

## TOLD BY EVANGELIST MOODY.

The Night of Prayer On the S. S. Spree and the Answer Era Morning.

**Dramatic Description of the Hours of Peril** "Do Not Do to Talk Religion for Everybody Asked" Is the Ship Going Down, Then?—A Jonah on Board.

Evangelist Dwight L. Moody, his son, William Revelle Moody, passengers of the North German Lloyd steamship Spree, which was disabled and in danger of sinking with 700 persons aboard three days after she started from Southampton on her last trip, arrived home the other day on the Cunarder Etruria. Mr. Moody was the first man down the gangplank on the Cunard pier at New York. He was met by his wife, who seized him about the neck and kissed him. She said a fervent "Thank God!" Thirty or forty more of Mr. Moody's friends were there to greet him, and they crowded about and shook his hand. He was almost carried down the pier to a carriage which was waiting to take him to the Grand Central Station to catch the 4 o'clock Boston train. He was bound for his home at East Northfield, Mass. A reporter accompanied him part of the way home. To him Mr. Moody said: "I am a firm believer in prayer. I always have been. I believe and I know that God saved the Spree in response to our prayers."

The details of the accident to the Spree's main shaft and the filling of two of her after compartments with water have already been printed in cable messages to the Sun. Mr. Moody rehearsed them as they had been printed.

"We knew the ship was sinking," he said, "when we came on deck. There was no panic. The women did not scream nor dash about, nor were the men outwardly frightened, but every soul aboard that boat felt that the end was very near. The passengers walked up and down the decks. They looked into each other's faces, but they did not speak. The big engines of the ship were all working at the pumps, but the water was steadily gaining in spite of them. With each roll of the ship it could be heard like the roar of the surf, but with more terrible cracks and crashes.

"The water reached the second cabin, and the passengers there fled to the first cabin. The stern of the big boat was down so that the after deck was almost awash. She rolled so that the lifeboats could not be launched. Waves boarded her as she rolled. The sea was not stormy, but it was rough.

"At noon, six hours after the accident, the Captain came to the dining room where we were all gathered, and told us that he thought the pumps were working successfully, and that he had the water under control. We had passed a ship the day before, and he said it should catch up with us by 3 o'clock.

At 2 o'clock men and women walked the decks with watches in hand, scanning the horizon on the four points of the compass for a sail. Hour after hour passed with no sign of rescue. Each roll seemed her last, yet it was her salvation to keep her rolling, the officers said. She was kept in the trough of the sea. If she had been pitching one plunge might have sent the water in her hold breaking forward, and that would have been the last of her.

"Night came on with the passengers still scanning the sea. Darkness, it seemed, such as never human beings were called on to witness, came. It was the darkest night in my life—I think, in the lives of any of the 700 aboard the boat. Rockets were sent up at intervals, and a huge barrel, kept filled with tar, was burning on the hurricane deck forward. It lighted the heavens. No eye was closed in sleep that night. No man believed he would see another sun.

"The first and second cabin passengers were gathered in the first cabin dining room. They made dismal attempts to entertain each other. They were pitched and tossed by the roll. One woman was thrown down, and her arm was broken. We could not talk of religion, for the first word brought forth a hundred exclamations 'Are we sinking, then?'

"In that first night one woman went insane. She had two children with her, and she begged us piteously to save them and let her die. It seem an age until the Sabbath morning came. The vigil on the deck was resumed. The officers were there with navy revolvers buckled about their waists for instant use. The strain on the mind of the people was awful. At last I proposed that we have a meeting. Gen. Howard and some of the other passengers agreed to it. I went to Capt. Willigerod. 'I'm of that persuasion myself,' he said, and so we called a meeting. We gathered in the dining room—five hundred—Jews, Catholics, skeptics, and Christians. Creed made no difference. I have been under fire twice in my life. I passed through the cholera epidemic in Chicago, and visited the houses of the sick. I am not afraid, but in the dark hour I had all I could do to sustain myself. I read the Ninety-first Psalm. One verse I read in English, the next a German passenger read in German, and then I read the 107th Psalm, and then we knelt and prayed. I say 'we.' I believe there was no soul there that didn't join in that prayer. We prayed that God would bring the ship safe into haven. Did we sing? Yes; we tried to, but it was sorry singing with choking throats and aching hearts. Gen. Howard did sing:

"Jesus, lover of my soul,  
Let me to Thy bosom fly,  
While the nearer waters roll,  
While the tempest still is high,  
"He sang it clear through. Now and then a voice joined with his, but it was only for a word or two. A sob would end it. Never was a more earnest meeting held than this. The Jews and the Catholics and the skeptics and the Christians prayed together, and I didn't hear much talk of skepticism. I can tell you, for three or four days. I do not think that any meeting ever held had a more comforting effect on the participants. We slept that night—some of us did. I slept. Gen. Howard slept peacefully. But my son was one who did not.

"At 2.30 o'clock in the morning he went on deck. He came down almost immediately and told me he had seen a light. I started up with him. Others joined us. He pointed off to the distance. Then we saw what looked like a tiny star. It rose out of the blackness of the night and disappeared. It rose and fell thus time and again. 'It is our star of Bethlehem,' we said. How we watched it until it came in view all the time! That ship looked immense. It seemed to tower high above us. In reality we were five times as big.

"A better ship could not have been sent. It was not strong enough to part the two cables that it made fast to us. A larger ship would have done it, and we might have been worse off than we were before.

"Our danger was not over. The strain on our minds was almost as great, and minds gave way under it. Two women became violently insane, and it was necessary to confine them. One lady from Milwaukee, who was in the second cabin, had her two children with her. She sat for forty-eight hours after the Lake Huron came with them on the bed opposite her. She spoke not a word but looked at them. There was among the passengers a Jew who had wanted to come to America to better his fortune. His family had opposed him and he fled without their knowledge. He became imbued with the idea that he was a Jonah: that God was punishing him and was to sink the ship because he was in it.

"He came into the cabin and confessed to the passengers and bade them do with him as they wished. He fell on his knees and prayed, imploring Jehovah to forgive him, and promising to make amends if the ship was only saved.

"But the saddest case of all was that of Paul Karnaler, a young man from Vienna. He was engaged to be married to a beautiful young woman, and he had her photograph with him. He had confided in an American lady. He said to her one morning: 'Madam, the ship will sink. It is inhuman for this great ship to drag down with her the ship that is doing her best to save her. When we go down we will pull her down with us. She cannot help it.' The woman was overcome, and sought the Captain. He told her that there was no longer any danger. The next morning the young man again talked to her. Suddenly he left her and ran to the side. His purpose was divined. Men seized him, but he tore himself loose. They seized him again. Again he escaped them, and with a shriek he plunged over and sank from our sight.

"There was no religious meeting after the one I have told you of, but the people prayed. We did not talk of religion again for the same reason that we had not talked of it before. It brought out again the same exclamation. Those of us who were of good heart talked to the others and diverted their minds. I never told so many stories before in my life, and they were not religious stories either.

"When we were finally safe in port we had a thanksgiving service, and then such singing as there was—such praises that went up were good to the heart. It was truly a thanksgiving. We took up a collection and gave it to the ship's crew and to the second-cabin passengers, who had lost all they had.

"What was your prayer that was answered?" asked the reporter.

"We prayed that the ship be brought to a haven, and relief came on the night after our prayer meeting."

Besides the Spree's passengers who returned on the Etruria that ship carried the 131 sacks of mail the Spree had on board. A good deal of it had been soaked in water for a week and a good deal of printed matter will have to be destroyed. But all the letters, the address of which can be deciphered will be delivered. Among the Etruria's passengers, besides those mentioned, were the Hon. C. B. Tupper, the Canadian High Commissioner in London, and his wife, Capt. W. H. P. Hanna of the Etruria retires from the command of that ship upon his return to Europe. He will take command of the Campania, the new twin-screw boat, which is expected to break all records in fast ocean travel.

### New Year Resolutions.

If every good resolution which will be made this year were to be printed, with an account of the circumstances which led to it, what a mountain of interesting volumes there would be! If each volume were to be removed as soon as the resolution printed was broken, how rapidly would the mountain descend to the proportions of a mole hill! If everyone owning a broken resolution were to allow it to prevent him from making another, to what a deplorable condition would humanity soon descend! Good resolutions are acknowledged faults, and therefore it is well to make them, even though human nature may be too weak to keep them.

There is a story of a drunkard who, on many succeeding New Year days had made a resolution to take no more strong drink, and on one occasion he was bantered quite mercilessly by his companions when he made his annual announcement, and asked to count the number of times it had already been broken.

For a few moments the old man was buried in thought, then his face lighted up hopefully as he made reply:

"Wal, pard, 'stid o' gittin' me 'scuraged, you've perked me up right smart; for I've just thought as how the first year I broke my resolution in an hour; the second year, I kep' it all day; third year, two days; last year a whole week, an' this year I'm goin' ter break the record or bust! If I keep peggin' away at it, that there resolution will amount to somethin' yet."

So let us all look at our resolutions as something that may some day amount to something if we only have courage to "keep peggin' away at them."

A bright little girl was once talked to very seriously because she had broken her New Year resolution.

"Never mind, mamma," she replied cheerfully, "I'll mend it and it will be as good as new; and mended things last forever, you know!"

It was a repetition of a remark made by the mother, the day before, over a broken doll, and is applied by the little maiden, is certainly worth a second thought to those who are so unfortunate as to have broken resolutions to cause them unhappiness.

London has unselfishly offered to become the headquarters in Western Ontario for the courts of law. But its kindness is not appreciated. The St. Thomas Journal says: "The attempt to centralize the western law business in London is open to objection. It makes little difference to a western lawyer whether he has to go to Toronto or London if he must leave his own town. A better reform would be to constitute each county town the headquarters for all county business, except appeals from the local judges, which should be made in Toronto." This is the kind of decentralization London does not want, because it would not profit by it. It is safe, however, to predict that things will remain as they are unless the Government increases the staff of judges very considerably or the people become much less litigious.

## HEALTH.

### Cases of Poisoning.

Hardly any emergency is more common than accidental poisoning, and scarcely any event or incidental combination of circumstances calls for more immediate action and special treatment. Poisons are substances (material factors) which when introduced into a living organism, are capable, *per se*, of exerting a deleterious, morbid, or deadly action upon that organism. By this definition it will be seen that when speaking of poisons we mean not only drugs which produce toxic effects when taken into the stomach, but also those poisonous agents which act by absorption even when applied to thin delicate membranes upon the external surface of the body—as septic materials, syphilitic and diphtheritic poisons, etc.—also those agents which, when introduced through the respiratory tract, occasion toxic results, and those which must be introduced directly into the circulation through a wound in the flesh or other abrasion—as the poison of insects, the venom of scorpions and serpents, the Indian arrow poison, and that of rapid animals. Space will not permit of more than a brief outline of the best course to pursue in the most common cases of poisoning. The treatment of poisonous wounds, asphyxiation, etc., has already been considered in previous chapters of this series.

In a given case of poisoning, two important questions to consider are: "What was the toxic principle?"—i.e., What kind of poison is to be dealt with?—and "How much of the poisonous principle has entered the system?" These questions cannot always be answered, either by the patient or the companions of the patient. Sometimes the nature of the poison is unknown to the parties concerned; sometimes the patient who alone knows the desired facts, is unconscious and unable to give information; again, the strength of a drug administered or the amount of the poisonous agents consumed are often indeterminate;—and for these and similar reasons it is important to formulate certain general directions universally applicable to cases of poisoning.

First of all induce vomiting or wash out the stomach—providing, of course, the poison has been swallowed and has entered the stomach. As the stomach-pump and lavage-tube are only to be employed by professional hands, directions for their use are here unnecessary. Emetics—agents which induce vomiting—are both numerous and useful, and play an important role in the treatment of poisoning. The following are available emetics: Common salt (a tablespoonful to half a pint of tepid water), not a very certain emetic, but has the advantage of being always at hand; ground mustard (tablespoonful to a tumblerful of tepid water) is very good and usually readily procured; powdered ipecac (thirty grains or more in water) is a good emetic; sulphate of zinc (twenty grains in water) is a reliable emetic, prompt and quite safe; tartar emetic (two or three grains in water) is available, but it is slow in action, and usually causes considerable nausea and depression. In cases of poisoning it is not so much a question as to which is the best emetic, as to which can be obtained most speedily. Many people vomit very easily—almost at will—and with them a draught of tepid water—the addition of a few drops of castor oil will enhance its value as an emetic—with the introduction of a finger into the throat, will rapidly produce the desired result. For domestic use either mustard, or ipecac, or both will ordinarily be found the best available emetics for use in cases of poisoning. Cathartics, or purgatives, are to be administered in lieu of emetics when the poison is supposed to be in the intestinal tract.

Second.—When the stomach has been duly emptied of its poisonous contents and the poison is known, the next step in the treatment is to administer the proper chemical antagonist and physiological antidote. The proper antidotes for various poisonous agents will be subsequently considered. Numerous attempts have been made to formulate a standard multiple antidote, that is, to obtain a mixture that will neutralize the toxic action of most, or even all, active poisons. These mixtures are of special value when the nature of the acting poison is unknown. The following is probably the best formula for such a preparation yet offered: Saturated solution of sulphate of iron, 100 parts; water, 800 parts; calcined magnesia, 80 parts; purified animal charcoal, 40 parts; The iron solution must be kept separately, and the magnesia and animal charcoal should be mixed in another bottle with the water. When required for use, both solutions are poured into one bottle and the whole shaken well together. It is then administered *ad libitum*, a wineglassful at a time. This is a most excellent antidote for preparations of arsenic, zinc and digitalis, rendering them absolutely inert; it delays and partly neutralizes the action of morphia and strychnia, and to a lesser extent deters the action of compounds of mercury. It has no virtue in counteracting the effects of cyanide of mercury, prussic acid, phosphorus antimony, or the caustic alkalis.

Third.—Whenever respiration is yielding to the action of poison, or where it is entirely suspended, it must be continued and sustained by one of the methods of artificial respiration (already considered).

Fourth.—The vitality and animal heat are to be maintained by administering stimulants and diluents, and by electricity and frictions to the surface of the body.

Fifth.—The diet is to be restricted to light, nutritious and easily digested food for a few days after recovery. It is no easy matter to say positively what is the fatal dose of any particular poison. Much depends on the age of the patient, the amount of food in the stomach, the occurrence of copious and early vomiting, the administration of appropriate remedies, etc. It is comparatively easy to ascertain the amounts of given poisons that have produced fatal results; but even here statistics vary, for, aside from the important factors for difference just mentioned, in many of the recorded cases the exact quantity taken is not known while in others the strength of the preparation is not given.

We now give an abridged classified list of proper antidotes for the various active poisons which most commonly find their way into the system and occasion toxic effects. Unfortunately, we possess but few available chemical antagonists, and hence must rely mainly upon physiological antidotes and general constitutional treatment in relieving most cases of poisoning.

Acids.—Acetic, muriatic, nitric (*aqua*

*fortis*), sulphuric (oil of vitriol): Large draughts of soap-suds administered at once; lime-water, chalk and water; magnesia and the carbonates of magnesia; milk, oil, and thick gruel. Carbolic acid: Solution of saccharate of lime; raw white of eggs; give a tablespoonful of castor oil or a wineglassful of olive oil; free use of stimulants (hot brandy and water, etc.) and warmth to extremities. Oxalic and tartaric acids: Lime-water, chalk and water, and castor oil; the administration of potash, soda, ammonia, and the alkaline carbonates must be avoided. Prussic acid (hydrocyanic acid and Scheele's acid): Stimulants, inhalation of ammonia, cold water to head; if patient cannot swallow, give hot coffee per rectum or brandy hypodermically; atropine hypodermically. (Artificial respiration must not be forgotten, nor the necessity for administering an emetic as soon as possible. Space will not permit of calling attention to these essential factors when referring to each separate poison.)

Alkalies (caustic potash, caustic soda, lye, ammonia, hartshorn).—Lemon juice, orange juice, vinegar freely diluted with water; the raw whites of two or three eggs, milks, gruels, olive oil freely.

Aconite.—Stimulants administered freely digitalis; hot towels and hot water bottle, to extremities, mustard poultice over heart.

Alcohol.—Hot strong coffee by mouth or rectum, inhalation of ammonia; alternate hot and cold douche to head; rouse patient if insensible and make him move about.

Arsenic (emerald green, Scheele's green, Paris green, rat poison, fly poison, Fowler's solution).—The "multiple antidote" already described is a splendid antidote for all forms of arsenic poisoning, and if at hand should be employed; otherwise, give freshly prepared sesquioxide of iron, made by precipitating tincture of iron, with carbonate of soda and filtering through a handkerchief; it should be given in hot water and in large quantities; or dialyzed iron may be given in half-ounce doses repeatedly. If none of these are at hand, give magnesia in unlimited quantities; also, castor oil or olive oil frequently in large doses albumen; (raw eggs); stimulants and warmth to extremities if there is prostration. These poisons are gastro-intestinal irritants, and the resulting condition in intestinal tract requires treatment.

Belladonna (deadly nightshade, atropia, daturia, duboisia, hyoscyamus, stramonium).—Pilocarpine is the chief antidote. Give one-half grain hypodermically; also, stimulants, such as brandy, sal volatile, etc.; an enema of a pint of hot strong coffee is excellent. Mustard to calves of legs, hot water bottles to feet, alternate hot and cold douche to head, electricity.

Chloral.—Twenty drops of tincture of nux vomica by mouth or rectum; maintain temperature by hot blankets, hot-water bottles, hot bricks, frictions, etc.; stimulants, coffee (by mouth or rectum); artificial respiration on slightest sign of failure of breathing.

Copper (blue vitriol, blue-stone, verdigris).—Administer milk and eggs freely; twenty drops of laudanum by the mouth (for an adult); barley-water, arrowroot, or gruel; no vinegar. (A prepared mixture of sulphide of iron, magnesia, and sulphate of sodium is said to act as a perfect antidote for the salts of copper, corrosive sublimate, and cyanide of mercury.)

Iodine.—Starch and water or raw white of eggs, given freely; morphia or laudanum is necessary to relieve pain.

Lead (sugar of lead, etc.).—Thirty drops of dilute sulphuric acid or aromatic sulphuric acid in water; or half an ounce of sulphate of magnesia (Epsom salts) dissolved in water; milk, raw white of egg, barley-water. Subsequently, small doses of iodide of potassium should be taken daily to eliminate the drug from the system.

Opium (morphia, soothing syrup, syrup of poppies, Munn's elixir, etc.).—(Sometimes necessary to wash out stomach, where the drug has been swallowed, since in morphia poisoning vomiting is induced with difficulty.) Rouse patient and keep him walking about; inject a pint of strong coffee into the bowel; pour cold water over the head from a height; give fifteen minims of tincture of belladonna by the mouth, or one-sixteenth of a grain of atropia hypodermically. Give one-sixteenth of a grain of strychnia to sustain respiration, the dose to be repeated once at the end of half an hour; in case of failure of breathing, artificial respiration should be kept up for at least two hours.

Phosphorus (lucifer-matches, rat pastes).—Sulphate of copper is antidotal, hence should be used as an emetic in phosphorus poisoning; give three-grain doses dissolved in water every five minutes until vomiting is induced; if, however, vomiting does not occur after three doses, give a tablespoonful of ground mustard in a tumbler of water. Give mucilaginous drinks and a purgative of half an ounce of Epsom salts. Carefully avoid all oils and fats.

Poisonous fungi (poisonous mushrooms).—After evacuating stomach, give twenty drops of tincture of belladonna, or a hypodermic injection of one-sixteenth of a grain of atropia; give castor oil in full doses; stimulants; warmth to extremities and poultices to abdomen.

Strychnia, brucia, nux vomica, vermin killers.—After evacuating stomach, give tannic acid, or gallic acid, or animal charcoal *ad libitum*, to be followed by an emetic; give large doses of bromide of potassium, or chloral hydrate, or both. Do not excite patient.

### Very Romantic.

Some twenty years ago, or more, there lived in the city of Munich a labourer, who had a wife, two infant daughters, and a bad character. His name was Barch. Having got into a trouble with the police he suddenly disappeared, abandoning his wife and children. Whether he was killed, drowned, or went so America Mrs. Barch has never been able to find out. She begged and toiled by turns; and when her infants were big enough to run she succeeded in getting them into an orphanage. There they remained till 1875, when they were removed to the dancing school of the Court Theatre. They were apt to learn, and became famous ballet girls, taking the stage name of Bartoff. Antonia, especially, grew up a handsome young woman, tall, pale, having a short upper lip and a touch of melancholy in her looks. The other day she became the wife of the Duke Ludwig-in-Bavaria, who is the brother of the Empress of Austria and of the Queen of Naples—the brother, also, of the Doctor Duke Karl Theodore, said to be the ablest oculist in Europe. Antonia has been ennobled in the meantime. So the quondam ballet-girl is now sister-in-law to the Emperor of Austria, King of Hungary, King of Bohemia, &c.

### IN A RING OF FIRE.

#### A Thrilling Experience in a Prairie Fire

We whipped up the horses and drove toward the upland, thinking thus to escape the greatest danger. We reached the high ground before meeting any flame, and we were greatly rejoiced to see that much of the grass was still fairly green here, though thickly bestrewn with patches of longer grass that was dry.

The fierce flames now approached, rushing along with furious speed, cracking and snapping—the sound alone being sufficient to strike terror to the stoutest heart. Galloping along the line of fire, we found that where it crossed a little ravine the flames were not so high for the grass was quite green there. We dashed through the line of flame, suffering brief tortures of suffocation, and a severe stinging and smarting of our eyes, caused by the intense heat and pungent smoke.

Once through, we congratulated ourselves on the hope that we should yet escape; for, going in this direction, right in the teeth of the wind, we could travel more rapidly than the pursuing flames.

While passing through the fire, I recalled the proverb "It's an ill wind that blows nobody good," for just in advance of the line of flames clouds of swallows darted here and there, catching the hosts of insects started up by the heat of the burning grass.

We now heard galloping hoofs, and we soon saw two Indians (Osages) approaching through the smoke. "Where are you going?" they asked, in their own language. "To Gray Horse," our driver replied, in the same tongue. They told him that the prairie was a mass of flame in that direction, and that we must go back. We responded that all was flame in that direction. Notwithstanding the indifference to danger usually ascribed to redskins, these Indians showed unmistakable signs of terror. Some further quick conversation informed us that they, like ourselves, had seized an opportunity to penetrate the line of flame, thinking thus to escape.

We all were now inclosed in a gradually narrowing ring of fire. To clear the space around us by burning off the grass—to start a "back-fire," as it is called—was our only chance for safety; and this we attempted. A large space was cleared before the oncoming fire reached us. We hoped to escape with but singed eyebrows, and a few moments of suffocation; and this we would have considered a fortunate deliverance. But we found our last chance failing us. The back-fire we had started against the wind had burned only the dry grass, and in doing this had served as a furnace to dry the greener grass. Thus the prairie-fire, reaching our burned district, found the greener grasses killed and dried, and hence had almost as much fuel as outside.

The fire was now close around us. The varying currents of air heated by the flame whirled and rose and gusts of cold air rushing in to replace the hot air, caused a whirlwind, and a great well of smoke and flame was thus formed. Within this well we stood, as yet unharmed and with a constant supply of cool air, but expecting death.

It was a dreadful moment: the mother and child were crying; the Indians, with uplifted arms, were calling upon the Great Spirit, in a weird chant.

Suddenly we felt an unusually strong rush of cold air from one side, and, looking up, saw a strange and welcome sight. A long tongue of flame had run toward and into our circular prison from the main fire, and had burned a lane from the outlying burnt area in to us. Through this lane, formed by walls of fire, came rushing in a current of cold, clear air. This kept the smoke blown away, and we saw plainly the path of escape thus providentially afforded us, when all hope seemed gone.—[St. Nicholas.

### Getting the Most Out of the Horse.

The art of getting the most out of horse-flesh on the line of march is one which needs study and practice to every whit the same extent as do race riding or the *haute cole*, and, therefore, these feats of endurance should form part of an officer's education, as well as those upon the tan or between the flags.

To cover many miles with success a man must, first of all, study his own condition, and while he makes his charger fit must not forget to render himself so, too. He should carefully watch how his horse takes its food, and vary the amount of it, the time of feeding, and the nature of forage, so as to ensure that the animal derives the maximum amount of benefit from the nourishment it takes.

Then he should endeavor by experiment to discover the pace which suits its conformation best, and the most judicious manner of varying it, so as to afford relief to the muscles, but yet get over the ground.

The particular pace that best suits the animal having been arrived at, it should be trained to go at that pace evenly and methodically and with the regularity of a machine. And care should be taken never to stretch the bow to the utmost, or the subsequent reaction will more than counterbalance the present gain.

Thus it is that man will learn to watch the animal closely and sympathetically, will come to know by experience when he must check it, or when he may venture to press it forward. A careful, observant rider, like a good coachman, will note signs of fatigue or distress where another in his excitement will overlook them, while it is by the head rather than by the hand or leg that success in rapid marching is to be attained, and horse and man can be brought to their journey's end in such condition as will render them equal to renewed exertion on the morrow.

**BUTTERMILK CRULERS.**—Two cupfuls of buttermilk, half a cupful of butter or lard, three eggs, one cupful of sugar, one teaspoonful of soda, and flour to make a soft dough. Roll out, cut in any shape and fry in hot lard. Sour milk may be substituted for the buttermilk.

The American people are at present giving very earnest attention to their country roads, and in this regard we Canadians would do well to follow suit. The condition of many of the roads in many sections of the country is a disgrace to the municipalities in which they are found. It is a very grave error for the government to be liberally subsidizing, and counties to be bonusing railways, while the roads over which the produce of the rural district is to be carried are in an almost impassable state. Even the farmer himself has been blind to his own interests, and is only now becoming cognizant of the fact that fewer railways and better country roads would be infinitely to his advantage.