"The camp for the night is quickly made by all hands setting to work; some scraping back snow, some cutting spruce boughs and carpeting the place, building up a back wall with them about three feet high, and others getting fuel for the fire. Thawing fish for the dogs, getting supper, getting frost and ice from clothes, preparing flat cakes, and cooking pork for the next day constituted the work of the evening around the camp-fire. Then after our evening hymn and prayer the weary ones retired for rest in the open wild, sometimes with snow falling thickly and wind blowing sharply, with 'spruce feathers' under them and a blanket or two over them to sleep comfortably *sometimes*. I found that as long as I could avoid turning in bed I could keep warm; but to turn or to strike a match to see my watch—for I kept time for the men—was to give the cold an entrance, and then to sleep or to shiver became the question. Among the last things to be done before sleep and the first on waking, by most of the men, was to drink strong tea and smoke tobacco, large quantities of which have to be supplied them. Nor can such exertions be sustained and such intense cold endured without frequent replenishings with nourishing food. Four meals a day are requisite; a strong cup of tea, with some pemmican or pork or venison or fish, with flat-cakes, often baked in fat, are necessary. In these almost arctic regions such a head of steam as is requisite can be kept up only by a heavy supply of fuel. This will account for the fact that the supplies for one of these trips, in the land of 'magnificent distances' and high prices, run up to an amount that cannot but astonish the uninitiated. The different stages in my journey were from Winnipeg to Beren's River, about five days; thence to Norway House, four days; thence to Oxford House, five days; the return trip occupying about the same time. During these twenty-eight days I encamped out some twenty-three or twenty-four nights, some of which were colder than any I had ever before experienced. My aim was to walk