

When it has drunk its fill of blood, it is inclined to be a bit drowsy, and slow of movement and its human victim seeks vengeance, by frantic blows about its line of flight. But the tsetse seems as tough as leather. One can strike it hard, and even roll it up in one's fingers, and it will fly away without injury, though a bit ruffled by its experience. This variety is the dreaded enemy of canoe travelers, as it hangs about the rivers in the daytime, seeking whom it may devour.

Another and rarer variety of tsetse is a fiend of the night, different from its river cousin. Instead of a noiseless method of attack, it comes with a headlong rush, buzzing like the monster that it is. One can sometimes hear it buzzing thirty feet away. It flies with such violence that it often hits a solid object and knocks itself almost senseless. But it never does itself much harm, for it recovers in a moment and starts again as viciously as ever. Its attack is of necessity swifter than that of the diurnal tsetse.

WRAP UP THE ABDOMEN TO PREVENT SEA-SICKNESS.

Perhaps there is no complaint for which more different remedies have been suggested than for that distressing malady, sea-sickness. But in this particular form of illness what is one man's meat is only too often another's poison.

For instance, in some cases a small dose of opium acts like magic, curing at once all that horrible dizziness. In others this drug is quite useless.

Dr. Dubois, a distinguished French physician, has laid it down that the very best preventive is to inhale pure oxygen gas. The amount he recommends is from 30 to 40 pints. Oxygen relieves the strain on the breathing mechanism, and gives the lungs a rest. He has found this treatment excellent if the gas is used before starting or before the patient begins to suffer.

A treatment which the contributor has personally tried and found extremely useful is an eminently simple one. Get a flannel bandage twelve feet long and about six inches wide, and wind it firmly around the whole of the abdomen. It seems to steady one's inside!

Some people swear by a similar but lighter bandage wound around the forehead.

But perhaps the best preventive of all is to lie down flat before one begins to feel "swimmy," and to keep quiet for the first 24 hours at sea. That and fresh air and a little starving works wonders.