

important that, misunderstood or its suggestions neglected, more misery, mental and physical are entailed and more lives destroyed than can be told. That old and vigorous exemplar of the benefits of simple living, Hannibal Hamlin, spoke truly when at a recent banquet in this city he said that "gluttony killed more men than intemperance," for where one is intemperate a hundred overeat.

If men would be strictly temperate in eating and drinking taking the simplest food and no more than is absolutely necessary to repair the ordinary waste of the body, the healthful activity of its various functions could be maintained with the minimum of muscular exercise. This Spartan simplicity of diet, however, is seldom attempted.

The appetite is a capricious master, and the difficulty is that the table offers temptations to eat and drink a far greater amount than this human furnace of ours can take care of without a very active draught in the shape of bodily exercise. The title of this article is Physical Hygiene and the Bicycle, but, like Artemus Ward, in his lecture on Sixty Minutes in Africa, on which he said nothing about Africa, I have said nothing about the bicycle. And yet he who reads and has appreciated, as the writer has, the pleasure and lasting benefits that comes through this form of exercise, will easily see *bicycle* written between all the lines. Upon that subject, indeed, I claim the right to speak with authority, since for years I had felt the necessity of counteracting in some way just such a condition of affairs as I have briefly attempted to portray. The gymnasium, horseback riding, pedestrianism—all these have at various times been attempted with more or less enthusiasm and persistency, and not without avail, but never until I purchased a bicycle and learned its use did I get the best return in health and pleasure. It is not less exhilarating nor more exhausting than horseback riding, and, contrary to the frequently expressed opinion of those who had no practical experience in this direction, it brings into active play a greater number of muscles than almost any other form of rational athletic sport.

If anything was wanting to render more complete my enthusiasm over the delights and benefits to be derived from the bicycle, it was supplied in abundant measure last summer by a ride of two hundred miles or more through the Berkshires. Having mapped out our route by the aid of one of the numerous road and guide books which give very accurate information as to the character of every road, a party of five of us started with our Columbias by train for Great Barrington. Reaching that place at noon, we wheeled to Lenox, where we passed the nights.

The next day found us on our way through Pittsfield to North Adams, where an excellent dinner and a night's rest prepared us for the

third day of our outing. On a road as smooth as concrete and following the trend of the mountain range, from which the summit of old Greylock towers high above its fellows, we passed through the charming village of Williamstown, and thence through one of the most beautiful and picturesque of valleys to the old town of Lebanon, with its springs and Shaker settlement. The fourth day of our ride was along the banks of a rapid stream through the Kinderhook valley to the town of Kinderhook, thence to the city of Hudson on the Hudson.

Having thus in four days easily completed two sides to the triangle of our journey, we began on the morning of the fifth day of our ride over the side, or base, *en route* for Great Barrington. Dining at a comfortable farm-house twelve miles from Hudson, we spent the night some ten miles farther on, at the pretty little town of Hillsdale. A few miles out of Hillsdale we encountered the next day the first real work of our journey. Here we were confronted by a barrier of hills, over which no bicyclist, however skilful or strong, could hope to ride. For three miles we pushed our wheels before us until, finally reaching the summit, we found that we were to be many times repaid for the work so readily accomplished.

Not only was the view surpassingly beautiful but, stretching out for miles before us to the valley below, we found the road as hard and as smooth as concrete.

A ride such as we then enjoyed is not to be had every day. Placing our feet upon the foot-rests and occasionally using the brake to check somewhat the rapidity of our flight, away we went like the wind for mile after mile. I have ridden behind race-horses, on locomotives, and and on horses fleet and strong, but never before had I experienced such perfectly joyous and exhilarating emotions as in that swift ride down the eastern slope of the Berkshires. It was the very poetry of motion, and we wheeled to the steps of the hotel, whence we started just six days before, with keener appetites, more vigorous digestion, and in that condition of complete health only found when the collective bodily activities seem one, each organ performing its function unconsciously, unheeded.—*Sanitarian.*

AMENORRHOEA.

The following is recommended as a reliable emmenagogue in many cases of functional amenorrhoea:

R Bichloride of mercury
 Arsenite of sodium, aa, gr. iij.
 Sulphate of strychnine, gr. jss.
 Carbonate of potassium,
 Sulphate of iron, aa, gr. xlv.

Mix and divide into sixty pills. Sig: One pill after each meal.—*Cincinnati Med. News.*