

Young People's Department.



A SICK MAN IN THE ARCTIC REGIONS.

ARCTIC REGIONS.

MOST young people know what it is to be sick; but generally when they are sick they have kind friends to care for them, and comfortable beds to lie in. Think what it must be for a traveller in the Arctic regions to be sick! No bed

to lie in; no doctor to prescribe for him; no nurse to attend him; the weather so cold that he cannot undress! How terrible it must be! It is only the very strong as a rule that can live in such a country, so terribly barren and cold,—and yet sometimes weakly and sick people are able to pull through up there. A few years ago a ship under the command of a Lieut. De Long sailed up to the Arctic seas, the people on board all hoping to discover the North Pole. But after a while the ship got caught in the ice, great packs or fields of ice. Here nothing could be done: the ship could only drift with the ice, which she did for nearly two years and then broke in pieces. Can people live in that region, floating on the ice—open boats alone being their house and place of refuge? Yes, for three months these people dragged out their miserable existence. But many of them perished, and amongst them Lieut. De Long and Lieut. Chipp. The charge of the unhappy company then fell to the lot of Lieut. Denhomer. This man was very sick and weakly and suffered very much with his eyes. Indeed he was threatened with the complete loss of sight. Yet he struggled against all weakness and took vigorous charge of the forlorn band, guiding them at last into a place of safety. The

power of man sometimes is very great, especially when his will is strong.

Travellers in Arctic regions often suffer from weakness of the eyes, chiefly from the continued white glare of the snow, and sometimes they have to wear large goggles of colored glass, and this helps them very much. It is hoped that these Arctic expeditions will be abandoned, until at least