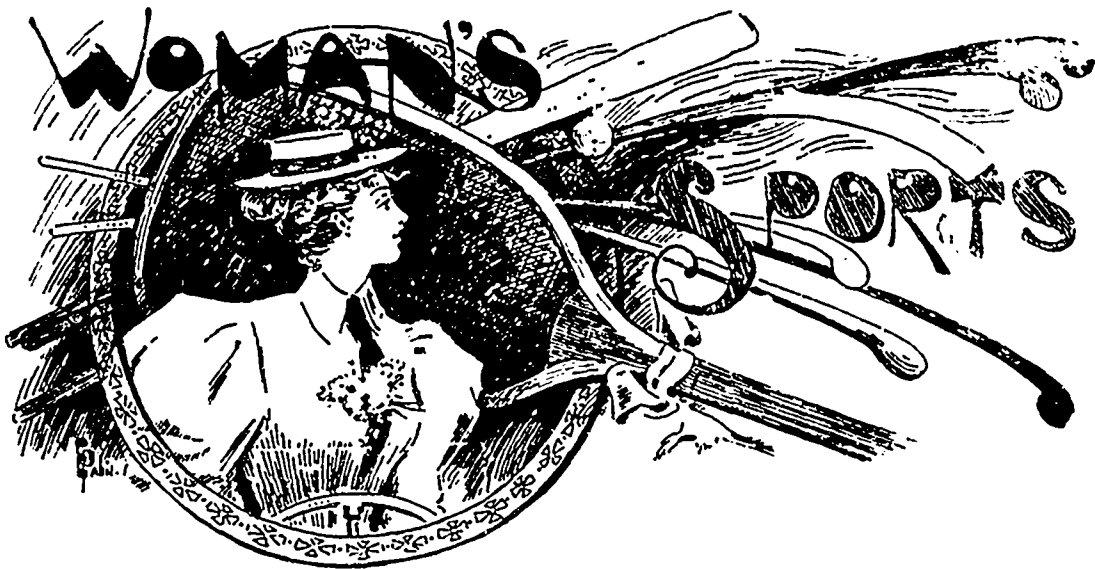




THE different bicycle clubs of the city are reorganizing and getting into good shape for the summer, and many new clubs are being formed. While there is no club that I know of, entirely composed of women, there are very few which do not admit the fair sex as members. The membership of the Knickerbocker Club has closed with one hundred and twenty-five members, nearly half of whom are ladies. The Baptist Bicycle and Social Union Club is in even a more flourishing condition than last season. Then there are many clubs among the branches of the Epworth League in connection with the various city churches. Sherbourne Street Methodist Church, Elm Street, Euclid Avenue, and many others have, I understand, properly organized clubs. That of Broadway Methodist Tabernacle—of which Mr. E. S. Caswell is president, and Miss L. Roberts secretary—is perhaps as characteristic of this class of clubs as any. Each member wears the familiar Epworth League colors of white and crimson, on a wider crimson background, attached to the breast by a particularly handsome silver monogram pin. They meet for a run every Saturday afternoon during the season, and this year it is hoped that several enjoyable union meets may be arranged.

Thinking of a discussion I heard the other day regarding bicycling as an exercise for women, it occurs to me to give my readers the opinion of a famous medical man, writing in the *Forum* recently. After saying that bicycling is an "excellent preventive of disease and a promoter of good health," he goes on to remark that it "is of no less value as a remedy for certain pathological conditions." He tells us that, "by its effect on respiration and digestion, bicycling becomes a potent remedy for anæmia, that condition of the blood which consists in a diminution of the red corpuscles, and shows itself in pallor of the skin and the mucous membranes. Numerous nervous troubles are relieved or cured by this exercise; such as nervous prostration—a condition usually due to overwork or worry, and in which the normal strength is lost, and the slightest exertion causes fatigue and physical and mental exhaustion. The same holds good in regard to headache, insomnia, and neuralgia. Among the nervous affections benefited by bicycle riding, may also be included asthma, a cramp-like contraction of the muscles of the bronchial tubes which causes a painful sensation of choking. Many diseases of the intestinal canal—such as dyspepsia, constipation, and hemorrhoids—yield to the effects of wheeling."

So we see that seemingly in many cases where a delicate woman might fear to take

up the exercise, it would be in reality of the greatest benefit. Of course, though bicycling is a valuable resource in certain diseased conditions, there are numerous others in which it should only be indulged in very cautiously. "Most acute diseases," he goes on to tell us, "demand rest, and many chronic ills are made worse by riding." It would be folly for a person with advanced pulmonary consumption, for instance, to attempt to ride; and persons affected with any weakness of the heart should be careful not to over-exert themselves. But as any form of exertion is equally objectionable in such cases, I think that his opinion of bicycling is, in the main, most favorable.

Mrs. Geo. C. Gibbons has been re-elected president, and Miss Millie Harris secretary of the London Golf Club.

By the way, lovers of golf are being warned that among the new ills that attack humanity in these latter days—and are supposed to be induced by too great devotion to some particular calling or pleasure—the muscular trouble known as "golf arm" is the latest. It is a most painful tingling and numbness about the elbow, thumb and first finger. In fact, stripped of the technical terms and proper anatomical description, the symptoms resolve themselves into very much the same as those unpleasant ones caused by knocking ones "funny bone." "It appears to be due," we are told, "to the repeated whip-like and sudden contractions of the triceps, bruising the musculo-spinal nerve";—and needless to say, it decidedly interferes with one's enjoyment of the game. As the only cure suggested is refraining from the exercise for an indefinite time, it will be well for lovers of this most wholesome and delightful of out-door games, to show discretion in the amount of play they indulge in.

What about walking clubs? The delightful spring days will soon tempt to all sorts of out-door exercise. It is to be hoped that golfing, bicycling, and other sports, will not cause this health-giving and delightful diversion to fall into abeyance. Get out your neat, stout, walking boots;—see that they have low heels and sensible toes—the serge or tweed skirt that is not too long, and has a bodice that admits of freedom of respiration and motion; the jaunty coat or cape and that neat round hat which is comfortably becoming, but boasts neither feather nor flower to droop or wilt before a possible drop or two of rain. Don the easy gloves that will not be spoiled should you be tempted to carry home some of the lovely wares displayed by nature at her great "spring opening"—which has been heralded by the songs of

birds, and the music of the many voices again let loose from winter's thrall;—and take an invigorating walk to some point of interest or beauty.

See if the merry men and maids do not return with the glow of healthful exercise upon their cheeks, the brightness of pleasure in their eyes, and appetites!—well, don't offer them a cup of tea and a sponge cake.

We all knew that the bicycle schools were sure to be well patronized, still I was really surprised when I went into the Remington Cycle School, on Yonge street, the other morning, to see the number of persons who were learning to ride. All ages are represented among the pupils, from the little tot of five years to the elderly lady of three score. Since the school was opened it has been found necessary to increase the staff of teachers, and the time of those now employed is taxed to the utmost at most hours of the day.

The Hyslop, Son & McBurney school on King street is a fine place and will doubtless be much used. The managers intend holding a reception in the near future, when the public will be invited to see the preparations that have been made for the comfort and benefit of their patrons. CYCLIST.



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