

your bag or basket—biscuit, eating-chocolate, and cold tea with plenty of milk are the best; and as at the terminus of your ride, where probably you mean to dine, you may find your merino under-clothing damp or wet from perspiration, have a change in your bag, so that you may avoid catching cold.

The tricycle is a very safe machine, and with ordinary caution an accident need never happen. One should never ride too closely behind a dog-cart or carriage; he should always keep to his own side, being carefully obedient to the rules of the road; he should never race round a corner, nor turn a corner at too acute an angle, and although it is very pleasant to fly down hill, it should not be forgotten that it is often dangerous.

Special care and caution are required when speeding through towns, for there are special dangers there—crowded thoroughfares, trams and tramways, and last, though not least, awkward gratings in the streets.

Never spare your bell, keep a hand on the break when needful, and light lamps before dusk.

Neither extreme youth nor advancing age would seem to be any bar against the enjoyment of tricycle-riding. In America children positively ride before they can well walk, and in our own country it is by no means unusual to find men between sixty and seventy, who can do from thirty to fifty miles a day easily enough on the tricycle. They ride best and with the greatest safety to the health who race not. Seven or eight miles an hour for a young man, or from five to six for one past life's prime, is speed enough.

Tricycles are made to suit any height or strength, and even people who have not the use of the legs can have machines specially made for them.

As to sex, I have only to say that as a means to the enjoyment and acquirement of health, the tricycle is becoming every day more fashionable among ladies. And I am very glad to know that it is so.

For the tricycle, gentlemen ought to dress lightly though warmly. Flannels should be worn, and light, strong, flexible shoes, with soft merino socks. The neck must not be muffled up, and the hat or cap ought to be soft and light, and at the same time not easily blown off. There are dress-guards specially fitted

to tricycles for ladies' use, and I am told there are habits adapted for riding; at all events, everything worn should be of a close-fitting nature, with as little loose floating trimmings as possible.

And now, in conclusion, I stand face to face with the questions: (1) What particular classes of persons are likely to derive benefit from tricycle-riding? and (2) who are those that should avoid such exercise?

The name of the first is legion, and includes every one who is strong and supple enough to ride the machine, and who does not possess other and ample means of obtaining healthful and enjoyable exercise in pure air. To shop and office people, to hard-working men of business, but more particularly to brain-workers, the possession of good tricycles would, if judiciously used, indeed prove a blessing.

Tricycle-riding, if not carried to excess and weariness, relieves brain fatigue and incipient congestion of the liver; it causes the kidneys to act more freely and lightens the whole system; it banishes *ennui* and lowness of spirits, strengthens the whole muscular system, induces a free action of the skin, braces the nerves, and insures a healthful sleep. More I surely need not say.

As an answer to the second question—Who should not attempt tricycle-riding?—I may reply: The very aged and very feeble, and the extra-nervous, those who have a tendency towards apoplexy, or whose lungs or hearts are not strong enough to bear strain. This is a general answer; it is of course impossible to individualise. But I know many men to whom the tricycle seems to have actually brought back health and strength, who from being scarcely able to walk from rheumatic stiffness, or obesity, have become really good riders, and whose very minds have been improved by the pleasant exercise; happiness and contentment with life having taken the place of lethargy and indifference, or utter lowness of spirits.

Just one last word of advice, and like every hint I have given, it is the result of my own experience. You will often come in from a ride contentedly tired and hungry. Do not think of sitting down to table until you have changed your under-clothing, and, after a delightful wash and rub down, quietly and leisurely dressed again.

WILD-FLOWERS FOR HOME DECORATION.

IN these autumn months when all the world makes holiday, while many English people betake themselves to Swiss mountains, and German forests, and old French towns, there is a large number—chiefly composed of those whose families are large in proportion to their purses, or who lack enterprise or strength for foreign travel—who settle down for their autumn holiday in country or sea-side lodgings, or, in the pleasanter Scotch fashion, move the whole family, servants and all, to

some farmhouse among the hills, or some old sea-captain's cottage nestling in the breast of a cliff overlooking the ocean, which has been temporarily deserted in their favour by the usual inhabitants.

At such a time the younger members of the family, who are out from morning till night, wet or dry, on the hills or by the shore, care nothing for the interior of the house in which they are supposed to dwell, but which they only use for the purposes of sleeping and eating, and indeed not always for the latter. Their



elders, however, often complain sadly of the bareness and ugliness—what they emphatically call “the lodging-house look”—of the sitting-rooms in which they have to spend a considerable part of their waking hours, and these complaints are forcibly echoed by the younger ones when an unusually stormy day keeps them within-doors.

Can anything be done to make the temporary home more home-like? Some people have undoubtedly a wonderful knack of making a temporary abode pretty and comfortable; they produce from their various packages a few photographs, a few pretty rugs, one or two small folding-chairs (all things which pack flat, and are therefore easily carried), and in their hands such little additions to the furniture, along with judicious concealment of the very ugliest of the objects already in possession, will in an hour or two turn the barest lodging into a cosy home-like nook. Others, again, when away from their usual surroundings, are as helpless and uncomfortable as a snail deprived of his shell, and would as little think of attempting to make a new one.

But why should any of us settle down in the convic-

tion that we must swell the number of these helpless ones? It is wonderful what people can do if they try, and by using the brains and energy they possess, most persons may at least make their rooms fairly pleasant and habitable, though they may not be able to effect the wonderful transformations achieved by their cleverer friends.

This paper only refers to one of the many ways of beautifying an abode—one which is sure to occur to every person who begins to think on the subject; it is, to have plenty of flowers about. When a garden is at hand, nothing can be easier or more delightful than to carry out this plan. But we are thinking now of people who are far from gardens, far even from shops where flowers might be bought. What are they to do? Well, why should they not try what may be done with the wild-flowers which abound on every hill-side and in every hedge?

But another difficulty arises. In the temporary home there is not only a want of suitable flowers, but even if flowers can be found there is nothing to put them in. The house-mother declares that it is quite trouble enough to pack and carry the many objects that are absolutely necessary, without adding flower-glasses. It might be possible to persuade her that it would not be very extravagant to invest in some of those little round glasses—as shown in the illustration—that may be got in London for a shilling the dozen; the box in which the dozen comes packed from the shop would not be such a great addition to the family luggage, and if it was thought too much trouble to take them home again, they would be an inestimable boon to succeeding lodgers. But supposing this is voted impossible, there are many other devices that may be tried.

First, take a suggestion for the outer hall. Narrow and shabby though it may be, it is worth while trying to let it give a pleasant first impression to any one entering the house. Take, then, two pails such as are used by all children at the sea-side—rather large ones if possible. If, on some wet day, the boys will nail fir-cones all over them, or the girls adorn them with the black varnish and gold paint that can now be got so cheaply, so much the better. Then put inside each pail a large jelly-can, and fill up all interstices with moss, of which a little should hang over the edge of the pail. These can be filled with a regular succession of flowers—branches of hawthorn, if you are lucky enough to be in the country so early, then of wild roses, then may come the ferns and fox-gloves, or irises. These, as autumn advances, may be replaced by a handful of oats, a bunch of heather, or of rowans, or hips and haws, always keeping the background of ferns.

Now we come to the sitting-rooms; and first of all, can anything be done with the fire-places? Probably you have already removed the waterfall of muslin or cut-paper ornamented with spangles and paper-roses, though in some lodging-houses even that might be a rash act. But we will suppose you have an amiable landlady, or still better, that you have taken the whole house for a month or two. In this case a good deal

may be done. One of the easiest plans, for the dining-room or any room not much used, is simply to fill the fireplace with fir-cones, which quite take away the uncomfortable bare effect of an empty grate. But for the drawing-room of the little house we must try to have something prettier. A good plan is to put in the grate a bowl (the commonest kind will do, as it is not to be seen) filled with water, and then conceal it and the bars with moss. Into this bowl you can put tall ferns, which will fill up the back of the fireplace and look deliciously cool in hot weather, and will keep fresh for nearly a week. If this is not thought bright enough, any of the tall flowers already recommended for the decoration of the hall may be put in front of the ferns. Sprays of ivy may be used instead of moss to cover the bars of the grate, and a fern in a pot may be substituted for the bowl: this last is an easier plan, as the fern does not require to be changed, but it is difficult to find a growing fern sufficiently tall to cover all the back of the fireplace.

Now to come to the flowers disposed about the room. It is for these, and especially for the dinner-table, that the little penny glasses, if they have been brought, will be so useful; but if they are not to be had, substitutes may be found.

Every one has tried a soup-plate filled, at the seaside, with sand, and inland, with moss, into which flowers are stuck. And the soup-plate is not at all bad if skilfully treated, though perhaps a saucer is better, or two saucers instead of the one big plate, or even four saucers if they are small enough, arranged in a diamond shape on the dinner-table. A great deal may be done with baskets, of which every household must have one or two, or they may be bought for a few pence at the village shop. A small bowl or cup, or any dish that will fit, must be placed inside the basket to hold the water, and the flowers arranged in a natural careless way, so as to produce as much as possible the effect of having been put in the basket to be carried. There are many little jars of various shapes in which different articles of food are sold,

that are quite pretty enough to be used as flower-vases; there is, for instance, a little red jar in which one kind of chutney is sold, which if filled with white flowers would look quite artistic. There is no end to the pretty devices which can be invented by any one with an eye and "with brains," only let every one avoid the standing resource of all idealess people—the ordinary tumbler and wine-glass, in which it is quite impossible to make flowers look well.

As for the flowers themselves, the main rules are, as has already been said, to avoid mixtures, to choose only one or two kinds of flowers at a time, and to let these be flowers which have some decided and striking characteristic either of form or colour, or both, avoiding those which, though exquisitely lovely when looked into closely, produce no effect at all at the distance of a few feet.

To the flowers already mentioned may be added as examples of what is meant: the scarlet poppy, the yellow marigold, the blue corn-cockle, the sulphur-coloured toad-flax. No wild-flowers are better suited for decorative purposes than daffodils, but they, as well as primroses, cowslips, and snowdrops, bloom too early in the year to come within the scope of this paper. Most of the flowers we have mentioned are beautifully pictured and described in Mr. F. E. Hulme's "Familiar Wild Flowers" (particulars of which may be had of the publishers of this Magazine), and as the plates are coloured, the reader is greatly aided both in search and in identification.

