

Physical Culture.

BENEFITS OF BICYCLE RIDING.

By J. R. Stevenson in Physical Culture.

By the time the April issue of Physical Culture gets into the hands of its readers the season for outdoor exercises of all sorts will be fairly commenced. When the buds of spring begin to show, whether the man or woman is a physical culture devotee or not, there is a desire to get out of doors and to purify the lungs, that have been struggling with all sorts of poisons and impurities during the forced semi-hibernation of the cold months. It is an instinct that mankind has, in common with other living creatures, to escape from the hindering environment that he has surrounded his life with, and to breathe the air that smells of earth and forests and streams and seas.

Of course every form of sport, of recreation that takes the individual, weak or strong, out of doors at this season bears its measure of blessing. The wealthy in their carriages, suffering from over-feeding, over-clothing, and over-coddling during the winter, loll in idleness and feel in a slight measure the general blessing that is showered upon all. But effort, the thing that makes it of greatest value, is wanting, and their rejuvenation is slower, more uncertain. The man who walks long and far, who climbs mountains, plays golf or goes fishing, responds quickest. He loses his indigestion, his touch of rheumatism, his indifference; and color comes to his cheeks, strength to his muscles, joy to his heart, for he grows well and robust.

And here is where the advantage of the bicycle comes into human life. One can get out into the pure air amid congenial environment. It furnishes splendid exercise for the muscular system. And added to this there is pleasure and mental exhilaration in riding the noiseless steed that so far overbalances the muscular demands that there is danger in a majority of instances of too much rather than too little exercise. This is the season when this popular and very advantageous exercise flourishes in its greatest degree, and it is timely to point out the dangers of overdoing it, quite as much as calling attention to the good that bicycle exercise will produce.

The rider should carefully note his powers, ride only far enough and fast enough to bring on that exhilaration that is produced by muscular exertion that is pleasant. He should never ride until exhausted, and should not attempt, without being carefully trained, any of the phenomenal long rides we hear of so often. The ride should be at a moderate pace for a sufficiently great distance to produce the effects hint-



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ed at, and should be followed, as every other exercise, by a thorough rubbing down of the body and a cold sponge bath. The rider should be careful as to diet, too.

The tendency will be to overheat under the influence of the stimulation. He should always be careful not to completely gratify the appetite excited by the exhilaration of these early spring rides.

The bicycle is one of the boons of the century to women. It has done more to free her from the confines of restrictive clothing than all the lectures ever did, and it has also done much to increase the strength of men.

LACONIC.

There is a little settlement of New Hampshire people in Kiowa County, Col. Among other things, they brought with them the New Hampshire aversion to using any more words in conversation than are absolutely necessary. Two of them met on the road recently and indulged in the following dialogue:

"Mornin', Si."

"Mornin', John."

"What'd you give your horse for boots?"

"Turpentine."

"Mornin'."

"Mornin'."

A few days later the men met again and here's the way a hard luck story was told in mighty few words:

"Mornin', Si."

"Mornin', John."

"What'd you give your horse for boots?"

"Turpentine."

"Killed mine."

"Mine too."

"Mornin'."

"Mornin'."

A Nice Easy Shave.—Father: Wot the dickens yer been doin' with my razor? Son: Father, I cannot tell a lie. I've been opening oysters with it. Father: Go and give it a rub on a brick-bat immediately, or I'll never be able to git a decent shave to-day.—Larks.

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