

been included in the equipment. The party will have plenty of fresh meat, for game abounds along that coast, and the hunters will lay in a supply in the fall. Only a little way further north Hayes's sportsmen in October shot seventy-four reindeer, twenty-one foxes, twelve hares and a seal, besides a large number of geese and other aquatic birds. Lieut. Peary has a most encouraging prospect for an abundant commissariat and the chances are that the long Arctic night will not be a cheerless and unhappy period. With plenty of food, clothing and books, and abundant opportunities for exercise in a particular bracing atmosphere, it will be surprising if these young and vigorous people do not hail the rising sun next spring in abundant health and spirits, and eager to enter upon the arduous work before them. That was the experience of the Hayes party, who passed the winter at Port Foulke under somewhat similar conditions.

The party will not be wholly cut off from their kind. Their winter house will be midway on that part of the coast which is inhabited by the Arctic highlanders. We shall be glad to hear again of the simple harmless people, who have shown many a kindness to explorers. It is not unlikely that Kane's party would have perished during the two winters in Smith sound if they had not now and then obtained bear meat, seal and walrus from the good-natured natives seventy miles south of their ice-imprisoned brig. There are reasons to believe that Lieutenant Peary will have opportunity to collect more accurate and exhaustive information about these Smith sound Eskimos than our present Arctic literature contains:

The main purpose of Lieut. Peary's enterprise has already been well discussed. While it is useless to speculate upon the chances of his being able to reach and map the extreme north coast of Greenland, using the inland ice as a highway, it may be said that the idea he originated commended itself to many men whose opinions are entitled to respect. The enthusiastic explorer himself does not underrate the arduous nature of his task. Even if Greenland extends only a little way beyond Lockwood's furthest point, Peary has before him a round trip journey of about 1,200 miles. Just as Nansen traveled, now over a hard crust, and then through deep, soft snow, Peary at times is likely to find sledge hauling very hard work. General Greely believes that the inland ice is not continuous with the north coast of Greenland; and if this theory is correct, Peary will hardly be able to reach the north coast by the route he proposes, for he and his comrades could not travel far overland packing their provisions on their backs. At any rate, if defeated in his main purpose, he will perhaps be able to follow the edge east to the coast, and completely determine the northern extension of the great ice cap of Greenland.

While Peary's proposed attempt, like Arctic enterprises, is experimental and problematical, it is certain that his scheme eliminates the gravest sources of danger and causes of defeat that have confronted all previous expedi-

tions to north Greenland. Whether or not his enterprise is completely successful, it is believed he will return with additions to knowledge that will be welcomed by men of science and will repay his enthusiastic and untiring labors. His countrymen appreciate the high qualities that Lieutenant Peary brings to his great undertaking. They will follow his enterprise with sympathetic interests, and will hope that this able and modest young man may win the laurels as an Arctic explorer which, there is no doubt, his efforts will merit, whether fortune smiles on him or not.

After the sleighing campaign is over, Lieutenant Peary and his party will probably return to the south Greenland settlements in their boats. It is a long and unpleasant journey, but has been successfully accomplished by all who have undertaken it, from Kane to Garlington.

HOW TO KEEP HEALTH.

[New York Journal.]

One of the best ways to keep in good health, says the *Monthly Bulletin*, is not to think or worry too much about it. If you feel strong and well don't imagine that some insidious disease is secretly attacking your constitution. Many people are like the inexperienced traveler, who anxiously inquired about the symptoms of sea sickness, and how he should know when he had it. One generally knows when he is sick, and frequently many supposedly alarming symptoms prove, upon investigation, to be either perfectly natural occurrences or of very slight importance.

Eat and drink what you desire, as long as it agrees with you. Your stomach knows pretty well what it can digest. Plain, simple food is desirable, as a general thing, but the luxuries of the table, in moderation, will do no harm.

Alcoholic beverages are not fit for habitual use. They are true medicines, and should only be used like any other medicines—under the advice of a physician. As a regular beverage they can do no good, but will almost certainly do harm.

Take all the sleep you can get, but remember that the necessary amount varies greatly for different persons. Some must sleep at least nine hours, while others thrive under six. Only don't rob yourself of what you really need. The "midnight oil" is a terribly expensive illuminant to burn either for purposes of labor or study.

Always treat a common cold with great respect. Ninety-nine cases out of a hundred will get well anyway, but the hundredth cold, if neglected, may lead to bronchitis, pneumonia or consumption. It is best to take no chances.

If you are sick enough to need any medicine at all, beyond the simple remedies familiar to all, you are sick enough to need the attendance of a physician.

By all means take as much exercise as you can, and be in the open air as much as possible. Outdoor life is the natural condition of mankind, and the more one can have of it, the better.

Fresh air, sunlight, good and sufficient food, pure water, outdoor exercise, temperance in all things, and a cheerful disposition, are the chief reme-

dies in nature's dispensatory, and are worth more than all the drugs and medicines of the shops. Dr. Holmes has truly said that if nine-tenths of all medicines, patent, proprietary and otherwise, in the world were poured into the ocean, it would be all the better for mankind and all the worse for the fishes; and the best physician can do little without good nursing, and thus aid nature in throwing off disease.

ESQUIMO DIET.

Geographical Magazine.

I read about Eskimo eating habits—how, once upon a time, for instance, an Arctic explorer offered some Eskimo girls some sweetmeats, which were rejected, while tallow candles were eagerly accepted and eaten. Now I was to see an Eskimo eat. With many smiles Peter entered the cabin and sat down at the table.

I should have apologized to him on account of the scantiness of our fare, for we had no candles, and there wasn't a bit of tallow on deck even, let alone in the cabin, but I noticed that the butter plate was heaping full, the sight of which made me wish for some of my friends, so that we could make a pool on the number of bites he would take in swallowing the roll.

Then Peter sat down and, without ceremony, helped himself to a lot of baked beans, a piece of dry bread and a large piece of very lean salt beef, all of which he bit into and swallowed as a hungry longshoreman might have done. Then he took more beans and more bread and more lean beef, and with them several cups of coffee, with a great deal of sugar to each cup.

He was a long time getting to it, but he finally began on the butter. He had poured his last cup of coffee and was looking about for something to eat with it, when his eye fell on a plate of cake. Taking a small piece he put a small lump of sugar on it and slowly ate the combination with the coffee.

To the readers of a geographical magazine it may seem strange, but the fact is, until I saw the man at the table I had really expected to find the Eskimos of South Greenland showing the habits and tastes of those living a thousand miles up the coast. I had not quite expected to find them living in snow houses, but I had a misty idea that an Eskimo was a little black Indian, whose chief delight among the things brought from a civilized country was a tallow candle.

The staple food is seal meat and blubber. Next to that is the little fish taken in the fiord and dried for winter use, known to them as the augmatiat and to the learned as *salmo villosus*.

A favorite way of eating the dried augmatiat is to take it by the tail, poke it into the oily blubber for a while and then chew it down. Awful, isn't it? It is almost as bad as eating sardines. There is a deal in a name.

Blubber is disgusting; oil, if for use on a salad, is delicious and indispensable. I have eaten seal oil and found it, very unexpectedly, good. I had supposed it would have a flavor of fish oil. There is no such flavor about it. It is equal to the best extract of cotton seed—that quality sold as olive oil in all American groceries.