

is replete with magnificent possibilities of prophylaxis and even of therapeutics. We have a royal road to physical exhilaration in a game that can be played all the year round, independently of atmospheric vicissitudes, during all the seven ages of man, by delicate young girls as well as by strong athletes, and even by decrepit old men whose declining powers do not admit of severe exertion. It combines exercise, pleasure and fresh air without that risk of injury to heart, lungs or nervous system, as is the case in certain other exercises in which there is high blood pressure and arterial tension. There is absolutely no danger attached to the game, and consequently no accidents ensue. Unlike the bicycle, it is doubtful if such a thing as an accident insurance was ever paid for injury incurred at golf. Nor is the game contraindicated in heart lesions, arterial calcification, albuminuria, old age, childhood, or certain hysterical conditions, which would be aggravated by such exercise as bicycling, swimming, horseback riding, or mountain climbing.

"I may say that in all affections marked by slowing of oxidation or in those consequent upon intoxication by the products of organic disassimilation, the game of golf is to be recommended as the best method of bringing about a cure.

"The obesity and degeration of middle age, when the biceps have diminished and one's energy is failing, may be helped by devotion to golf. The further tendency of the exercise is to eliminate the so-called diathesis, and thus do away with gout, lithemia, headache and dyspepsia, while its hygienic and therapeutic consequences are admissible in cardiac and pulmonary affections. Although moderation is advisable under such circumstances, there can be no doubt of the benefit derived in some cases of cough, nervous asthma and in affections of the bladder and prostate; but it is pre-eminently in functional nervous disease that our great Anglo-Saxon game is to be recommended both as prophylactic and curative. No exercise or recreation is better fitted for the mentally overworked, the hysterical, the melancholic; none helps to preserve the concerted action of eye, brain and muscle, known as the psychological moment; none, perhaps with the exception of swimming, gives one so good an appetite; there is not a more sovereign remedy for dyspepsia, and as to insomnia such a thing scarcely exists among the devotees of golf."—*Selected*.

Physicians Forbidden to Testify.—According to the *Medical News*, on March 13th Governor Roosevelt signed an amendment to the civil code which had passed both Houses at Albany. This amendment absolutely prohibits a physician from divulging any information he may have acquired in his professional capacity concerning any patient, either before or after the latter's death. For a long time the insurance law has permitted a physician to testify concerning the physical condition of a policy-holder.