

Woman's Sports.

By Cyclist.

NOTHING now is shown thus far in improvements on ladies' cycles. The wooden wheel is attracting attention. It is graceful and pretty when new, but whether it would look as well after a few months wear, is questionable.

The discussion about saddles still continues. The general tendency among the saddle makers is to make the new seats wider and shorter, and to raise the rider above the horn of the saddle, and away from its centre line, by adding pads to the sides of the seat or cutting away the horn and centre.

Large as is the variety of saddles, no one can inspect them intelligently without becoming convinced that not a single one of these styles has been made without there being a distinct object to be accomplished. The experienced rider and the saddle maker agree that the saddle is the one part of the bicycle, which must be especially adapted to each rider. The saddle which gives perfect comfort and ease to one rider, will not do for another at all, and again, a saddle which suits one style of riding will not answer for a person of the same build riding in a different style. There are in this year's varieties long saddles and short saddles, hard saddles and soft saddles, and saddles with springs under them, and others without.

There has been much talk of wheels without chains. If these could be successfully used, it would certainly be an advantage to ladies, who are in constant danger, by reason of their skirts; but it seems safe to say now that the wheel makers, with but one or two exceptions, will devote themselves, for the coming year, at least, to making as good wheels as they know how to make on the old lines, and that those who are about to put out chainless wheels will make the experiment very cautiously.

Felt pedals are suggested as preferable to rubber. The narrow fancy pedal with its open work and points, however pleasing to the eye, does not suit a lady who has ridden long enough to understand something about her wheel; she prefers a plain pedal.

Grips and pedals made of solid felt were shown and favorably commented upon in England. These were spoken of here among dealers a year ago, but they are not to be found in the market. The felt pedal is said to combine all the advantages of both the rat-trap and rubber pedals. It is just a square of half felt with the bearings set into it.

Although there was much talk about the new wheels, a month or two ago, they do not seem to be on the new wheels; especially the

ladies'. Women are not expected to scorch, and back pedalling should be a sufficient check for them.

One of the important problems, in connection with the growing use of the wheel by women, is as to its effect upon their health. Dr. Skene, an eminent physician and famous surgeon of New York, in a recent interview upon the subject, said, "A certain amount of pleasure and healthful exercise may be obtained by a certain class of women in moderate bicycle riding. If a girl or woman is of such an indolent disposition that she will not take exercise enough of any kind to keep her in health, but takes to a bicycle, she will be greatly improved thereby, both mentally and physically. Such a one is not at all likely to injure herself by overdoing."

"There is still another class who find the bicycle beneficial. I refer to those whose duties keep them indoors and mostly sitting, and who still have time for out-of-door exercise and cannot keep horses. Such people find the wheel a great convenience and help. Again, those who are active, ambitious and can indulge in all the rational exercise may devote a little time to bicycling with pleasure and profit."

"Considered as an occupation, recreation or exercise for mature women it is capable of doing much harm, and is evidently much abused. Excluding those already referred to, who have nothing to do and not much inclination to do, bicycling, like any other occupation is useful and beneficial."

"But for those whose duties in life tax their energy and strength to the fullest extent, bicycling is simply an overtaxation. I have seen so many women who were overdoing mentally and physically, later advised to ride a bicycle as a recreation. One who is mentally or physically tired or exhausted is never rested by violent or even active muscular exercise."

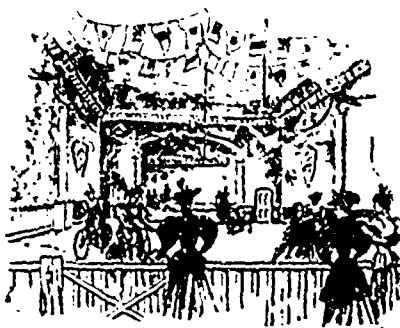
"How absurd it is, then, to advise one to take a ride before or after a day's work that in itself is all that she is able to do. The greatest objection to the bicycle is that it is abused by being overdone. The most difficult lesson to learn is to take everything in moderation."

DOCTOR—The bicycle gives people the best exercise in the world.

PATIENT—But I can't afford to ride a bicycle.

DOCTOR—O, you don't need to ride one; just dodge them.—New York Herald.

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