

injury can only be the result. You do not go out two or three weeks camping for work that half kills you; you go for recreation and health, so, therefore you must attempt that only which you can comfortably perform, and have pleasure in the accomplishment of it. Another danger is getting heated and lying on damp ground afterwards to rest. This you will know yourselves is not conducive to a person's health. I have said you should have changes of flannel with you. This is important, so that when you come in to camp, perspiring after a hard day's tramping through the woods in pursuit of game, or wet from rain, you are in a position to change at once. This should be an invariable rule, and will greatly add to your comfort. A good rub down with a rough towel before putting on the dry clothing should be taken at the same time. When I first began 15 years ago to go on shooting expeditions, I well remember the discomfort I endured from neglect of these precautions. From neglect of these points, some fine young men have had to run the gauntlet of inflammation of the lungs and rheumatism. Rheumatism in some of its forms is a most insidious enemy, and when it has you once in its grasp is not in a hurry, under the best of treatment, to say good-bye. Some of the most obstinate cases of rheumatism I have ever met have been among shantymen, who, when they are exposed to rain, allow their clothes to dry on them. A good many will escape these dangers, but this does not lessen the fact that, for one that escapes, five suffer in one way or another.

Most young men when camping out indulge in bathing, and if they are camped on a lake shore the facilities for so doing will be all they can desire. A word or two upon this point may not be amiss. Apart from the question of cleanliness, we bathe for the purpose of improving or keeping in a good healthy condition the functions of the skin, thereby promoting the general tonic condition of the body. I have no doubt you all remember your first dip in cold water, the shock it gave, how you gasped for breath, and if you did not remain too long in the water, what a glow you felt all over after a good rub down. The effects of baths, either cold or warm, are produced by their action on the cutaneous nerves and vessels. A cold bath causes the capillary vessels to contract. By capillary vessels I mean the very small minute blood-vessels supplying the cutaneous surface, and when I tell you that you

cannot prick your skin with a pin without injuring some of them, you will understand the immense number that exist. When these vessels contract, the volume of blood in the internal organs is increased, and if this change takes place suddenly, by a dip into cold water, in an inland lake or at the sea-side a shock is experienced, accompanied by gasping and quickened breathing. If the dip be not too prolonged, and the body be quickly dried and friction employed at the same time, reaction ensues, that is, the cutaneous vessels dilate, the blood returns to the surface, and a decided warm glow is felt all over the body. This is the process that takes place in proper bathing in cold water, and is conducive to the promotion of a person's health. With warm water bathing we have nothing to do to-night.

Certain rules should be followed in bathing, and it is well you should be made acquainted with them:

1. Do not bathe on an empty stomach nor immediately after a hearty meal. Three hours should intervene, at least, between a hearty meal and a bath.

2. If you bathe before breakfast, take a tumbler of milk or cup of cocoa, before so doing.

3. Do not remain too long in the water, 15 to 25 minutes is quite long enough; to remain beyond this will only lessen the good effect of the bath. Remember that unless you feel a glow after your bath, no good has been received, but perhaps some harm has been done. At the sea-side, or in the current of a river, 20 minutes is quite long enough, as the temperature of the body is lowered more rapidly where the water is in motion. Whenever cold bathing is followed for several hours by coldness of surface, blueness of lips, feeble pulse, headache and weakness, its use should be discontinued. Such symptoms you will see in the weakly and debilitated: the reaction or glow is imperfectly effected, and the cold bath acts injuriously. These same symptoms will follow remaining in the water too long.

4. Do not cool off before going into the water, you require all the heat in your bodies to secure a vigorous reaction. You will hear of people strenuously warning bathers to cool off before bathing. This idea has long ago been exploded. There is no danger but positive benefit in plunging in at once. There is danger, however, when the body is fatigued, or chilled from exposure.

5. When ready for your bath, do not dance