

OUTING FOR MAY.

A. W. Changes have been made in the fees for sanctions, \$25 being the amount for National Circuit meets, \$5 for open meetings and \$2 for athletic meetings, scheduling but two cycle events; no charge is made for dosed club or school meetings, although it is necessary that all such shall be sanctioned as heretofore. L. A. W. clubs—organizations composed entirely of L. A. W. members—are exempt from all sanction fees.

Le Bol d'Or, one of the principal long distance path events in French cycling, will take place this year at Paris on June 27th and 28th, under the auspices of *Le Velo*, which also has the management of the Bordeaux-Paris road race, the principal event of its kind on the continent of Europe.

The past Spring has seen the bicycle added to the regular equipment of the Life Saving Service at several stations on the Long Island and New Jersey coasts. It has been found profitable to use the wheel in patrolling Seven Mile Beach, one of the finest on Long Island Sound, and over two months' trial has proven the cycle an efficient agency for carrying news of wrecks to the life saving stations with the least possible delay.

Pure air in unlimited quantities is a source of health and vigor, and herein lies the secret of the magic effect of cycling. The ordinary individual inhales and exhales about two-thirds of a pint of air at each respiration; when, however, this pastime is taken up with enthusiasm, tempered with proper caution, an increased demand is made upon the lungs, and those cells which have been unused through habitual insufficiency of air are called into requisition and the total capacity of the lungs increased often two-fold, quickened circulation by moderate exercise is the prime factor in health, and the purity of the blood being dependent upon the quantity and quality of air in inhaled, it is evident that rational cycling is the most healthful among the pastimes. This stimulus to breathing is of a wholesome nature, and is well suited to those with slight pulmonary affections. It strengthens the muscles of the chest, abdomen and back, and cultivates a habit of deep breathing. Moderate cycling develops new tissues in the upper lobes of the lungs, which are little used by the dwellers in cities. To this unaccustomed employment of new air cells is due a measure of the lameness inside the shoulders complained of by new riders. To all persons in good health the increased lung development is an excellent tonic and means more power,

but those having severe or long-standing pulmonary ailments need to be cautioned that the strain of a pace above fifteen miles an hour on the track or ten on the road is dangerous.

Early morning cycling is one of the chief pleasures of the pastime, and is practiced all too little by the rank and file of wheelmen; but no one should lose sight of the fact that man is physically weaker upon rising than at any other time during the day and is then ill prepared for protracted exertion. The muscular force is greatly increased by breakfast and attains its maximum after the midday meal, sinking then for a few hours and rising again toward evening. It is not well to start on a journey of any considerable length without a light repast, for which a glass of milk and a cracker may be substituted in case of necessity. A half hour after a meager breakfast the trip may begin, and the majority of cyclists will find a twenty-five mile spin at a comparatively swift pace nothing but beneficial, which, taken without any nourishment, would react upon the rider's strength throughout the day.

The feminine cyclist who still insists upon wearing skirts finds quite as many difficulties in her way in the matter of deciding upon the particular style of skirt as does her sister in selecting her bloomers or knickerbockers. For instance, there is the skirt made widely flaring that is so dangerous in the wind; there is the very scant skirt, over which the wearer of the most daring knickerbockers would blush if compelled to wear it in public; there is that particularly hideous affair, a skirt with no fullness in the back.

The skirt that claims to have hit the happy medium is the patented *Onlex*, made by Best & Co., of New York, with a gored skirt in front, and divided at the back, but in such a manner that it has the appearance of an ordinary skirt, the division not being perceptible either on the wheel or when used as an ordinary walking costume; at the same time it has all the advantages of a fully divided skirt. It also has bloomers attached, which are not visible; is stylish, graceful, absolutely safe, and the patent adjustments supply important features of comfort and convenience, lacking in others.

THE PROWLER.

Mr. John F. Palmer, president of the Palmer Pneumatic Tire Company, is in California in search of health. While there he will arrange for the opening of a branch house in San Francisco, which has become necessary to meet the growing demand for Palmer Tires on the coast.

ANSWERS TO CORRESPONDENTS.

E. H., Washington, D. C.—The flag you mention is the American yacht ensign, and may be displayed on any American yacht.

R. R. R.—In reading the fish laws relating to the State of New York you must be careful to remember that Long Island is sometimes excepted and special dates allotted. The date we quoted related to Ulster County; you jumped at the conclusion that it applied to the whole State, hence the error into which you fell.

St. John—We shall treat the subject in June.

If you desire the information for your personal and immediate use, we shall be happy to give it to you, in confidence.

Athlete.—The Fencers' Club of New York or the New York Fencing Association. The contests were arranged by the Amateur Fencers' League of America.

E. H., Charlottesville, Va.—The American yacht ensign may be of any size, depending upon size of boat. Some of the clubs embody this point in their rules; most do not, leaving it to taste of owners.