

The Shifts and Expedients of Camp Life

B₀ "FRONTIERSMAN"

The ordinary day's work of a lone man traveling and camping may be worthy of description. That work varies in detail, but in essentials efficiency and comfort are just as necessary in the home countries as on the Greenland coast, the Llanos of Colombia, or the Australian bush. We each of us have our own little manners and customs, ours being not a bit better than those of our neighbors; but travelers like to compare notes, and if we never talked "shop," we should miss a deal of useful information. Afloat or ashore—in Arctic, tropics or the in-between climates—in savage, civilized or barbarous countries—no matter what our trade or recreation, we have much in common, liking to be well-fed, happy and comfortable, with a single motto: the best is good enough.

First, as to the tent itself. This is an encumbrance not generally carried in serious travel, but comfortable on a pleasure trip and essential to standing camps. There is considerable art in pitching a tent in order to take advantage of sun or shade, minimize the effects of the wind if necessary, admit or exclude the air, prevent flooding, etc. If the soil be loose, as in the desert or on sand dunes, scrape away the surface soil before driving in the pegs. If the hold be still not sufficiently tenacious, use two pegs for each rope, burying one in the ground, and then stamping down the removed soil. A better method is to employ the contrivance known as the "deteram" (a rope attached to a bundle of sticks) which are buried one or two feet in the earth. Another way is to bury a bush in the ground, using its stem as a tent-peg. After rain be careful to ease the ropes a little, or the shrinking may pull out the pegs. It is worth while to have iron tent-peg—ordinary wooden ones are apt to be left behind by the camp servant, or even used as fuel, and the extra weight is trifling.

When I get up in the morning the towel is the first thing needed, of crash because that is easiest to clean. The soap lives in a tobacco pouch, or, in the tropics, has a metal box. It is fatty soap, because if one's feet get chafed that is more soothing when rubbed on the socks; and it is better also for keeping one's leather gear soft. Castile has, perhaps, the greatest number of medical uses, and only in the tropics must one's soap be strongly antiseptic. Some of the strongly alkaline soaps are bad for one's eyes, and make one's skin feel harsh. As to the bath, it may vary from half a cup to a plunge, but desert sand is better than nothing. After a hard trip I like to wash with milk until my skin fits me again.

The next requirement is a fire. The campfire is composed of three logs, whose ends cross each other at the centre of the fire; as they are consumed they are pushed nearer together. The simplest fireplace consists of three stones forming a triangle, inside which the fire is made, and the pot or kettle rests on the stones; or the kettle may be hung on an ordinary tripod, constructed of three sticks, gipsy fashion. Slices of meat can be grilled by placing two flat stones on the fire, with a few pebbles to keep the stones apart. When red-hot insert the slices.

An excellent fireplace for cooking purposes is the chulha, much used by the natives of India. A shallow hole is dug in the ground, and a wall formed of the excavated soil round the hole, with an opening in the windward side. The top of the wall is indented, to make projections on which the cooking vessel rests. The wind blowing through the opening makes the flames issue through the depression at the top and lick around the pot.

Less the matches get damp swimming rivers I carry a reserve in a little well-corked bottle. For kindling I like a bit of packing case, cut with a pocket knife into shavings. All my fuel lies lengthways against a damp back-log, while for cooking I use a movable front log, so that the pots and pans will have an edge on each of them. The back log points upwind for the sake of draught, and I work at one side so that the smoke drives past me.

As to diet, in cool and wet climates, like the English, I believe in "Quaker" oats, bacon and coffee for an average breakfast. The bacon, bought sliced if possible, should be trimmed in the frying-pan, then covered with an inch of cold water, and parboiled until translucent, so that one can pour away its extra salt and rankness before it is peppered and fried. The coffee should be thrown into boiling water, and boiled for a minute. After that shove in a red-hot stick to throw the grounds to the bottom.

Let us consider the other meals, such as occur in civilized countries. The simplest way to cook a chop or steak, unless the coals are suitable for grilling, is to get a frying pan very hot, moisten it with grease, press the meat on the pan, seething both sides to keep in the juices; pepper, cover up, turn the meat once, and watch at the end with knife and fork for the moment of perfection. Fowls and fish when dressed can be split and flattened out in the pan, cooking like a steak, if the pan is kept covered with a plate. Everything used for fish must afterwards be thoroughly scrubbed and boiled.

For breadstuffs I like self-raising flour and a pan for mixing. Stir in salt, and for pastry rub in one-quarter part of butter, kneading thoroughly. Add water, stirring to thick dough, covered with dry flour. For pastry, press the dough as thin as possible, for bread to three-quarters of an inch, in a warm greased frying pan. Fry until the pan is hot, then set up the pan on edge very steep, with plenty of hot coals in front, and a handful behind. If, however, there is no time for bread or pastry, stir the dough to thinness of treacle. Boil butter or lard in a frying pan and in that fry a

spoonful of the dough, turning each little slap-jack as it becomes golden underneath. Slap-jacks, whether with meat, sugar, or jam, should be eaten in haste, and not piled up to cool as an indigestible.

Stews, whether of meat, vegetables or dried fruit, or all together, should be simmered over night or reserved for Sunday camp. (The camp covered stewpot will receive all contributions of meat and vegetables, and provide its daily meal without being ever emptied.) The secret of curries in cool climates is the use of sweet fruits such as apples, bananas, or of sugar to soften the harshness of the powder.

Omelettes.—On a small cupful of any food of strong flavor, chopped down or stewed down into a thick sauce. Boil enough butter or grease to run freely in the frying pan. Both being hot and ready, cut the tops off two eggs per man, pouring the whites and yolks into separate bowls. Whip both, then whip them together.

Northern Africa. Without going so far as to prescribe a black skin for the tropics one may point out that in many lands the grotesque apparel of British travelers has a certain bearing upon the manner of our reception. Even the black hide of the tropical savage may give us a useful hint, for the color contains red and yellow, which intercept the heat rays of the sun and keep the body cool. Khaki contains that yellow, whereas white duck does not.

In hot climates experience shows that looseness of fit and facilities for ventilation, for coolness and comfort generally. In a hot climate it is well known that the skin acts very freely, and therefore an absorbent material is essential for all underclothing. It follows, then, that wool and not cotton is the most suitable material, and, speaking generally, the traveler will be safe with the well-known Jaeger all-wool underclothing. Even for night

Still, there are one or two precautions. If water is boiled five minutes, made into weak tea, and poured away from the leaves, it is freed from all dangerous germs. Then it is the one beverage which best quenches thirst. Equally important, in almost every country except our own, is the use of netting to keep off mosquitoes. One becomes inured after long years to the torture they inflict in the Arctic, but never immune from the diseases which they convey in the tropics.

In hard travelling one needs a spur when exhausted, and for this I would recommend chocolate in cool, yerba mate in hot climates, alcohol only in the last resort.

Supposing the traveller is obliged to dispense with a tent, some useful hints for bivouacking may be learnt from animals. One need not disdain to take a lesson even from the domestic sheep in the London parks. Even these proverbially stupid animals know well that grass is colder on a clear still night than sand, gravel, or stone, for it will be noticed that the sheep invariably choose the roads and paths for their sleeping-places. Careful observation shows that the temperature of a meadow is some seven or eight degrees lower than that of the air, only four or five feet above the ground, whereas on gravel or sand there is a difference of only two or three degrees.

Then it will be noticed, too, that horses when put out to grass in cold weather always prefer to spend the night on slightly rising ground, as instinct tells them that frost is always more severe in a slight hollow, or in a level expanse of country.

An ideal sleeping-place is under the lee of a large rock, which in Eastern countries is a last resort. A rock absorbs the sun's heat all day, and parts with it slowly at night.

Obviously the traveller has to find his way occasionally by trusting to his own resources. A compass when studied and lighted may point to one's gun, or the magnetic pole if no other distractions offer; whereas in finding my way I usually want to reach water, pasturage, or some inhabited place. Except in working by chart I use no compass. Never in cities, rarely in civilized countries, only sometimes in wild lands do I ask the way. The total abstinence from these two vices will begin the day's journey, in city or wilderness, by a very careful study of the map and the landmarks visible. During the day he will steer by landmarks forwards and backwards, study the direction of all running waters, watersheds and boundaries such as coasts, and learn the conformation of the land, its rocks, soil, and plants. All bearings must be checked by reference to the true north. To ascertain this, the hour hand of a watch at the sun, and half the angle to twelve o'clock is south (for southern hemisphere it is north). At night work by North Star, Orion, or Southern Cross. When it is cloudy any lone tree or rock will show moss on the side which has most shadow, which is north (south for southern hemisphere). Where churches have room to grow, their chancels point east. Now the habit of knowing where to find North at all hours, indoors or out, becomes a sixth sense—a traveler's sense. I found, for instance, that it enabled me to traverse over three miles of St. Petersburg byways, over level ground never visited before, in a fog, at night, where the churches were of doubtful orientation, and I could neither read nor speak a word of the Russian language. The course proved afterwards by map to have been the shortest possible.

Set up the tent or lean-to canvas if you want one, ditched against rain and open towards the fire. A large blanket sewn up into a sleeping bag, and turned inside out after

using, is better than two loose blankets. The bedding over and under the body should be of equal warmth. In damp climates the waterproof ground sheet should be wide enough to fold over as well as under the bedding. These matters being all arranged, one can with a clear conscience eat one's supper and enjoy the evening smoke at leisure. It is nice to have a lantern for reading, which means nothing more than a cup to prevent the air blowing from the under side of a candle flame.

Substitute for Lantern.

An ordinary bottle with the bottom broken away, with a candle reversed and fitting into the neck, makes a capital substitute for a lantern, familiar to Alpine Club men. The bottom is easily removed by filling the bottle with water to the depth of about an inch, and placing it in red-hot ashes, when the glass will crack all around to the level of the water.

It is a comfort to change into dry clean underwear for the night, and to take to bed a pair of dry socks, and a stick for dry kindling to secure the morning fire. So the day's work ends.—Empire Review.

THE BORNEO ADAM AND EVE

Many and various are the Dyak accounts of the Creation, says the Rev. William Howell in the Sarawak Gazette, and none of them agree.

They are unable to describe or to say who is the Deity (Petara), but they say in one of their accounts of the first appearance of mankind that Petara gave birth to a boy who was without his members and cast him into a pit, where he became Fulang Gana, the god of the earth.

The second child born to the Petara was a girl, and she had no nose, so was set adrift on a river, becoming Rajah Jewata, the god of fishes.

The third child was without any human form, and it was placed on a bough of a tree, where it became an orchid.

The fourth child was a girl, who was named Siti Permani, and she was cut to pieces, the bits becoming padi, pumpkins, and other plants.

The fifth child was a boy, and he was called Blang Pinggang, as he had a white stripe round his waist, and he became Ini Anda, and lives in the heavens.

The sixth child became animals and birds, while the seventh was a girl, and Ini Rajah Pipit called her Dayang Petri.

All the brothers and sisters lived on charcoal, but she alone refused to eat it, crying night and day, and she was finally taken to the house of Ini Rajah Pipit, where she obtained rice to eat and seeds for planting padi, a single seed being about the size of a large mango fruit. She married a man called Sakumbang, Maron Bunsu Chenaga Umbang. She and her husband farmed the land, and found the work not at all laborious.

The padi was only planted once, and it lived for many years, bearing fruit continually; the baskets for the padi could walk to the farm, and on their arrival there the padi jumped into them of its own accord and the filled baskets walked home again, and when it was being dried it jumped up and down and hushed itself. One day Dayang Petri took a winnowing-basket and began to reap the padi herself, and this rash action of hers at once caused the padi to stop reaping itself, and what was more, caused it to give only one crop before it died, as it does today.

The Dyaks have three other accounts of the Creation, one being that mankind was produced from a certain tree called Kumpang, the sap of which is like blood; another, that friable earth was the origin of life, and yet another, that the birds Iri and Ara were the creators.

THE WORLD'S GREATEST FARM

Not even on the vast plains of the Canadian Northwest, nor in Vancouver Island's list of natural wonders is there anything to surpass in wonder the splendid estate of Don Luis Terrazas, in the State of Chihuahua, Mexico.

This fortunate magnate is said to own the greatest farm in the world. It includes eight million acres of fertile land, and extends one hundred and fifty miles east and west and two hundred miles north and south. On its mountains and through its valleys roam over a million cattle, seven hundred thousand sheep, and one hundred thousand horses, these being tended by an army of two thousand horsemen, herdsmen, shepherds and hunters. Each year at least one hundred and fifty thousand head of cattle and one hundred thousand sheep are slaughtered, dressed, and packed, this ranch being the only one in the world which maintains its own slaughtering and packing plant. And this means a very considerable additional profit to its august and fortunate owner.

On this gigantic estate are five reservoirs, which cost five hundred thousand dollars, and three hundred wells, which cost over another five hundred thousand dollars. Don Luis Terrazas is a scientific farmer, and raises every kind of grain in his great fields. His homestead is declared to be the finest farmhouse in existence in any country. It is capable of accommodating five hundred guests at a time, and was erected at an expense of two million dollars. It is a veritable country palace, and the gardens are more costly than those of any emperor. On the homestead alone are employed over one hundred male servants.

An Indian Princess in Native and European Costume



The Princess Pretiva, Daughter of Colonel His Highness Maharajah Sir Nripendra Narayan Bhup Bahadur, G.C.I.E., C.B.



Pour into the boiling grease, and fry with extreme gentleness until the underside is golden. Pour on the sauce, turn the omelette half over, and serve quick.

Washing up is best done by proxy, but if performed in the first person use boiling water, soapy, and dry the things while they are hot. Grudge clean dish cloths.

We have got as far as breakfast, with the day's work still to do.

Whatever the work may be, or the day's recreation, it is worth noting that the working dress of the country is usually cheaper and better adapted to its climate and conditions than that supplied by British outfitters. In Great Britain, for example, the national working dress of mole-skin or corduroy is admirably suited to our peculiar climate, whereas it is not so good as the Eskimo kit for the Arctic, or as the Arab robes for the dry heat of

wear, woollen garments are to be preferred, and, though the Jaeger pyjamas are more expensive than many of the so-called woollen pyjamas, the quality of the material is reliable, and these will be found in the long run the most economical.

If the kit of the country is worth considering, so also are its methods of transport by land or water. To carry canoes to Canada, or saddles to Western America is one of our endearing national traits. So far also as personal safety is concerned it may require at first a little courage to leave the weapons behind; but in many wild countries the Britisher can go with a bright smile and his fists into districts where weapons excite distrust and their use would be tactless.

The dangers of travel are mainly those of disease and accidents, and one's life depends largely upon courage to endure and survive.

New Ideas Concerning Snake-Bite

The recent advocacy of croctalin, or "rattle-snake poison," as a consumption cure, again calls attention to an interesting field of research. To the public at large—and for that matter, to the majority of scientists themselves—snake-bite is the same old mysterious bugbear. We have agencies of tremendous powers in these serpent venoms, says a writer in the American Journal of Clinical Medicine, but to profit from them we must get rid of the superstitious dread resulting from our years of ignorance.

Knowledge enables us to utilize the terrific powers of prussic acid, and all our dread of diphtheria does not deter us from injecting its derivative, antitoxin. These and many another agency of lethal properties are useful servants to our hand, because we know them and can direct their energies with scientific certainty. The only reason why we do not thus utilize many other toxic agents is that we do not possess a like knowledge that would render them safe and effective.

Numerous efforts have been made to discover a sure cure for snake-bite, but these have failed.

Sir Lauder Brunton believes that by immunizing a horse with several venoms a serum can be prepared that will counteract the poisoning from all the varieties of serpents employed. The serum can only be applied at stations, however, and it is uncertain how long they retain their activity. Potassium permanganate and the chlorides of platinum and of gold completely destroy the venom when added to it, but further experimentation was stopped by the passage of the British Antivivisection Act.

Richards found that he could prevent the development of poisoning when the permanganate was injected as long as four minutes after the bite, but not after symptoms had developed. Rogers also obtained good results by making incisions into the punctures and rubbing permanganate crystals in with water or saliva.

In Australia it was found that the cause of death after snake bite was paralysis of the great abdominal vessels, allowing the blood to collect there until syncope from cerebral anemia resulted. Strychnine directly antagonized this condition, and it was necessary to administer enough to counteract whatever dose of venom had been injected; so that far more than the ordinarily fatal dose of strychnine was given and life saved only by disregarding the usual dosage.

Many years ago Dr. Thackeray observed that at a large cattle ranch numerous animals were bitten by rattlers, and if the animals were confined to the corral the following night they died. If, however, they were permitted to roam on the range they were little if any worse for the bite. This could only be explained on the theory that the cattle obtained some plant that antidoted the venom, but what plant this is could not be decided. Echinea grew abundantly in that region, and there are many physicians who have firm faith in its efficacy as an antidote.

It should be understood, before judging the real value of any treatment, that the mortality after snake-bite is not quite so large as is usually supposed. Some years ago it was announced—we believe by the Smithsonian people—that rattlesnake-bites were fatal in but ten

per cent of the cases, copperhead-bites in only fifteen per cent, and not a solitary well-authenticated case could be found of death after any variety of land or water moccasin-bite. It is easy to see how any remedy could obtain an unmerited reputation with those who suppose any snake-bite to be inevitably fatal without treatment.

In small doses alcohol combats fear, and fear alone probably kills more victims than the venom. But the direct action of alcohol increases the vasomotor relaxation that constitutes the essential feature of viperine poisoning, and hence adds to the true peril. It never has saved any person who would have died from the venom alone without the whiskey.

Serpent venoms are by no means of definite primary structure like the alkaloids, but are highly complex, and differ with each species, though there is a marked similarity between the venoms of snakes of the same family. They contain albuminous bodies, which are exceedingly prone to decomposition and until recently have defied all attempts at isolation.

WHAT HE WISHED

Wife (reproachfully)—You forget how you once breathed your love in my ear and promised that my every wish should be gratified.

Hub—No, I don't, but I wish now I'd followed the hygienic rule of keeping my shut while breathing.—Boston Transcript.

First telephone exchange opened at New Haven, Connecticut, January 28, 1878.

Field

PASSING COMM

(Richard L. Poo

Pheasants, Farmers, Potato
I have been asked to ag
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vation, and that the evidence
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allowed to shoot them. The
complained and asked for the
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have suffered so much damage
crops from the depredations of
quatus" that they are resortin
poison in self-defence.

If this is a fact, and the inf
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things has certainly arisen w
speedy solution, and his sugg
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for both cock and hen pheasant
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for a living and does not merel
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ford to preserve game at the
crop.

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farmers, and even when the
for shooting the long-tailed
ways start quite so late as the
by the Government. Then t
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would ever be exterminated the
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from experience in a thickly
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of the most unsportsmanlike
killing in the breeding season a
of every nest of eggs found. He
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ants were very sadly depleted,
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tion was passed closing the sho
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For these reasons the season y
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poison in self-protection, it se
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Saanich landowners who could
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pheasants in their district wou
mediate attention.

Helping (?) the Game V

The duties of a game warden
easiest to the conscientious man
to do his duty without fear or fa
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play the amateur policeman, bu
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on himself to "help the game"
should do it thoroughly or leav
men who were lately assigned
seeing to the due observance of
in this part of the province hav
selves to be capable and energ
done as much as possible in t
the game, but they are at time
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have jumped to the conclusion t
of the game laws are taking plac
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gation which would prove the
be "groundless." There is, how
type of "amateur" detective he
ring up or interviewing the game
him that he knows a man who
fact that such and such a man