

and cause the mouth to become dry again, soon afterwards. As a quencher of thirst for those who are on long walking expeditions, a flask filled with weak cold tea without milk or sugar will be found of great service, as it has remarkable sustaining properties.

When staying in districts of high altitude, or on the sea coast, care should be taken to avoid night chills, especially by those whose chests are susceptible to cold. Even in the hot season the windows of sleeping apartments should not be left open throughout the night, unless the climate of the district is well known. In houses situated in the country where the drainage is poor and the sanitary arrangements primitive, it is always well to take a supply of carbolic powder or other handy disinfectant to distribute well about. The sanitary arrangements in Continental hotels, except some of those of the best class, in the principal cities, are, as a rule, of a very poor description. This, of course, the visitors cannot mend, but certain precautions may be observed. Care should be taken to see that there is plenty of ventilation in the bedrooms, and it is well to avoid sleeping in a room that is situated close or next to a lavatory. The hotels along the Mediterranean coast are generally good, a large number now being under English management, and the sanitary and other arrangements are much improved.

When travelling long distances by rail during cold weather, comfort largely depends upon the warmth of the body being maintained. Wrap the feet in a rug, and, if possible, keep them raised from the floor, across which, in railway carriages, a constant draft of air passes. During hot weather and in the summer, by far the pleasantest time to take a long journey is at night, for those in health. You have the advantage of having less dust, as well as being much cooler, and in the sleeping berths which are attached to most Continental night trains, sleep and rest can usually be obtained. For invalids, and those not in robust health, a protracted railway journey is harmful, and should be broken up into easy stages, with sufficient rest between, to overcome fatigue. In these days of cheap excursions, many, no doubt, have had an experience of the wearisome nature of continuous sight-seeing. The majority of people, especially those who visit the Continent, before they reach a certain city, map themselves out certain work to be done, which they make up their minds must be gone through, in a given time. They immediately rush off through

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church after church, or gallery after gallery, without intermission, until the eye gets thoroughly satiated, the body tired and jaded with the panorama, and all that remains when they come to sit down quietly and think over their visit, is a confused jumble of carved pulpits, stained-glass windows, and pictures. Can it be wondered that these people suffer from what might be termed sight-seeing indigestion? There is an art in knowing how to enjoy and spend a holiday, and it is well to remember that there can be little benefit derived from a plethora of sight-seeing. If you wish to enjoy some masterpiece or work of art, go and contemplate it quietly, examine it thoroughly, and you will be able to carry away and retain a distinct impression for enjoyment at leisure.

As to suitable clothing, on which, when travelling for any length of time, much of our comfort depends. An experienced traveller will sacrifice a great deal of fashion to comfort, which, after all, is of the greater importance. Clothing worn next to the skin should always be of wool, however light. The clothes worn should not be too heavy, a strong tweed of medium texture being best for all-round wear. For mountaineering, flannel shirts and knickerbockers are most suitable. Too much attention cannot be paid to the feet, which have so much work to do, and upon the state of which our comfort materially depends. They should be washed each night with warm water; easy boots being worn of soft leather that do not pinch or cramp in any way, with soles not too thick. If much walking is to be done, laced-up or buttoned boots are preferable to shoes. On board ship, avoid wearing canvas or rubber-soled shoes; those of very light leather or kid, with plenty of room and broad toes, are much more comfortable, and they give moreover more support and protection to the feet.

(To be continued.)

A "MAMMOTH VOLUME" of autographs is to be put together for the World's Fair at Chicago. A million signatures are to be obtained of people directly and indirectly connected with the Exposition. The autographs will be bound in three volumes of 2,500 pages each, to be presented respectively to the President of the United States for the Smithsonian Institution, to the Governor of Illinois for the State Library, and to the Mayor of Chicago for the City Public Library. The names will be collected from all the quarters of the globe.

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