

first instance carron oil was used, followed the next day by zinc ointment, which had been employed for over a week without the slightest diminution of area or disposition to repair being manifest. Milk suggested itself to my mind as capable of restoring the tissues of the skin by being readily assimilable.

THE BICYCLE AND HEALTH.

A FORM of exercise so popular and so diffused as cycling cannot be really unhealthy. When actual cases of ill-health in cyclists are studied we must feel sure that the bicycle is the real cause of impaired health before we draw conclusions. Some tourists never know how to spend a holiday, even on a bicycle; the glass, not the wheel, spoils them. As to exhaustion from over-exertion on the bicycle, it must be common, but all pleasures and all labours are unhealthy if overdone. In America active discussion on the merits of the bicycle is in progress. One writer in the *New York Times* quotes a comment from a physician: "I must put my boy at (*sic*) a gymnasium to counteract the effect of his 'Safety,' which his mother persuaded me, against my better judgment, to buy for him. I am strongly opposed to bicycles for growing lads. It develops a little leg and arm muscle, which any ball-playing, running boy gets without it, and it also develops very frequently round shoulders and contracted chest; at least it does in my son, and he was a straight lad with a good breadth of chest before he began to ride." Yet another father gave a different opinion, which seems very reasonable: "It all depends upon the way a boy begins, whether the exercise is beneficial or not. He should not be allowed to teach himself, but be sent to some instructor, from whom three or four lessons will suffice. He will be taught to mount properly, sit well, and ride in an erect position. It is as important as to be taught how to ride a horse. Any boy or man can stick on a horse, but there is every difference in the manner in which boys and men ride the animal. I am convinced that bicycling is a good exercise for a growing boy, with plenty of pleasurable profit in it if it is properly done."

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BOOKS, Etc., RECEIVED.

Report of the Hyderabad Chloroform Commission, with a preface by Sir Asman Jah, K.C.I.E. Bombay: Printed at the *Times of India* Steam Press. 1891.
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Indigestion. By George Herschell, M.D.Lond. London: Baillière, Tindall, and Cox. 1892.
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Studies of the Gods in Greece at certain Sanctuaries recently excavated. By Louis Dyer, B.A.Oxon. London: Macmillan and Co. 1891.
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Prescribers' Companion. By Thomas Savill, M.D. 2nd Edition. Revised by the Author, assisted by T. E. Hillier, M.B. Price, 1s. London: John Bale and Sons and H. Kimpton. 1891.
My Personal Experiences in Equatorial Africa. By Thomas Heazle Parke, Hon.D.C.L.Durh. London: Sampson, Low, Marston and Co. 1891.

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