve.

### The Therapeutics of Cycling.\*

In the consideration which we have devoted to this somewhat novel subject we have examined, not only the benefits of cycling as an exercise, but also the mechanical reasons which are essential in order to render the exercise least harmful and most useful in different classes of people, and to those suffering from different diseases. And we have shown that it is probably owing to a failure on the part of many to comprehend those mechanical principles which has caused the special therapeutical advantages of cycling to be comparatively so little understood. Briefly, we may recall the fact that the cardinal problem to be determined, in so far as the usefulness of cycling is concerned, is how to secure the greatest possible locomotive power with the least possible muscular exertion; because this point, important as it must be to riders in ordinary health, becomes of essential importance when cycling is to be recommended as an exercise for invalids or convalescents—that is to say, on the ground of its therapeutical usefulness. We may briefly recapitulate the conclusions at which we have arrived in previous articles on the subject. Firstly, that a free-wheel machine is advisable, for the simple reason that it diminishes the amount of exertion necessary for the rider, by enabling the machine to pass down any declivity without any muscular movement on his part; and, secondly, that in order to obtain the best mechanical equivalent for the power he exercises, the length of the lever must be proportionate to the weight to be raised—in other words, that as the gearing of the machine is raised, the length of the crank of the pedal must be also increased.

So we have shown that a machine with a gearing of 81 and a crank with a length of 8 in. is a combination which has proved in practice to be admirably fitted to give the best results with as little expenditure of force as possible, and, therefore, to be most suitable both for middle-aged people and for invalids. We have tested this principle with much success in children, especially growing boys and girls, for whom the special advantages of cycling are obvious, but in whose case, again, it was for many reasons advisable that the exercise should be obtainable at the least possible strain upon their muscular powers. And, finally, we have employed it in a class of cases in which we believe that the advantages of cycling will prove to be very great, although hitherto we believe it has not been employed. We refer to more or less chronic thickening of the joints of the lower limbs, following after accident or rheumatic disease. Especially in the latter condition an added advantage of the exercise may be found in the production

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