

PROPHYLAXIS OF DIPHTHERIA. --In the *Am. Lancet* the following points are emphasized :

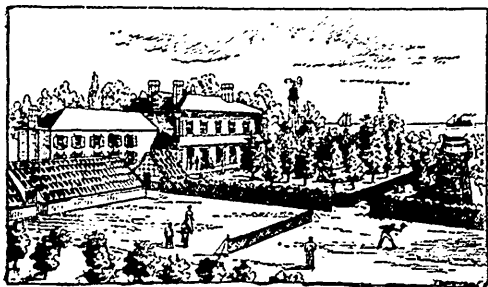
1. Bacteriological diagnosis.
2. Quarantine of quarters.
3. Isolation absolute, with one nurse.
4. Better disinfection, to be under the charge of the health officer.
5. The notifying of the pastors of churches and superintendents of Sunday Schools of the disease and its locality.
6. The establishment of the overflowing drinking cup in all the schools.—*Archives of Pediatrics.*

BICYCLING FOR WOMEN.—The much-discussed question as to whether bicycling is *per se* an exercise suited to women is, perhaps, now of minor importance, since it has become fashionable, and will, consequently be adopted by the gentler sex, without much regard as to its immediate or remote effects. Its popularity is, however, a very satisfactory proof as to its capacity as a giver of health and pleasure, since it is not conceivable that the bicycle could ever have won its way, as did the corset, for instance, as a fancied adjuvant to physical charms.

The late Dr. William Goodell, wise in an unusually wide experience, gave the exercise his unqualified endorsement ; and, from the almost entire absence of adverse criticism, it is apparent that the majority of gynecologists are of the same mind. The whole question is an exceedingly simple one, and has been summed up by Dickinson (*American Journal of Obstetrics*), who concludes a very clear and complete paper upon this subject as follows. "Under proper conditions of costume and posture, with care that the exercise be gradually increased and properly graded for the individual case, and where there is no acute inflammation to contraindicate it, bicycling will probably show itself capable of large results as an agent in curing pelvic disorders, since it is one of the few exercises which attract women. In view of woman's disabilities and the disadvantages under which she has suffered in attempts to obtain interesting and beneficial muscular exercise, it seems hardly too much to say that the promise from the bicycle is far-reaching. Through it and the habits it will engender we look for better dress, freer dress, shorter dress in bad weather ; for better exercise, for out-of-door activ-

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