

**THE TRICYCLE IN
RELATION TO HEALTH
AND RECREATION**

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The Tricycle in Relation to Health and Recreation by B. W. Richardson

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B. W. RICHARDSON

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PREFACE.

THE Papers collected in this little volume were written, originally, for *Good Words*, by Dr. B. W. Richardson. They created, at the time, an interest which still continues, and which has induced me to re-issue them in the present form.

They are reprinted, by Dr. Richardson's permission, with a few revisions and additions from his pen.

THE PUBLISHER.

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CHAPTER I.

INTRODUCTORY.

I AM indebted to my good friend Mr. J. Browning, who is always alive to useful public work, for first calling my attention to tricycling as a healthful recreation, and for giving me, at the same time, a practical interest in the subject by inviting me to join the London Tricycle Club as its President.

I then knew little of the tricycle, I had never ridden one, and least of all expected that I should ever learn to ride one, as I have since done, in the London thoroughfares.

For over five years now I have been a rider both in London and the country. I have ridden for exercise, for pleasure, for learning, and have found the practice good on all sides. The experience gained has led me, when riding, to feel as if I were a part of the machine and as if it obeyed my will without any greater effort of my

own than that which is put forth to move the limbs in walking. This seems to be a final test that a person has become a fair and natural, if not a rapid and dexterous, master of the machine. It tells that use has become second nature.

In having to use the machine I have tried also to acquire other and useful information. I have, as a matter of course, met and conversed with a great number of cyclists. I have heard much that they have had to say respecting the advantages and the disadvantages of the exercise. I have also gained a considerable amount of information in particular reference to the question of the effect of the exercise on the health of those who practise it.

What I have had my mind most fixed upon has been to ascertain:—

I. Whether the tricycle can be safely used by all classes of the community, or whether it is only fitted for a select few.

II. Whether the working of the tricycle is healthful as an exercise.

III. Whether there are any special dangers from its employment which, apart from mere accidents from falls and collisions, stand against its general introduction.

IV. Whether there are any practical rules which can be offered for the guidance of those

of different sex and different age who are anxious to become riders.

In offering a few short answers to these points of enquiry I shall dwell almost entirely on the use of the tricycle, but shall not omit occasional mention of the bicycle, when such reference seems called for by way of comparison or exposition.