CYCLING AND MEDICINE.

In a recent issue of the Medical Chronicle the relation of medicine to cycling is discussed by Dr. T. N. Kelynack. In health, as is well known, the wheel tells most directly on the heart, producing marked quickening of the pulse, which may continue as long as the cyclist is riding. Few attempts have hitherto been made to study the physical development of persons who have been using the bicycle properly for years. Dr. G. M. Hammond, of New York, who has examined a number of cyclists, found in 14 amateurs, who had ridden from 5 to 13 years, travelling from 5,000 to 27,000 miles, simple cardiac hypertrophy without dilation, and a breathing capacity above the average. A careful examination of 14 celestics of the Review of Reviews for September calls attention to the change in European sentiment on the liquor question, as shown especially in the establishment of the French monopoly of the manufacture and wholesale supply of strong liquors, in the work of the Belgian commission, and in the still more important action taken by Russia in settling up a government monopoly of the entire wholesale and retail traffic in liquors who who will be a second to the complete of cyclists, found in 14 amateurs, who had ridden from 5 to 13 years, travelling from 5,000 to 27,000 miles, simple cardiac hypertrophy without dilation of 14 celestics. health, as is well known, the wheel tells most directly on the heart, producing marked quickening of the pulse, which may continue as long as the cyclist is riding. Few attempts have hitherto been made to study the physical development of persons who have been using the bicycle properly for years. Dr. G. M. Hammond, of New York, who has examined a number of cyclists, found in 14 amateurs, who had ridden from 5 to 13 years, travelling from 5,000 to 27,000 miles, simple cardiac hypertrophy without dilation, and a breathing capacity above the average. A careful examination of 11 celebrated professional bicyclists failed to show any deformity of the spinal column. All had excessive hypertrophy of the thigh and abdominal muscles, cardiac hypertrophy without dilation, and diac hypertrophy without dilation, and, except in two instances, a lung capacity above the average. Cyclists, however, it is stated, are abt to acquire the bad habit of mouth breathing. above the average. Cyclists, however, it is stated are apt to acquire the bad habit of mouth breathing. In disease the use of the cycle is not necessarily to be prescribed. In some cases of cardiac dilitation, slight valvular involvement and degeneration of the heart muscle, carefully supervised riding on level surfaces may be very beneficial. Varicose veins may also sometimes be relieved by properly regulated cycling. In certain neurotic conditions, especially neurasthenia and hysteria, cycling may be productive of benefit, and it is frequently useful in the treatment of insomnia. Gynaecologists have found cycling advantageous in relieving local pelvic congestion. Carefully regulated cycling may be advantageous in relieving local pelvic congestion. Carefully regulated cycling may be advantageous in relieving local pelvic congestion. Carefully regulated cycling may be advantageous in relieving local pelvic congestion. Carefully regulated cycling may be advantageous in certain affections of the respiratory organs, such as latent phthisis. A cautious and restricted use of the cycle has also proved serviceable in cases of functional dyspepsia and constipation gout, diabetes, and general anaemia. Dr. Kelynack gives an impartial summary of all the evidence that has so far been collected relative to the evil effects of cycling. Each case must be dealt with individually, but as a general rule the following conditions may be looked upon as making the exercise unadvisable: Arterio-sclerosis, tuberculosis, emphysem, extensive valvular disease, asthma, affections of the abdomen and pelvis, obesity epilepsy and chronic affections of the joints and muscles. Fast and long-distance rid.ng, especially in adolescents, is to be condemned. Straining to climb hills or to meet head winds is injurious. hills or to meet head winds is injurious Light, judiciously selected meals should be taken at frequent intervals. The use of alcohol, meat extracts, and such stimulants as coroa is to be prohibited. The clothing should be of wool, and adapted to the easy and unrestrained and adapted

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TABLE Showing the Dates and Places of Courts of Assize, Nisi Prius, Oyer and Terminer, and General Gaok Delivery for the Year 1895. FALL ASSIZES

... Thursday. 26th Septemb.
Monday. 30th Septemb.
Monday. 7th October
Monday. 14th October
Friday. 11th October
er Wednesday. 6th November

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