

C. W. A. OFFICIAL ANNOUNCEMENTS.



APPLICATIONS.

The following is a list of the applications for membership to the C. W. A. received up to date, which are published in accordance with Article III. of the Constitution. Objections must be made to me within two weeks of this publication; such objections shall be confidential. Every member of the Association should carefully examine the list and report objectionable persons. Secretaries of clubs, and candidates, will please note if names and addresses are correct, and report errors at once to

HAL. B. DONLY, Simcoe,
Sec.-Treas. C. W. A.

MONTREAL CLUB—9 NAMES.

- | | |
|----------------------|--------------------|
| B 0602, Robert Ash | B 0607, C H McLeod |
| B 0603, C Briggs | B 0608, O Peloquin |
| B 0604, F W S Crispo | B 0609, R F Smith |
| B 0605, A Harries | B 0610, G S Wait |
| B 0606, J T Kennedy | |

WANDERERS CLUB, OF TORONTO—35 NAMES.

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|-------------------------|------------------------|
| B 0611, Fred Morphy | B 0629, P Hill |
| B 0612, L A McBrien | B 0630, F J Capon |
| B 0613, W J Sylvester | B 0631, Walt. Despard |
| B 0614, G Townsend | B 0632, Walt. Gemmell |
| B 0615, John Alexander | B 0633, Fred. Foster |
| B 0616, S G Curry | B 0634, F W Winstanley |
| B 0617, A R Pringle | B 0635, R Martin |
| B 0618, M J Taylor | B 0636, E A Stevens |
| B 0619, A M Thompson | B 0637, E A Thompson |
| B 0620, G E Williams | B 0638, S H Townsend |
| B 0621, James Rogers | B 0639, T Fane |
| B 0622, J S Hara | B 0640, Percy Horrocks |
| B 0623, John Littlejohn | B 0641, Chas Robinson |
| B 0624, Will Fischer | B 0642, H Beatty |
| B 0625, R Anderson | B 0643, T H Gooderham |
| B 0626, J T Beatty | |
| B 0627, J Elliot | B 0644, R S Galbraith |
| B 0628, F H Grey | B 0645, W Wilcox |

DOWN MT. WASHINGTON.

"Don't be afraid, Mamie; don't be afraid; it won't hurt you," said a lady to her little daughter, as a wreck of a former man approached, attired in court plaster, with bunged-up eyes, broken nose, arm in sling, and general dilapidation. However, the little girl hid behind her mother when the hideous-looking object passed. "What is it, mamma; what is it?" "Don't you remember," replied the lady, "the young, good-looking wheelman who used to call on your sister? Well, he tried to ride down Mt. Washington." "FRANCIS."

Messrs. Chas. Robinson & Co., 22 Church street, Toronto, are authorized to receive subscriptions for THE WHEELMAN, and will always have a full supply on hand.

PRINCE TELLS HOW IT WAS DONE.

John S. Prince, who, like most professionals, has a great faculty for using his tongue, has been talking to a Washington newspaper man about his performance of a mile in 2.39 at Springfield, the prospects of future fast time, and his own methods of training. "I knew I was going to beat the world's record," said Prince. "I had made it in 2.40½ while practicing, and Richard Howell, the English champion, held the mile belt of the world for his mile in 2.43. So I put all the money I could get together in bets upon myself at 15 to one against time. I won in 2.39, Howell only making it in my practice time of 2.40½."

"What are the chances of bicycles catching up to trotting horses in point of time?" asked the reporter.

"I have no doubt of it. It is only a matter of time. You see horses have been bred up to the time they are making, while a man has to depend upon his own nerve and muscle as he finds them and as he can develop them. Judging from the progress made in the last few years in general, and my own advance in particular, I think the record should be reduced to 2 minutes, or even less, within a year or two."

"What does it require to make fast time?"

"Muscle, wind, nerve, condition, a good stomach, and a light, firm machine. If the stomach is not in good order you get blind before you have made any distance at all at anything like speed. You breathe as fast as a running dog on a hot day; but if you breathe with the chest you will get dizzy. You must learn to breathe from your stomach," and the champion illustrated the two modes. His whole trunk moved as he breathed while showing the approved method, while in the chest breathing only the upper part of the body moved. He explained that bicycling had a very great effect in increasing the expansibility of the chest. His own expanded 8 inches—from 35 to 43 inches. This led to further measurements, and it was found that his calf was 15 and thigh 23½ inches in circumference. He is 5 ft. 9½ in. in height, and in weight 168 pounds. While recognized as the American champion, he was born in England. His trade was that of a brass founder, but he left that after completing his apprenticeship, to become a professional bowler in a cricket club. His first experience in bicycling was seven years ago. For a year he rode as an amateur, entering contests as a professional shortly before he came to this country, about five years ago. At home he ranked as, perhaps, a fourth-class man. The improvement he ascribes largely to the climate.

"What course of training do you undergo before entering a contest?" was the next query.

"I just live a little carefully, and exercise regularly. I rise at 7 o'clock in the morning, and take eight or nine minutes of dumb bell work, beginning with a 6-pound pair and finishing with a 25-pound set. This makes me perspire gently. Then I take a cold shower-bath and a two-mile walk. My breakfast is of mutton chop, lightly cooked, and a soft-boiled, fresh-laid egg, with plenty of bread and butter. I eat only so long as I am real hungry, leaving off when I could relish some more. Then I take another walk or a turn on the wheel before din-

ner, which is a good deal like the breakfast.—After that, and a rest of an hour or so, I take a ten or twenty-mile ride on the track, working hard, and finishing with my clothes wringing wet. Then I have myself bathed in witch-hazel extract or alcohol, and thoroughly rubbed down. My supper is light, though I generally have a chop or something with it. About twice a week I take a pint of gruel before going to bed as an aperient. If I have a race at 4 o'clock I take my dinner at 1.30 or 2 o'clock, and between the laps, if a long race, I eat a fresh-laid egg. No liquor or tobacco while training, and none at any other time, except a very occasional cigar."

"What kind of a track had you for your record-wrecking feat?"

"A smooth clay one. The track here is a little new now, but by spring it will be the fastest in the country. If I had been pushed at Springfield, I could have made the mile in 2.37. What makes me think so? Why, I was fresh at the finish, and had strength enough left to stop my machine by back pedaling about 150 yards from the wire. Howell was all played out, and had to be helped out of his saddle after his machine had shot ahead of its own impetus until it stopped of itself, showing that I had a good deal more in me. The distance between us, represented by the difference in time, was about fifteen yards. Howell is six feet one inch in height, and weighed 195 pounds. He rode a 60-inch Rudge machine, and I had a 55-inch Royal Mail. My machine weighed only twenty-two pounds, the lightest one ever in a race here."

"What kind of weather is best for fast time, hot or cold?"

"Warm weather, about 79 or 80 degrees in the shade, is the best. After racing on a cold day I have suffered severely with my lungs."

Correspondence.

A CORRECTION.

Editor CANADIAN WHEELMAN:
SIR,—I noticed in your excellent paper a paragraph concerning the Rota Bicycle Club, of Toronto, in which it is stated that "it will be composed of members from both the large clubs," i.e., the Torontos and the Wanderers.

On behalf of the latter club, I now write to contradict the statement that members from that organization intend joining this new club. (?)—After a thorough canvass among our members, I cannot find one who has any intention of doing so, but find them all loud in their indignation that rumors should be circulated to injure the club.

I found, however, that there were two riders who were members of the Wanderers, but who long since have been expelled for nonpayment of dues, who have signified their intention of joining this new club, and who will probably prove valuable members.

Yours truly,
"WANDERER."

Toronto, Dec. 29, 1884.
THE CANADIAN WHEELMAN for Dec. has reached us, and is full of interesting news, well made-up and printed.—Lynn Saturday Union.