

## HINTS ON CAMPING OUT.

## POINTERS FOR THOSE WHO WANT TO LIVE IN THE WOODS.

Valuable suggestions as to the Best Ways of Building Camps—How to Arrange Them for Convenience and Comfort—Some Things to be Avoided.

One camps out for business occasionally, but more camp out for fun. The best time, in the end, is to camp as if for business. Maine lumbermen and Adirondack hunters use sense in building their shelters. They insist on neither pictures nor brussels carpets for their apartments, nor do they invite rheumatism and pneumonia by sleeping in an alleged shelter that is all drafts and is pervious to rain. The style of camp to be erected must be determined by season, accessibility to town and duration of stay. Enthusiasts now hunt in the northern forests in Midwinter, and, of course, they must have a weatherproof but of logs or boards covered with tar paper.

In the neighborhood of New York, in the summer, something lighter and cheaper suffices. A tent or two is good enough and is easily carried. For a short stay a lean-to made of bark, saplings or boughs will do. An Adirondack "open camp" is only a modification of this. For an outing of a week or more a frame of poles can be speedily erected, and it can be closed against the weather by canvas, boards, hemlock boughs or a combination of all, with moss and mud to stop the chinks. Wood and water are necessities.

It camping is to be only an incident in a journey, the house will be a mere cover for the night. In the West, where rains are light, the prospector carries little more than his blanket, rifle, pick, matches and food. If he has a burro he can take a little more. In the Eastern wilds this outfit is a pretty good basis, and when divided among a party of three, four or five, does not burden any of them heavily, even when there is added a hatchet, rubber coats, pail, kettle, trying-pan, coffee-pot and eating utensils. The use of aluminum for cooking utensils offers a decided gain in durability, cleanliness and lightness over tin and iron. A cooking outfit for six is made especially for hunters. It picks into a box less than a foot square and comprises fifty-seven articles that nest into each other.

If the nights be free from rain there is no need to erect a shelter. A projecting ledge a tree with heavy foliage, a few strips of bark slanted against a rock or a bough are often enough, any way, especially if the sleepers have a fire going at their feet. Again, in countries where hunters, miners and lumbermen resort, there is often to be found a deserted cabin with a fairly tight roof. As these cabins, however, are commonly foul with mouldy boots, fungi and old cans, and as they suggest possibilities of vermin, a bed of leaves or hemlock is preferable.

Arrived at the place where it is intended to settle for some days, the advantages of the spot in respect of hunting, fishing, boating, bathing, scenery and the like having been reviewed, let it be assured that the habitation will stand on a slight rise, so that in case of rain the water will not reach its occupants. A slope to drain the water is desirable and hollows are to be avoided for that reason. If you are to be under canvas—and you can hire a tent, you know, or use a sail, if you don't want to go in heavy—two uprights and a ridge pole are all the carpenter work that is necessary. Dig a small gutter about the tent for drainage. A log house is better if your stay is to be long. A tent-shaped edifice of bark is among the feasible things, the bark being tacked against the ridge pole. If near a saw-mill a little house can be put up. Or a combination of logs, bark and canvas can be employed.

A rustic-looking structure is made by marking off a square space, driving a stout upright at each corner, tacking and tying half a dozen poles to each pair, thus closing in the house, except on the side where the door is to be, and filling in the interstices with boughs, rushes or both. The back pair of uprights can be made higher than the front, or vice versa, so that the roof shall have a slant to shed rain.

A rack of poles indoors raised a few inches from the ground on the crutches of sticks driven deep into the earth, is the best bed. It is covered with small hemlock or tamarack boughs, made soft by strewing pine needles over it, and a more springy and fragrant bed does not exist. Then come the blankets and pillows. Except a shell of slab or bark, and a few hooks for clothing, placed in the roof pole, this is about all the furnishing that is needed.

The kitchen and dining-room are in the open air. The kitchen is a fire on the ground. A pot hangs over it on a tripod or a cross bar, and a little tin oven, or a larger one made of stones or clay, will do the baking, though potatoes roasted in hot ashes are not bad. For the insufficiency of camp cookery a sharp appetite generally makes amends. The table may be either a big stump or a wide board on uprights. Packing boxes serve as seats, but if you would be a veritable woodland dude you will lasten planks to shorter uprights on either side of the table or benches. If young folks are in a party they will not swing attached to some convenient tree.

Turn about is fair play, and there must be an arly understanding as to the apportionment of duties, if there are more than two people in camp. Washing, cooking, hewing wood, drawing water and attending to fires must fall to somebody's lot. Don't let this choice be one of chance, however. If the hewer of wood brings in greenwood the cook will get mad. The cook should not be like the theological student—now a bishop—who was left one day in charge of, and to cook for, a camp in the wilderness, and thinking that the whole stock of rice might as well be cooked at once, to save further trouble, proceeded to do it. He filled the only pot full of rice, and having heard that rice is better if "cooked dry," he added a little water, put on the cover and left it to stew; the rice swelled and increased in volume so rapidly that he post-

poned this other culinary exercises and was kept busy for a tiresome time, and with increasing dismay, spooning the growing mass into pails and pans, until he finally had everything filled and had to use some of his table plates; on their return to the camp his associates concluded, unanimously, to dispense with his services as a cook; he volunteered to draw water and hew wood for the rest of their stay if they would never again mention rice in his hearing.

Never throw lighted matches and cigars among dry leaves; never allow the flames to spread far from your fireplace; never go to sleep with a fire burning, if the wind is high, unless a rain is falling at the same time; always extinguish the last spark before leaving camp in the morning. Carelessness in these matters cost the country many lives and millions of dollars every year—Outing Trips and Tours.

## Profitable Ventriloquism.

Brewster tells of a master in his art, Louis Brabant, a valet-de-chambre to Francis I., whose suit was rejected by the parents of a beautiful and well-dowered girl with whom he was in love. He called on the mother, after the death of the father, again to urge his suit; and while he was present she heard the voice of her deceased husband expressing remorse for having rejected Louis Brabant, and conjuring her to give immediate consent to the betrothal. Frightened, she consented. Brabant, deeming it desirable to behave liberally in the marriage agreements, but not having much cash at command, resolved to try whether his ventriloquism would be as efficacious with a money-lending banker as it had been with the widow. Calling on the old usurer at Lyons, he managed that the usurer should turn upon the subject of demons, specters, and purgatory. Suddenly he heard the voice of the usurer's father complaining bitterly of the horrible sufferings he was enduring in purgatory, and saying that there was no way of obtaining alleviation except by the usurer advancing money to the visitor for the sake of ransom. The usurer was terrified, but too much in love with his gold to yield at once. Brabant went next day and resumed the conversation, when shortly was heard the voices of a host of dead relations all telling the same terrible story, and all pointing out the only way of obtaining relief. The usurer could resist no longer; he placed 10,000 crowns in the hands of the unsuspecting ventriloquist, who, of course, forgot to pay it over for the ransom of Christians, either in Turkey or anywhere else.—Lippincott's Magazine.

## The Philosophy of Clothes.

Nowadays, when mind is supposed to have gained such heavy odds on matter, it is not at all correct form, as form is understood in progressive circles, to admit that the consideration of raiment remains one of the worries of life. Nevertheless, there are few who have outgrown or can afford to outgrow the fetters of convention in matters of dress and personal appearance. The "Cleanliness that is the next to Godliness," be it ever so apparent, fails to impress, while the luxury of attire which, with its accompanying temptation to extravagance, seems dangerously near to "ungodliness," is never unnoticed and rarely unloome. Carelessness may characterize the costume of the woman labelled "littler," or the man advertised as famous, but it usually fails in its purpose, as do all affectations.

To attain luxury in all its forms seems the tendency of the age. Hence, when we discuss the factors of comfort and success, we cannot overlook the influence dubbed "The Philosophy of Clothes." Appearance may be deceitful—they are decidedly powerful, and truly herculean labor awaits those who shall essay to teach disregard of their power.—Donahoe's Magazine.

Along the Banks of the St. Lawrence. Forty miles below Quebec are passed the dreary banks of Grosse Isle—an island sadly famous in the history of Irish emigration, and suggestive of the famine refugees of '47. Here, in one vast and nameless grave, whose gaunt black crosses stand as a monument of pity for the victims and a damning reminder of the tyranny of their oppressors, lie the ashes of 20,000 Irish emigrants, who fled from the horrors of starvation and cruelty at home only to fall beneath the more dreadful ravages of pestilence at the very threshold of liberty and plenty in America. From this spot, where every member of his kith and kin had been immolated to the turn of the plague, many an Irish striding sadly set forth to battle alone and friendless for a livelihood in a land of strangers; from this spot also were taken many of the helpless and destitute surviving children, and placed among the French Canadian farmers of the adjoining district, to grow up as adopted children, and to forget not only the tongue they had learned in infancy, but in many cases to lose even the names of their fathers.—Donahoe's Magazine.

## Nature's Beverage.

The weary teetotaler riding along a dusty white-hot turnpike in Kentucky came to a farmhouse with a white sweep in the front yard and a man sitting in the shade by the gate.

"Good day," saluted the traveler. "Can I be accommodated with a drink here? I am very thirsty."

"Certainly," was the hospitable response. "What would you like to have?"

"Nature's beverage, of course," replied the teetotaler, somewhat sulked.

"All right," said the native, taking a bottle of corn juice from his pocket and handing it over. "There's about a pint in there and plenty more in the house. Help yourself."—New York Sun.

## Judge and Quarter Dollar.

Some amusing tales are told in Victoria. British Columbia, of Sir Joseph Needham, former chief justice of Vancouver Island, who died at Weybridge, Surrey, the other day at the age of 83. Here is one which we take from the Canadian Gazette: "On April 1 some jokers nailed a quarter of a dollar to the sidewalk, and then watched, with delight, people who were trying to pick it up. Along came the Chief Justice, and when he found the coin nailed he calmly proceeded to kick away at it with his foot till he loosed it, and then with grim satisfaction, put it in his pocket."

## GUARDING THE HEALTH.

## AIR, LIGHT AND PROPER DIET ARE VERY NECESSARY.

Mistakes Made by Thousands in Important Matters of Daily Life—Many Common Customs Which Ought to be Avoided—Some Plain Talk to Delicate People.

For the tarnishing of complexion and fading of rose bloom, which might last into the frost of later days, vitiated air is responsible more than any other cause, writes Shirley Dare. Men eat the same food more or less acceptable than women do, but they have more fresh air, hence they keep their freshness of complexion and clearness of eye years beyond the date when their wives and sisters shrivel and turn yellow. Women in cities and country must demand and obtain this pure air anyhow, to preserve their youth. A hundred minute cares go to secure this. In sleeping rooms, and all over the house, an important precaution begins to impress itself on sanitary observers—the necessity of keeping all sinks and wastepipes closed when not in use. It is an oversight which has been fatal in countless unknown instances, to leave these ducts of foul air always open, bringing the worst air constantly into living and sleeping rooms.

The infection of air, food, and drink by this hitherto unsuspected cause is frightful. The best nurses and doctors learn that it is no longer safe to leave milk for children or sick persons in the standing wash basin to keep it cool, for fifteen minutes' absorption of the air given off by the waste vent will infect anything eatable or drinkable with vile, often with deadly vapor. Cases multiply of diphtheria and grip unerringly traced to infection in this way, and, if solids are so infected, how much more is the air, that delicate, sensitive fluid, which imbibes putrescible vapor escaping from slime-lined pipes and deeper receptacles of waste. It is only necessary once to inhale the air from the waste vent of the most sumptuously fitted porcelain basin or bath to be convinced of this. Undoubtedly nine-tenths of the grip which has broken the forces of society rises from these sources, which repeat at close range the dangers of neglected outdoor drainage.

The way to guard against this enemy, which lurks invisible next to our pillows and our food, is to keep all drains closed when not directly in use. It may seem impossible, but it can be done by the simplest means. For years the sink in my own home has been sealed against foul air by removing the grating screwed over the waste pipe and closing it with a large rubber stopper of the sort used for carboys of strong acids. These rubber stoppers cost perhaps 10 cents apiece, and a stiff wire fifteen inches long, fixed in the top, forms a handle to lift the plug when slops are poured down. It is some small trouble, and Bridget grumbled at first over it, but when she learned that it was to save her health she submitted, unbelieving at first, enthusiastically shortly after. The difference in the lightness and freshness of the air of kitchen and laundry is felt by the dustiest scullery maid. Food and milk keep fresh longer in the pantry, no longer contaminated by air from the cesspool piped into the next room. You may scald your sinks and flush the pipes daily, but they can never be anything but carriers of offense so long as matter and wastes remain capable of easy, almost instant decomposition, as they are in hot weather. The rule in regard to wash basins and bath tubs is to keep the stoppers in the bowls and clean water standing over them when not in use, no waste water to be left in them, but emptied and rinsed at once. The safety vents are sealed by merely laying a piece of wet paper over them, which adheres for hours.

These slight precautions ought to be taken in every sleeping room at night if not by day, and their effect will soon be felt in the increased refreshments after sleep. The dread of sewer gas is no whim of an ultrafastidious person, not a real, dreadful menace which, unsuspected, has been slaying its thousands by slowly contracted disease, and has wasted the freshness of ten thousands. The domestic patrol sees to the sinks and bath tubs the last thing every night, and the stoppers are kept in the laundry tubs, which are never allowed to stand with dirty suds in them. An ill-kept laundry will give an entire house typhoid fever. Ill-kept bedrooms give their inmates malarial disease, even if the purest winds play without the house. Women who board in town or country must recognize this and insist on needful care on matters which the average housekeeper regards as pure fussiness. It is a matter of decency to have all slops emptied from rooms twice a day, and no receptacles should be left a moment uncovered, even if shut in a tight commode, from which concentrated gases of extreme virulence escape whenever it is opened. This is a point not understood by women who are squeamish on other details of nicety, and as usual, the last thing to learn is the most dangerous to neglect. Persons careful of their own health will carry the rubber stoppers with them, which are noiseless, clean, and indispensable. There is reason for speaking of this matter almost universally neglected in summer hotels and boarding-houses of every grade.

Soiled clothing is another menace to purity of air in private rooms. Closets where hampers and bags of soiled linen and boots are kept are anything but savory, and summer hotels where daily

laundry is not a matter of course should have some latticed room where soiled things could be kept under lock and key and not allowed to contaminate the air of rooms and corridors. Anything soiled by sickness, however slight and natural should at once be thrown into water to soak until cleansed. A deodorizer and disinfectant in some degree readily attainable in country houses is strong suds from common soft soap. This will answer a grateful purpose in sudden illness, where appropriate disinfectants are not at hand. The mixture should be thick with soap and articles covered for inches by it. More epidemics every year are caused by accumulated minor neglects than any one dreams, and the low health of many families would marvelously improve by attention to these niceties of domestic habit.

Next to the observation from want of pure air, women suffer in strength and looks for want of nourishment. I do not say for want of clean and eatable food, but for want of nutrition enough to carry on the work of life and resist the influences which hurry forward age and decay. American women do not eat meat enough to keep up their nerve force. They have been living on various mistaken principles of diet, which agree in being the worst under the circumstances. The woman with plenty of servants, whose sole duties comprise themselves in shopping and paying calls, indulges herself in rich salads, dressings, and made dishes. The overworked housekeeper, who needs to conserve every particle of her strength, takes the dangerous opinion that the less she eats the better, and very likely cuts off meat, the first thing, from her meager fare. Nervous and run down women who use their brains will find no tonic equal to the best modern doctor's prescription of half a pound of broiled beef-steak twice a day, or at each meal. Of course, the woman who has been starving herself for years is agast at the idea, which to her savors of gross overfeeding. Two generations of women before her have been sapping the vitality of their descendants by the same foolish sentiment and the idea that meat is too strengthening, and the neurotic women of today pay the penalty. Her hollow eyes and cheeks and the fine wrinkles of her skin, the sunken chest and whitening hair betray her low vitality. Food supplies force; fresh animal food supplies nerve force, as nothing else is able to do. To eat heartily of meat, with the usual mixed fare of vegetables, cereals, and sweets, is naturally quite beyond any capacity except that of a hunter, farmer, or workman.

But the Salisbury diet contains needed supplies reduced to their most available form. Possibly a bilious condition prevents appetite, and this must be broken up by appropriate medicine at first. Then the best of well-flavored steak or chop, rightly cooked with crusty bread, coarse bread, oranges or salad, with lemon juice as sole accompaniments furnish perfect nutrition in exact proportions of meat, cereal, and the acid of fruits. Remember that each article is selected with care, and is the best of its kind. The physician examines and judges the steak or chop; the bread and flour pass under his anxious scrutiny, also the salad herbs and the quality of the oranges or lemons used. No scraggy, ill-trimmed, tough or gristly steak will be tolerated—no "tolerable" food, indeed, will pass. It must be excellent to build up the wasted woman. Judging from sorry experience, not one person in a hundred has the slightest judgment what is fit food for one out of health. And the woman who is faked is very far out of health though in a saving stage.

It is not easy for run-down people to take much meat in beginning to build up, and perhaps it is best to take food in small quantities four or five times a day. Sharp seasoning and fine table sauces are encouraged to awaken the dormant appetite, but appetite or none, the person must eat or fail. It is as unreasonable to say "I have no appetite at all; therefore, I will not eat," as to say "I don't feel sleepy nights any

more, so I will not go to bed at all." The nervous person who has arrived to the point where she goes without eating is in as risky a condition as it she was doing with one or two hours' sleep a night. Whether she feels sleepy or not she must be made to sleep, and whether she feels like eating or not she must be made to eat—a little perfect food at first, increasing gradually until she craves and relishes her half pound of cooked beef twice a day. Possibly it will take years of this fare to make up arrears of red blood and white nerve if she has to keep on working or keep up social engagements. She will come to find that blessed half pound of broiled steak the essence of mental vigor and self control, of clear and equal judgment of Iris winged fancy and creative imagination. Such simplicity of fare is very different from the way the visiting English woman works her way through five or six courses at daily dinner. Women gain red lips and quick steps by the Salisbury diet; they do not grow stout by it. The beef comprises nearly the entire food, the crust of bread and the acid fruit being mere relishes and correctives.

Bear in mind that the half pound of steak means half a pound of clear, tender, eatable meat, without trimmings or waste, weighing one-half pound after it is cooked. The skeptic as to its value in building up nerve is soon convinced on trial. When after two meals a day of unlimited steak sleep revisits the restless pillow, and the mind which seemed to exist in fragments knits itself together and ideas take new force and coherency, when effort is no longer prostration, one grows very thankful for the brown beefsteak which brings the change. If further conviction is needed, it comes when this diet is interrupted for a day or two, just as one begins to feel its benefit, and one immediately goes back to the old conditions of shaky hands and shaker heart beats, broken sleep, and body and mind only sensible of strain and fatigue.

At lunch she is satisfied with a croquette or some little made dish, which affords an ounce or half an ounce of nerve food, in stead of the three ounces or more, which is nature's due. Dinner is not much better, with its thin slice of chicken or roast, which weighs possibly one-third the proper allowance, and either cauliflower in cream or shrimp salad or strawberry pudding, which she dotes on, will take the place of those ounces of concentrated nerve supply in red meats. Then it falls out that she wonders why her hair loses color, and her skin falls into fine wrinkles, and nervous and nervous prostration mark her for their prey. Milk will not take the place of meat, neither will eggs, though you eat a nestful. If you undertake to live on vegetable food it takes four times as much to bulk to afford the same nutrition as trash meat and cheese dishes, which the dietitians kindly commend for nutrition, will shortly bring a house-living woman or man to tumors and sarcomas, working such putrefactive change in the blood as chess itself acquires in time.

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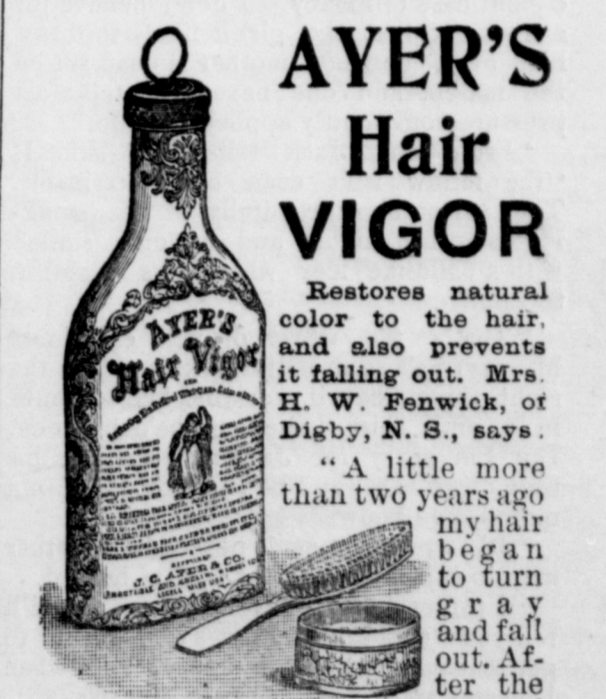
sionally happened that travellers have stopped to allow horses to feed in places where the grass grows pretty thickly, and the animals have had time to eat a considerable quantity before its effects manifested themselves. In such cases horses have gone to sleep on the road, and it is hard to arouse them. The effects of the grass passes off in an hour or two, and no bad results have ever been noticed on account of it. Cattle on the ranches frequently come upon patches of this grass, where they feed for perhaps half an hour, and then fall asleep for an hour or more, when they wake up and start feeding again. Whether, like the poppy, the grass contains opium, or whether its sleep producing property is due to some other substance, is not known.

## Fog is the People's Friend.

It is rather surprising to be told that sunshine is not always a promoter of health, and that fog may be a blessing in disguise. In experiments by De Renzi, guinea-pigs inoculated with tuberculosis died at twenty-four to eighty nine days when kept in glass boxes in the sunshine, but survived only twenty to forty-one days in opaque wooden boxes. This makes it evident that sunshine is a material aid in combating consumption. In a later investigation by Dr. Masella, however, guinea-pigs were inoculated with cholera and typhoid bacilli respectively, when it was found that previous exposure to sunshine increased the susceptibility to both diseases, while exposure to sunshine after infection has accelerated the progress of the malady so that death occurred in three to five hours, instead of fifteen to twenty-four hours. That this was not due to increase of temperature was proved by cooling the boxes in sunshine by a circulation of water.

## Lead Pencils Very Cheap.

There are now many forms of metal fastenings for holding rubber upon the end of lead pencils, and the bulk of the medium grade pencils now sold have rubber attached in one way or another. Plain cedar pencils are made that sell as low as two for a cent, and yield to the seller even at that price a good profit. School children buy them, and great numbers are sold.



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