

Remain on deck as much as possible, and when you go "below," remain, whenever possible, in a recumbent position, never rising without first eating something, if it be but a dry biscuit, and never allow the stomach to become empty. The following mixture taken three times a-day, after meals, is said to be one of the best antidotes for sea sickness:—Hydrocyanic acid, 12 drops; acetate of morphine, 1 grain; carbonate of soda, 1 drachm; water, 6 ounces. In the steerage, the atmosphere will be rendered somewhat offensive through the sickness of some of the passengers; therefore, when able to do so, it is advisable to keep on deck. During the time the stomach is upset, the emigrant will most probably have little appetite for the ordinary meals served out in the steerage, therefore he will do well to be provided with some little delicacies before going on board. Cheese, ham (cooked), pickles, preserves, &c., will be appreciated by him at this time, and they will form an acceptable addition to the bill of fare. Cabin and intermediate passengers will not find it necessary to be thus provided beforehand. If a passenger goes on board suffering under a bilious attack, he must expect to suffer severely; as a preventive measure it is better to get into condition beforehand. Voyages of long duration are not taken at a short notice, and there is generally sufficient time to undergo a course of medicine before embarking. Sea sickness over, the voyage becomes a season of enjoyment and pleasure to all those who enjoy good health, are not habitually dissatisfied with their lot, and who have made up their minds to make the best of things.

All passengers are advised to read the regulations framed for their guidance, which will be found posted up in various parts of the steerage, and to strictly adhere to them. Scrupulous cleanliness in person should be observed, not only for the passenger's own comfort, but for the comfort of his fellow-passengers. Generally the stewards and stewardesses will be found to be obliging and willing to do their best to satisfy all; but their life is not an easy one, their time being fully occupied with the duties of their post, which at the best is a trying one. Do not find fault unnecessarily, and do not report fancied grievances; but should any incivility or neglect on their part occur, a report to the chief steward will be sufficient to set matters right.

Owing to the close and continuous contact with fellow-passengers, acquaintances and attachments quickly ripen into friendships in as many days as it would take years to accomplish on land. The least sociable persons may enjoy a sea voyage, which is generally beneficial to health; and acquaintances formed for the first time during an ocean passage are often broken up with feelings of heartfelt and sincere regret. Many fellow-passengers part never to see each other again, while others form friendships on board ship which endure to their life's end.

The foregoing advice may to some appear trivial and out of place. This is not so, however. The constant irritation that arises from a series of small annoyances during a long voyage becomes a grave source of discomfort, if not of positive illness, which is aggravated by the knowledge that it might have been avoided by the exercise of a little forethought. In one case the emigrant will land in good health and spirits, and look back upon a pleasant voyage. In the other he will find himself on arrival shattered, somewhat irritated from a constant succession of petty annoyances, and he will look back upon the voyage with feelings of disgust. Ship's passengers and crew are for the time being a family party; it is doubly incumbent upon each member of the family to make him or herself agreeable in studying the comfort and feelings of others, in order to ensure a pleasant and prosperous voyage.

When most of the passengers have shaken off their attacks of sea sickness, affairs on board will wear a more pleasant aspect, and those who can will enjoy themselves after their own peculiar fashion. Some will employ their

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