In reply to a suggestion for an appointment of a woman Commissioner with power to make representations on the administrative side of prisons and Borstal institutions, the Home Secretary said that the work of the Prison Commissioners was too heavy to make it possible to replace any of them by a woman without administrative experience of prisons, and to add a paid woman would involve an expenditure which could not be justified.

"*Indian Medical Gazette.*"

"Puerperal sepsis and its Prophylaxis." By E. Thorp, O.B.E. This is an excellent little brochure written with the object of drawing attention to the fact that despite our modern system of midwifery teaching for students and nurses, puerperal sepsis is, if anything, on the increase rather than the decrease.

Fewer forceps deliveries and fewer examinations and better pre-natal care would prevent much of this trouble, and if every case were notified on some satisfactory standard basis, it might be possible to isolate the case and segregate every attendant and thereby lessen the spread of bad midwifery and its results . . . . The salient feature is that this great art is so badly paid that human nature being what it is, every nurse and practitioner is half-hearted in his or her efforts to arrive or stay.

"Notes on Child Nursing in India." By Mrs. F. V. Rushforth, M.B.Ch.B. This little pamphlet is one of the "Welfare Series" for India, and is intended for the instruction of girl guides, infant welfare workers, mothers and nurses. It is essentially practical and clearly written: and deals with the routine of infant life and care, cleanliness, fresh air, clothing, food and infant feeding, first aid to children and their mental and moral training. It will be found useful for every day use in any household in India, and also for child welfare and public health propaganda.

EFFECTS OF EXERCISE ON DIFFERENT ORGANS.

(*Taken from a Treatise on Hygiene and Public Health.*)

By B. N. Ghosh, F.R.F.P.S. (Glas.), and J. L. Das, L.M.S. (Cal. Univ.)

1. *Respiratory System.*—During exercise the action of the lungs should be thoroughly free, and there should not be any impediment to the full play of the chest by dress or any other means. The pulmonary circulation is quickened, the amount of air inspired and of carbon expired is greatly increased. It is obvious that increased output demands increased supply of food and fresh air. Alcohol diminishes the excretion of CO_2 and should therefore be avoided during exercise.

2. *Circulatory System.*—Active exercise increases the force and frequency of the heart with acceleration of circulation, but this is followed by a period of depression.

3. *Muscular System.*—The nutrition of muscles is improved which contributes to their growth and energy. It seems probable that muscles lose water during exercise.

4. *Cutaneous System.*—Exercise promotes the action of the skin, which become red. It leads to engorgement of the vessels with increased perspiration which in evaporating from the surface of the skin reduces and regulates the temperature. But during active exercise there is less danger of chill as the loss is replaced by a rapid supply. The risk, however, increases after exercise, and therefore the surface of the body which was exposed during exercise requires to be covered and protected from undue loss of heat.

5. *Urinary System.*—The excretion of urea is unaffected, but uric acid is increased. On account of the increased action of the skin the watery portion and the chlorides of urine are diminished.

6. *Nervous System.*—Men engaged in brain work must recreate themselves with active exercise which leads to perfect performance of mental work.

7. *Alimentary System*—The amount of fæces passed is lessened, and by removing constipation it induces a regular action of the bowels.

Excessive exercise causes either nervous or muscular fatigue. Mental fatigue is an important factor particularly with the young, the weak and the invalid. For those with a sedentary habit it is best to have recourse to graduated exercise which requires some effort of the mind and will in its execution. Riding, rowing, swimming, etc., may with advantage be undertaken by them. For neurasthenic people an opposite course demanding less nervous effort is necessary.

Diseases of the heart.—Such as palpitation, hypertrophy, etc., or muscular wasting, may be caused by excessive exercise. After exercise the body should be washed or sponged, and since exercise increases elimination of water, salts, carbon, and nitrogen from the body it is essential that these should be replaced. Along with exercise rest is equally necessary, and it is said that excessive exercise lowers the opsonic index even in perfectly healthy persons.

NEW MEMBERS.

No.	Names.	Address.	Training School.
1.	Miss Winefred Ivy Drane.	Indian Station Hospital, Crater, Aden.	Lady Curzon Hospital, Bangalore.
2.	Miss Annie Wemyss Smillie.	C. P. Mission, Ujjain, C. India.	Royal Infirmary, Edinburgh.
3.	Miss Edith Sarah Figg.	E. P. Mission House, Raychatu, E. B. Ry.	Guys Hospital, London.
4.	Miss Esther Hill Elliott.	Rosebank, Landour, Mussoorie.	Christ Church Hospital, New Zealand.
5.	Miss Alice Otto ..	Sassoon Hospital, Poona.	Civil Hospital, Karachi.
6.	Miss Louise Ellerman..	American Mission House, Ambur, N. Arcot.	Deaconess Hospital, Evansville, Indiana, U.S.A.