

dry do them thoroughly with saddle soap before polishing, to make the leather supple. If you are going off for a long day's tramp, rub your feet well all over with methylated spirit the night before, then in the morning before putting on your stockings, rub your heels well with a cake of soap (yellow does quite well), and powder your feet liberally with a powder made of talc and boracic, such as Mennen's. Brown stockings (not cotton or silk) are much cooler than black. They should always be washed before using, not put on new. If you are leading the untrammelled life of the country, smart garments are merely a nuisance and a serviceable tweed (or if at the sea, blue serge) coat and skirt, the latter short, are the most suitable and comfortable. Egerton Burnett has some most reasonable, exceedingly well cut Norfolk coats and skirts of tweed, and his serges, of course, are too well known to need description. If you are in funds, and can afford something more expensive, there is nothing for country wear and weather to beat a Burberry Gamefeather dress. The materials are very pretty and waterproof, and almost thornproof. The styles in which they are made, too, are smart and thoroughly workmanlike. Go to one of their London shops if you can; if not send to them.

Everyone in the country should have a Burberry slip-on. This garment makes you absolutely independent of weather, and though waterproof and warm, is light, and some of the textures are thornproof, a great comfort, especially for fishers, for flies, etc., do not catch.

A camera, even a small one, is a great addition to a holiday. The Kodak people have a quite useful Brownie 2, for 10s. 6d., taking pictures $3\frac{1}{2}$ in. by $2\frac{1}{2}$ in. You can give either time or instantaneous exposures with this camera, and get pictures that will enlarge well, only when you take snapshots remember you must have plenty of light. It is no good taking them under trees or on a rainy, dull day, or in the early morning or late evening. Developing machines, if you go exactly according to instructions, give splendid results, and are easy to manage, requiring no dark room, while self-toning papers simplify the printing for those on tour. The little prints are always a nice remembrance of a pleasant holiday for all who have taken part in it. It is as well to remember that one can't take photos abroad without permission from the authorities, and that even in England it is better not to go snapshotting near to fortifications, etc., or trouble may ensue. I have recommended a Kodak because you can buy films to fit it all over the world. You can't always get plates of a particular size to fit English cameras that take plates or cut films. A most satisfactory make of the higher priced cameras (very compact, daylight loading, etc.) is the Emil Busch, Hatton Garden. Their post-card camera, with a very fast lens, is a simply splendid all round instrument, and does first rate work with the minimum of light. Kodak films are the best to use with these cameras. They are always reliable. You can get excellent indoor pictures or pictures of crypts and other dark places by means of Kodak flash powder, which doesn't make the

horrid smoke usual to such preparations. Don't let it off near drapery or anything inflammable, or bend over it to light it. Light the touch paper with a long taper, and you will be all right. Also don't let it off before the lens, or the picture will be fogged. Three canes (such as are used for sticking plants), fixed by means of an indiarubber band into a tripod about 4 feet high, and the lid of a cocoa tin, do grandly for the flash apparatus, placed well behind the camera. Set the shutter open, let off the flash, close the shutter, and you will have a picture you couldn't otherwise have obtained, and you can also use the flashlight, where daylight is feeble, to shorten the time necessary for exposure. Be sure, however, you do get Kodak flash powder, for many on the market which dealers tell you are "just as good," are not only smoky and not so effective, but are dangerous.

The study of "The Potter" was taken in a very dark shed. Kodak flash powder was used to shorten the exposure, and get more effective lighting.

It is as well to remember that much less exposure is needed by or on the sea, or when high up on the mountains.

In conclusion, when in a strange country, especially a sparsely inhabited country, always carry a map and compass, and learn to use them. It will save many a dreary wandering in wrong directions, especially if caught in mist or fog. A strong light stick with a steel spike is also by no means to be despised when one is doing much walking over rough country.

Cholera in Poland.

In our own country "set in a silver sea" which forms its natural bulwark against the introduction of epidemic diseases from other lands, we have not the same anxiety as Continental countries in this respect for if cases of an infectious nature reach our shores they are usually effectively dealt with by our port sanitary officers.

Just now considerable anxiety is felt in Germany concerning the outbreak of cholera in Poland, and the Prussian authorities on the eastern frontier are, the Berlin correspondent of the *Daily Chronicle* reports, closely watching the spread of the disease in the Polish provinces of Russia, and are taking all possible precautions to prevent the progress of the terrible epidemic westwards.

Posts of observation have been established all along the Vistula and its tributaries. Owners of factories and mines have been forbidden to allow the drainage of their works to flow into the rivers. Cholera barracks have been erected at certain points along the frontier, and Russian raft-men and other suspected persons are only permitted to use certain trains and specially disinfected railway carriages on their passage through German territory.

The drastic regulations of the authorities have largely contributed to allay much of the alarm which was felt in the eastern provinces of Germany.

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