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[PRICE ONE PENNY.]

HINTS FOR TRAVELLERS IN SUMMER.

It is not an exaggeration to say that a full half of the population of our country is on travelling thoughts intent when July and August come round. From the baby in arms to the grey and white-haired grannie, all are seeking a "change" by means of methods more or less wise. That they do not all

return the better for that change is largely due to the fact that a false tack is followed by them from the start.

Some people set out with the idea that very "simple" faring and any sort of lodging, provided it be respectable, will suffice for their needs, and that to "rough it" will be

wholesome for them. This may be a salutary change for the strong and sturdy, but it is not one by which children and those past their best strength will benefit. Others again are afraid to travel ever so short a way without an array of impedimenta comprising many unnecessary articles. For these travelling



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GOING TO MARKET.

becomes a penance, and the time of their stay in any place an infliction to whosoever takes them in.

Perhaps the happiest travellers are those who can successfully combine a modicum of comfort with a minimum of material, but to do this involves the thinking out beforehand, even to details, of every possible contingency and requirement. Where little children form part of the party this forecasting becomes doubly necessary. Few people are able to ensure having a railway carriage to themselves even if their party be a large one, and it is well to remember that even good children may seem troublesome in strangers' eyes, for few children can endure with patience a long confinement in a train, and sometimes the motion of the train creates sickness with a delicate child which makes it most difficult to deal with. The excitement of a prospective journey is often sufficient of itself to upset a child, and, at any rate, it invariably keeps all but the most imperturbable from eating properly before the start, hence the necessity of a lunch-basket to be produced afterwards, although eating whilst on a journey is to be deprecated for many reasons.

To strike a medium course, and avoid those after-consequences that invariably follow when sweets or cakes have been indulgently given as a pacific, involves some care in the packing of the lunch-basket. If the food and drink it contains are as nearly as possible what would have been given to the children at that hour if at home, the least upsetting of digestion will be ensured.

Too many sweets given during a journey produces acidity of the stomach, and thereby causes discomfort and fretfulness, while the child, really hungry, cannot be induced to eat proper food.

Let us, to be practical, see what may and should be found in the lunch-basket that accompanies the young family party on their journey to the distant seaside.

First of all see to it that it is nicely packed, using plenty of fresh white wrapping-paper, and empty cardboard-boxes for holding sandwiches, bread and butter, and cake, as this precaution keeps them from growing stale or "messy." Also small packages of everything are more tempting than to see a quantity together. For sandwiches there is nothing so nice as potted beef, or potted meat of any kind. It is moister, it spreads evenly, and quite does away with that disagreeable feature belonging to some sandwiches when the meat comes away at the first bite, leaving the bread and butter behind. Some little plain buns cut open and spread with lemon curd make nice sweet sandwiches. Eggs boiled hard and sliced thinly, sprinkled with salt and pepper, and spread between brown bread and butter, make another variety of the genus sandwich.

Pastry is rather to be avoided, although a few simple cheesecakes are not harmful.

Fresh fruit is always acceptable, and a silver knife and fork to cut or pare it should be put into the lunch-basket.

Plain, seed, or raisin cake should be added to the basket, but keep out all currant or rich plum kinds.

What to drink is always a difficulty; in warm weather and in a dusty carriage everyone grows thirsty, the little folk especially so.

Sterilised milk will carry well, but it is too substantial a food to serve as a thirst quencher. For the latter purpose there is hardly anything to equal home-made lemonade, that is lemonade made by pouring boiling water over sliced lemons and some lumps of sugar, adding a few crystals of citric acid, and letting it stand several hours. Strain and pour off into large flasks or bottles, putting a small piece of ice into each. Cold weak tea, without either sugar or milk, makes a refreshing beverage for older folk.

A few soda-mint tablets should be taken where there is any tendency to nausea; they quickly relieve the disagreeable feeling and are invaluable when travelling on board ship.

When a journey of several hours is undertaken a few playthings or favourite books ought to be provided for the little ones; children must have occupation, and whenever possible their minds should be occupied with observing the country they are passing through, encouraging them to think and reason about things, still this palls after a time, and a change to book or toy is welcomed.

To the intelligent grown-up travellers we would like to suggest that the book of nature is better worth reading than many of those they buy at the bookstall. It is quite saddening to notice how comparatively few people possess the faculty of observation, the beauties of the landscape, the formation of the land and its character, or the many touches of real life that one comes across incidentally on almost every journey, are quite passed over by those who "having eyes, yet see not." This defect grows out of the want of being taught as children the use of the eye as a shorthand reporter to the brain.

Then there is the clothing question; what is and what is not suitable for wear when on a journey.

A few years ago it was quite a common thing for people to reserve their oldest and shabbiest clothes for travelling, and one invariably recognised one's own country-people when meeting them abroad by the cut and quality of their garments. Nowadays we have changed all that, thanks to the improvements and embellishment of everything that belongs to tourist paraphernalia. The neat tailor-made suit, the trim hat and smart macintosh have ousted the half worn dress and mantle from favour, so that we no longer see the dreadful incongruities that once made us wince. I well remember watching the disembarkation of an excursion steamer on the French side of the Channel some few years ago, and feeling keenly ashamed of the sorry figures cut by most of my compatriots as they came off the boat. Cotton dresses, white in many instances, and all more or less bedraggled, thick jackets or capes over these, and fur boas, above which came white straw hats with laces, ribbons and flowers galore!

Seriously, however, the question of suitability is not an easy one to solve in spite of the "tailor-mades." On very hot days the latter do not look happy, even with the cotton shirt that is adopted with them, for the cotton shirt has generally a stiff collar and cuffs, which cause heat just where it is most uncomfortable to feel it.

In hot weather, for travelling by train or

carriage nothing is so light and cool as a simply-made alpaca dress, or one of the old-fashioned materials known as *barège*, nun's veiling, and beige. These are so light in texture, and the dust can so easily be shaken off, that however light they may be in colour they do not easily soil. Accompanying a dress (simply made) of this kind, a three-quarter shower-proof cloak of thin tweed would be a sufficient wrap for most cases; the hat can be a plain sailor or one of light mixed straws, than which nothing looks neater, or a boat-shape of finer straw the shade of the dress, trimmed with quills.

Little children look their best in washing suits, but these so quickly lose their freshness, and if the weather cools they are not a sufficient protection, so that for these reasons they are best discarded. A light woollen material for a little girl, as soft and thin as you please, and a thin serge for a boy would be most satisfactory in the end. Plain straw hats, simply trimmed, for either, and a good cloak in reserve. Starched white hoods or hats are far from being as cool as they look, and invariably have to be removed in a railway carriage. For travelling by steamer there is nothing so comfortable as a soft light cap.

Rubber-soled shoes are the easiest wear on deck or by the sea-shore; good stockings, but not very thick ones.

When a night has to be spent in a railway carriage or a berth a flannel dressing-gown should be taken, as to lie down in one's clothes not only ruins them but effectually prevents sleep in comfort. Many people undress and lie down in their berths, trusting only to the rug given by the stewardess for their covering, a proceeding that is neither wise nor sanitary.

A pocket or bag to hold a small comb and brush, a sponge, cake of soap, a soft towel, and other small articles that may be required is an essential to comfort, as it is a great nuisance when portmanteaux have to be unlocked to find these requisites.

Where there are very small children or a baby one or two soft square pillows are a great comfort; these should be covered in art muslin or something that washes as well. A little hammock that can be slung anywhere, with a rug folded inside it, makes a delicious bed for the little baby. Anything which helps to keep the baby warm and comfortable conduces also to the comfort of those who travel with the tiny passenger, and for this reason the mite's belongings are generally found to make up a good half of the family luggage, and yet to cut these down is a penalty one hardly dares to incur. There are many little contrivances brought out for heating food, and one of these is indispensable as a "mother's help" either on the journey or in lodgings; if possible, however, do not choose one that is lighted with spirit, an oil-lamp is far safer, if more trouble to carry.

In conclusion, do not forget to take a few simple remedies such as camphor pilules (for warding off colds), aconite in homœopathic form for feverish symptoms, a few camomile flowers, a few anti-pyrene powders (or tabloids), some olive oil and strips of linen; also, last but not least, a supply of arnica and calendula plaister.

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