

ART. II.—A PLEA FOR THE CYCLE.

THE irrepressible cycle is to be found everywhere. It asks and obtains a favourable hearing from our military authorities; it occupies the attention of our legislators; and it claims a space in the literature of the day.

The question, however, arises whether it ought to request a hearing from the readers of the CHURCHMAN, and whether a Magazine devoted to the more sober matters of divine faith and practice ought to yield compliance. If on the score of sport, the answer would undoubtedly be in the negative; but if as an instrument in ministering to the well-being of the *corpus sanum* the cycle asks to be heard, then the case assumes a different aspect. The aim of this Magazine is, without any question, to the best of its ability, to minister to the well-being of the *mens sana*. But so close is the connection between the mind and the material body, that if the latter is not maintained in its proper condition the former—*i.e.*, the mind—must, as a necessary consequence, suffer loss. The high ideal is unquestionably to be found in the common but little regarded proverb, *Mens sana in corpore sano*.

We read in the New Testament that "bodily exercise profiteth little"; whence by some it has been very strangely contemned; but if, with the Revised Version, we read, "is profitable for a little," then we shall see that a certain value is put upon it. No one, indeed, who considers, even in the slightest degree, the wonderful mechanism of our body can for one moment doubt as to the necessity of making due use of those powers which form part of its economy. If nerves and muscles, wonderfully constructed, occupy their due place, what are they for but to be called into exercise? If they lie in a dormant or semi-dormant condition then they do not fulfil the law of their being, and a result, more or less injurious, must follow. The divine statement, "If one member suffers, all the members suffer with it," contains in it the expression of a great truth. The body, in its general condition, must be affected by the torpid state of the muscular powers; it is deprived, more or less, of one of the great mainstays of vital force. Hence arises an inert condition of the body, and there is produced what is styled by the medical faculty *functional*, as opposed to organic derangement, though, unhappily, the latter is very frequently induced. Bodily exercise also tends (1) very largely to promote the healthy circulation of the blood, and (2) to cause the pores of the skin to discharge their due office through the action of the sudoriparous or sweat-glands. As to this point, it is somewhat surprising to find

many persons most careful to maintain a due state of cleanliness by means of the morning bath, and yet, at the same time, very negligent as to muscular exertion. They seem to forget the fact that perspiration, if it be not excessive, is a material relief to the system, and may not inaptly be termed one of nature's safety-valves. Our remarks on this subject may be summed up by affirming that exercise in the open-air is a necessity for all persons of either sex if they would maintain themselves in a healthy state—exercise, be it understood, duly proportioned to their condition, and not involving any subsequent sense of undue weariness or lassitude. It is the ignoring of this essential law of our being that has occasioned so much of the indigestion, hysteria, and other kindred complaints of which we hear so much, and which seem to show a tendency to increase. So strongly impressed was a former somewhat quaint doctor at Leamington with the rationale of the cure that he is reported to have taken sundry of his patients out for a carriage-drive into the country, and then left them to walk home by themselves.

Yet, although what has been advanced will commend itself to the good sense of our readers, it is nevertheless an undoubted fact that sundry persons consider they may exert their mental powers as far as they will, or call into exercise their spiritual faculties, and at the same time disregard to a very great extent the claims of the long-suffering body. Work, work, work. Yes; but how, and of what value? Does not the mind and the soul also sympathize very decidedly with the bodily condition? Would, for instance, a hard-worked town clergyman turn out less work if he conscientiously took due exercise, not as a matter of mere pleasure, but as of stern necessity, thereby fulfilling one of God's laws? Would there not, we may ask, be more force and vigour in his work? and is it not true that what the present day demands is *quality* rather than *quantity*?—a fact not considered by many as it ought to be. The remark just made applies with equal force to all brain-toilers, as well as to those engaged in the busy avocations of professional or mercantile life. It is a humorous answer to the question, "Is life worth living?" "That depends upon the liver!" But it contains in it a world of truth, and everyone who suffers from a disordered body must acknowledge to the full that any relief in this direction is of the highest possible value. In this condition of things the cycle meets one as a friend. It says to us: "Mount me; get away from the haunts of men; speed on by the side of the river, over the esplanade, or in the woody dells; breathe the fresh air—the nectar of heaven—and you will return a new man, refreshed in spirit, and have

left your cobwebs behind you. You will, unless you have pressed me too fast or impelled me beyond your strength, experience no sense of fatigue; but a glow of health which will fit you all the better to discharge the duties of your daily life." This language contains nothing but sober truth, without any garnishing; for what can be more exhilarating than a run in the country, free from all those cares and thoughts which weigh a man down and take away the elasticity of his nature?

The celebrated Charles Dickens, in the year 1869, contributed to the columns of *All the Year Round* an account of his experiences. He says: "The effect of acid in the system and want of tone; the connection between physical ailments and mental depression; the precise symptoms heralding gout; the varieties of dyspepsia—sleepless nights, aches in the head, loads on the chest, weariness of the limbs, dulness of eye and heaviness of spirit—were all mine." He then, having previously consulted a doctor without any benefit (though, it must be acknowledged, he was not a very obedient patient), was recommended to try horse-exercise, and he chronicles the result in the following words: "Unhappily, so far from my liver succumbing, it became worse, and my spirits went down to zero." A drowning man will catch at a straw, and in this state of physical discomfort it did not take much persuasion to induce Charles Dickens to try the novelty of the day—the bicycle—with the striking result that, as he tells us, his "rebellious liver surrendered unconditionally. . . . It is astonishing how your benevolence increases as your digestion improves. You laugh at worries which once seemed crushing; you become tolerant, patient, and amiable. You have safely and surely emancipated yourself from the penal regimen you dreaded, and can live like other people, and prosecute your work with impunity. Let others speak of the bicycle as a means of locomotion . . . my recommendations are based on sanitary grounds alone, and I maintain it to be infinitely easier than a tonic, potion, or pill."¹

It is quite impossible to conceive of a stronger testimony to the merits of the cycle, yet we are fully aware it will be maintained that walking is the most natural form of exercise. Quite true, we reply, if circumstances permit of it and it can be obtained in sufficient quantity; but with the artificial life of the present day and the abnormal condition of things around us this form of exercise, to be of any service, is oft-times impracticable. It has, moreover, to be borne in mind that in walking the whole weight of the body has to be moved forward at every step, and thus in many cases fatigue ensues

¹ The quotations are from "Cycling and Health."

after even very moderate exertion, especially with those who have a depraved nervous condition. With cycling all this is changed; the upper part of the body rests on the saddle, the pedals support the feet, and the hands rest on the handle-bar. It may be urged in reply, this is true; but surely the effort of propelling outweighs the advantages. This can hardly be seriously intended as a rejoinder, for, when once the art of cycling is properly learnt, it is evident to all observers that on a good level road the exertion of driving a machine is hardly felt at all, whilst on a decline there is, for the most part, a pleasurable sense of repose, and it is only on rising ground that the muscles are called into active exercise. Patience and perseverance will, however, surmount the difficulties of hill-riding, and as soon as the art of taking a hill, as it is technically termed, is acquired, it will be found that all ordinary hills, and even some steep ones, can be ridden with an ease which, in the earlier days of cycle-riding, seemed to be impossible. Owing to the labour which the inexperienced cyclist puts into his work, the opinion has gained ground in many quarters, after all, it must be *hard* work; but that is owing to not noticing the difference between one who has and one who has *not* acquired the art of riding properly. In estimating the comparative ease of propelling the cycle, we have to remember that in walking the step ranges from 2 ft. 3 in.—the new military step—to 3 ft.; but on a machine, which is geared, for instance, to 54 in., every revolution of the pedals carries the rider over 13 ft. 6 in., which is a great contrast, and naturally accounts for the ease of running—a fact not understood by the uninitiated.

The inquiry next arises as to the limit of distance. This necessarily must vary with the strength and skill of the rider, and the condition of the roads; but it may be stated that the introduction of the low safety bicycle and the cripper type of tricycle has introduced quite a new element into cycle-riding. Passing by all reference to track riding, which does not come within our province, we find that about the year 1882 the journey from London to York was chronicled as having been accomplished in 24 hours; this year, in the reverse direction, it has been ridden in 14 hours 21 minutes. In the same year the longest tricycle ride ever recorded was 180 miles in 23 hours 45 minutes in a very hilly country from Derby to Holyhead. This year a rider on a Marlbro' Club is stated to have accomplished 175½ miles in 12 hours, and 317½ in 24 hours; whilst on a Humber safety 358 miles, from Bordeaux to Paris, was ridden in 26 hours 36½ minutes, this road being described as heavy, wet and hilly. It is freely acknowledged that these riders were crack riders, but the record

made serves the purpose of showing what can be accomplished, and we shall not be far wrong if we assert that one-half or one-third of the above distances can be ridden by ordinary riders under favourable circumstances. In distance-riding, the remark with respect to horses holds good—"Tis the pace that kills." If you start steadily, easing up the earlier hills till you warm into your work, you will find how natural the riding becomes. Arrange your stoppages so that your meals may be taken at your regular hours; eschew all alcoholic drinking—indeed, the less you drink the better—walk up, as the case may require, certain of the hills, even though you can ride them, you will then conserve your strength, and fifty to a hundred miles will be the result without any sense of subsequent fatigue.

But can all people ride, and are there no limitations on the score of health? Far fewer, indeed, than one would suppose, must be the reply. There are certain bodily conditions which at the first seem to militate against this form of exercise, and yet, strange as it may seem, the cycle has often proved itself to be a curative agent of the highest value. Those who entertain any doubt on this point may consult with great profit "Cycling and Health," by Dr. Oscar Jennings, of Paris, and if any further question arises as to the expediency or otherwise of cycle-riding, reference must be had to those doctors who have experimental knowledge of the wheel, and know how the body is affected by it; theory and practice are not always in harmony. If there be any form of disease in which cycling might seem to be debarred, it would be in the case of those suffering from varicose veins; but in very many cases great benefit has ensued. Dr. B. W. Richardson, F.R.S., quotes the case of a rider who, on his own responsibility, took to the wheel, with the result that he "had no reason to repent or accuse himself of rashness, for in fact the enlargement of the veins after he began to ride almost entirely passed away." The next who followed the same course was certainly not in the least injured by the exercise; "but," he adds, "in other persons the conditions are not so favourable." Dr. Jennings, in the work previously mentioned, quotes Dr. Wilhem, of Porrentry, to the following effect: "We have in our club an old man of sixty-eight, who has been a cyclist for four or five years, and for a length of time affected by a thrombus on the thigh as well as various varices. The old man says he has no greater pleasure than a ride on his tricycle. He can accomplish eighteen or twenty miles in an afternoon without much fatigue, and that on roads which but little resemble the highways round Paris."

In rheumatism and gout the cycle often acts like a magic

charm, and has given many a sufferer a new lease of life. Dr. Gordon Stables, in his preface to "Health upon Wheels," records his own experience, which is so striking that we need not adduce any others. "Ten years ago," he says, "being then in my thirty-fifth year . . . I accepted my half-pay, and ceased to serve in the Royal Navy, being a martyr to rheumatism, which I had acquired on the coast of Africa and in India. I took to literature as a profession. There was no healing power in that; but I shortly took to cycling. . . . My rheumatism used to come on periodically, and last for six weeks at a time, during which I could hardly stand on the floor, nor sleep in bed without feet and legs elevated. Since I adopted cycling . . . I have never had a single twinge of rheumatism. . . . Cycling has banished my pains and enlightened my mind, and made me physically and mentally double the individual I was that mournful morning when I left Haslar Hospital leaning on a stick."

Dr. Gordon Stables' original position was not a cheery one, neither is the condition of the poor cripple. For him the carriage or the bath-chair is the only means of his enjoying the fresh air; but, if he has the use of his arms, he has the happy alternative of cycling exercise, and by means of a machine called the Velociman can enjoy himself *ad libitum*. The writer of this paper has often seen a gentleman, well on in life, riding this machine: apart from it he can only move himself by two sticks, but when mounted he can propel himself to all parts of the town where he resides, visit the quay and other places of interest, and take a run into the country when he desires it. The machine he rides is the invention of the Principal of Charesley Hall, Oxford, and is fitted with auxiliary foot power, so that if only one leg is affected, the other may be utilized. Another gentleman, though not by any means crippled, yet, from physical infirmity, unable to walk any distance, has, ever since the days of the bone-shaker, ridden the cycle, which has emancipated him from the doctor, who previously almost lived in his house, and though now between seventy and eighty years of age, he yet can ride from forty to fifty miles a day. As to the effect of cycling on other forms of disease it is not possible for us to enter: we must refer our readers to the before-quoted work of Dr. Jennings; but it may not be amiss to state that, if cycling is kept within due bounds, and all strain on the heart be avoided, this form of exercise may be taken with as much safety as ordinary walking, and with far less fatigue.

Ought women to ride? will be our last inquiry. If what has been adduced with reference to the beneficial effect of the cycle on health has carried any weight, then there can exist

no possible reason why women should be excluded from the advantages which the cycle offers. It is, however, true that a certain Mrs. Grundy, well known for her officiousness, has lifted up her finger and said, "You ride at your peril. I will disown you." Then many a fair dame has lowly curtsied and promised not to offend so lofty a personage. Now it must be confessed that in the earlier days of the cycle women did not look graceful; the machines were not built for their special use, neither was any attention paid to the character of the dress worn. This is all changed now. Machines of a proper type can be purchased, not often hired, and the Cyclists' Touring Club has issued definite instructions as to dress, and ladies' cycling tailors are to be found in London and other large towns. Let the lady and her machine be as well suited to each other as the lady and the horse she rides; let her sit high on the saddle so that the foot should just touch the lower pedal, let her position be directly over the work, let the handles be perfectly adjusted, a suitable dress worn, and a dress guard duly fitted, then there is no reason in the world why a lady should present other than a becoming appearance. If anything like the pains were taken to fit a lady to ride a cycle as are taken in the case of horse-riding, the general effect would be more pleasing.

There is further a special reason, apart from the general advantages, why cycling should be more resorted to by women than it is at present, inasmuch as they are subject as a rule to nervous disorders far more than men, and are less disposed to take adequate exercise. Hence we find many of the medical faculty testifying to the benefit of the cycle. Dr. G. E. Blackham, quoted by Dr. Jennings, writes: "I know invalids suffering from so-called 'spinal irritation,' who could not take even short walks, and were thus deprived of necessary exercise. These sufferers have been so much benefited by the use of the tricycle that their health is now perfect. They can undertake long journeys (in one case over fifty miles in the day), and are able to go from three to five miles on foot without too much fatigue." An invalid lady also writes to the *Touring Club Gazette* to the following effect: "I have never enjoyed robust health, and for years have been a martyr to neuralgic headaches. . . . Some years ago I commenced cycling with my husband and daughter, with the result of a great diminution of my old painful malady and general increase of strength. I am convinced that all women would be better if they took enough out-of-doors exercise, and I particularly recommend cycling, for it will drive away rheumatism, neuralgia, sick headache, indigestion, sleeplessness, and that listlessness which leads to so many ills."

Numerous similar instances might be given, but there is no advantage in overloading one's subject, and enough has been written to convince any unprejudiced person of the benefits which cycling confers. Like all other forms of exercise it may be abused, but so long as the rider can eat, drink, and sleep well, he is not in much danger of overdoing it. We must beware of arguing from the abuse against the use. It has been well said, "There is a danger in eating one's daily food; we may eat too much." Still, food is a necessity of life, and so is bodily exercise, though it is hard to persuade some people. Dr. Stables very well puts it thus:

"I met J—— D—— one morning about two years ago. He was healthy enough looking to all appearance, though somewhat stout to a medical eye. Age nearly fifty.

"'Doctor,' he said, smiling, 'I read your article on "Exercise" in the —— last night.

"'Did you?' I replied; 'I hope you benefited by it.'

"'Not a bit,' he said bluntly. 'Look at me. Do you think there is anything the matter with me? I never bothered about exercise, and, what's more, I never will.'

"Nor did he. He was found dead a month or two after this near his bed. Post-mortem revealed a feeble, fatty, and ruptured heart."

God has given into our care a body which has a wonderful power of adaptation to surrounding circumstances. We have our responsibility to it as well as to those higher powers which are likewise a Divine gift. If the Apostle could say, "I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ," should we not do well to remember that there is a right regard for the body, and that due and fitting attention to it will bring with it its own reward, spirit and soul alike blessed.

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ART. III.—MOLINISM.

The Controversy on the Doctrines of Grace (*auxilia gratiæ*) in the Church of Rome.

FEW readers in this day of railway reading, when the cream of the greatest authors is hastily skimmed and served up to the public in the most condensed form, could venture to plunge into the depths of the profound and exhaustive "History" by the learned Serry, which extends to close upon 1,500 pages of double columns spread through a folio