

NOTE AND COMMENT.

There are mornings in a month like this when the air stimulates as wine, and when one feels a positive ache to grapple with hard tasks and overcome obstacles. This because May is the first month in the twelve when abundant fresh air can be safely enjoyed in houses, restoring energies partly torpid through the scant ventilation of winter. But why should we ever feel "below par" or enjoy anything short of our highest possible efficiency of mind and body? There is no good reason why. Pure air, even in winter, can be had in houses well designed and generously warmed. Other elements of good health and spirits consist in the familiar prescription of plain food, good habits and plenty of exercise.

We are apt to overrate the importance of conspicuous matters, but are not the neglected causes of dyspepsia, dulness of feeling, listlessness and apathy, working as much evil in the world as the severe and violent maladies which afflict but few? For one consumptive, aguish or paralytic patient, there are a hundred who have the edge of their enjoyment of life taken away, and its term shortened by some minor cause of illness or weakness, which, at the same time that it is reducing their vitality, is predisposing them to serious disease. When the germs of infection are in the air, men and women whose wholesome blood is kept in quick circulation by work and exercise inhale them without injury. It is in debilitated and run-down constitutions that floating seeds of disease fasten and multiply. Epidemics only devastate populations weakened by neglect of their prime duty to be strong by observing wholesome conditions of life.

The Montreal Bicycle club had a good run to Lachine on Saturday. Members and their wheels don't take long to rub off the winter's rust, and if one or two riders *did* think their steeds too slow and tried a journey through the air on their own account,—why, their graceful headers didn't hurt the road, anyhow.

The Montreal Bicycle Club has a big undertaking on hand, a two days programme in connection with the Canadian Wheelmen's Association meet. The club is in every way capable of doing justice to the occasion, and as preparations are already being made we may look for a fine display of wheeling on Dominion Day.

The M. B. C. is having a run now nearly every day or night. The membership shows a healthy increase—now numbers about 125. The list does not go up by "leaps and bounds," like Mr. Gladstone's revenue a few years ago and Canada's debt to-day! But then what can you expect, with the sort of roads that are thought good enough for the Province of Quebec? There are some members of the M. B. C. who could probably tell the exact position of every fence-rail between Montreal and Lachine! A good enough road, that, and affords a little practice in the way of hill-riding. But the cyclist who goes much further afield cannot afford to have a very delicate backbone—either above or below the saddle.

The Montreal Tennis Club expects to commence play in the course of the next fortnight. A shower bath and other much needed accommodation is in course of erection in rear of the present club house. The executive also contemplate laying out an additional couple of Courts behind the building. The first competition will probably be held during the end of the ensuing month.

There is scarcely a prettier place than Valois on the whole river, and the railway station being right at the village makes it an exceptionally convenient summer resort for Montreal business men; so it seems remarkable that comparatively few take the advantage of the splendid boating

to be had there. The village is on a bay of Lake St. Louis; neither sailing or rowing is interfered with by current. One cause of the neglect,—which is certainly all the better for those who do go there!—is the astonishing lack of enterprise sufficient to provide accommodation for people who want it; and another cause is the railway fare, which is not low enough to suit the majority of pockets, or to attract a very large number of "summerers."

A propos of Valois, we may mention that the neat little boat house has been sold by the owners, Messrs. J. & T. Paton, to a syndicate of about a dozen gentlemen, the Patons themselves being of the number, with Messrs. J. G. & W. Ross, F. Barlow, W. Badenoch, J. Walker, J. Thompson, T. L. Paton, Jas. Sutherland.

The Longueuil Boating club's officers, elected last Friday, are: President, Mr. William J. Gear; vice-president, Mr. B. E. Cotte; captain, Mr. J. W. Moffatt; secretary-treasurer, Mr. W. J. Carmichael. Committee, Messrs. G. H. Graham, G. McClure, W. T. Rodden, Alfred Jones.

The Lake St. Louis Canoe Club has chosen an unusually enjoyable programme for the coming holiday. Thirty or forty members,—two in each canoe,—take the cars from Montreal to Huntingdon on Saturday, the 22nd, and paddle down the Chateauguay River and over to Lachine, by Monday evening. Any canoeists, not members of the club, who would like to join in the excursion are invited to send their names to the treasurer, Box 1559, Montreal.

Sport is fairly booming in Ottawa this spring. There are many clubs in the city, and they all start out with unusually bright prospects for a successful season.

The Ottawa Rowing Club has not taken part in the Association Regattas for the past two years, but it is hoped, to send two crews to the Regatta this year at Lachine. Last year a number of young men joined the club, and took kindly to four-oared rowing, the result being, that in the fall Regatta there were some startling developments. This spring there is material for a good junior four, but, as it is probable that a vacancy in the senior crew will be filled from the juniors, the latter will probably be considerably weakened. It is a debatable question, whether it is preferable to have two moderately good crews, or one very strong one.

The Ottawa Rifle Club had its first spoon competition on Saturday last, and, considering the lack of practice the scores were good. Mr. Chamberlain won the large spoon with a score of 84, composed of 39 at 200 yds., 30 at 500 yds., and 24 at 600 yds.; Mr. Sutherland won the tea-spoon, with a score of 31 at 200 yds., 31 at 500 yds., and 21 at 600 yds. The club has increased the number of spoon competitions from 15 to 21; nine to be shot with Snider, and six with Martini Henry, at Queen's ranges, and the remaining with Martini Henry, at 900 and 1000 yds.

At the Ottawa Sharpshooters' first anniversary dinner, in commemoration of the battle of Cut Knife Hill. Every member of the body living in the city was present. Absence, sickness, and the two killed in the engagement, had reduced the original number of the corps by just one-fourth. It is hoped that there will not be such another reduction to record next year.

There are few places in Canada that possess an Athletic Association more comprehensive than that in Peterborough. Based on purely amateur principles, no professionalism is allowed in any form. The clubs comprising the association are seven; the cricket, baseball, football, bicycle, tennis, toboggan and snowshoe clubs. For admission to the membership of all these, the small fee of \$5 per year is charged; or any single club

may be joined, the fee being \$1.50. The association was very successful last year, the first year of its organization. At the annual meeting the finances of the association showed a handsome credit balance after all expenses had been paid. The expenses last year were unusually large, a considerable amount being laid out in permanent improvements, such as putting down a circular path, building a grand stand, etc. The interest in sporting events is never allowed to flag. First comes football, then summer sports, then football again. The latter is succeeded by tobogganing and snowshoeing, and when these fail the members join hands with the ladies in presenting amateur theatrical performances, which, it may be remarked, have been met with much success.

The association, not content with last year's improvements, proposes to build a great tank in the rear of the dressing rooms. The tank will be connected with a force pump, on which the members are expected to expend elbow grease. From the tank numerous conduits will lead to different parts of the ground, where hydrants will be placed. Watering the grounds will then be a comparatively easy task. Then a set of bath rooms is to be fitted up under the tank, and passages made directly from the dressing rooms to them. This improvement is a very essential one, and one which the association will not regret having made. The obliging secretary, Mr. J. E. Hammond, reports a steady growth in membership, there being even now more members than there were last year. Mr. Hammond, has offered a bat for the best bowling average, made by a cricketer during the season, and Dr. Barnham, the popular president, of the association, has offered another bat for the best batting average. Mr. Herbert Hammond, gives encouragement to tennis players by offering a handsome medal to be competed for among the members of that club. The clubs both appreciate the liberality of these three gentlemen.

In London sporting news of all kinds is dull, this spring, and very few club meetings have been held so far. The London Gun Club has had its meetings, D. Skirving being elected president and W. F. Bullen secretary, the members have had a practice already, and say the Cincinnati blackbird is ahead of any other target. The Forest City Gun Club has done nothing as yet, with the exception of four members out for a few shots on their old grounds. The Village of London West, where the London Club has its grounds, has prohibited the use of fire arms within the municipality, and unless they can be persuaded to reconsider their determination, the club will probably take grounds at the eastern end of the city. The St. Anne's shooting club, of which several prominent Londoners are members, held its annual meeting on 3rd May, at Chatham. The London members are not yet sufficiently strong to have the headquarters of the club moved here, which they would like.

Only one baseball match at London this spring, viz.: Post Office clerks vs carriers; the clerks came out ahead, with a score somewhere in the forties.

Boating on the pretty little Thames has not been of much account since the Victoria disaster, but this summer will probably make a better showing. Messrs. Travers and Brown took a trip recently to Chatham in a canoe, actual paddling time 25 hours, and since then Messrs. C. H. Gordon and C. Murray made the same voyage, sending their canoe back by rail. The distance by river is variously estimated from 125 to 150 miles. The first named gentleman was very roughly handled by old Sol, and will wear a sombrero next time. Mr. Joseph Jeffery, manager of the Molsons' Bank, went to Brecon fishing on the 1st and got 23 trout.

It is probable there will be no lacrosse club at London this season. What has come over the Forest city.