ACCIDENTS IN TRAVELLING:

*With Cautions and Hints to Travellers.**

When you are going to ride on horseback, it will be right, before you mount, to examine carefully the trappings of your horse, to see whether the bridle, girths, and stirrups, be safe and well fixed, and the animal be properly shod. So also, when you are going to drive in a gig or chaise, it will be proper not only to inquire whether the harness, wheels, and other things be well adjusted, but to cast an eye over these matters yourself before you set off.

Never ride or drive with too slack a rein. This is a rule which ought not to be despised, since, from a neglect of it, horses which are apt to stumble, sometimes fall down, to the great danger, if not the injury, of the persons who are riding or driving them. Besides, in the case of fright, or running away, the command of the reins is gone. Should you find it necessary, in consequence of the horses running away, or any other cause, when riding in a gig to quit it hastily, if it be possible, leap out behind, taking care not to lean too forward, which is by far the safest method; for the motion of the carriage being opposite to the direction of your leap, you will come to the ground with the least possible force.

With respect to providing great coats, umbrellas, &c. when you are going a long journey, and are to be exposed to the weather, there has long been in use a very quaint maxim, which is this: "If it does not rain, take such things with you; and if it does, do as you please:"—implying that if the weather be now ever so fine, it is not long to be trusted; and, if it be foul, you will need no further motive to induce you to guard against it.†

In travelling in a stage coach, passengers should be very careful to keep down the windows; or at least one, and the other off the check, in order to promote a free circulation of air, and when

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* We acknowledge ourselves indebted for the greater part of these cautions and hints, to Bosworth's Accidents of Human Life, a book that cannot be too widely circulated.

† The common house spiders, Dr. Willich observes, independently of their utility in reducing the number of flies that appear during the summer, afford a very accurate natural barometer, because, the celerity, or indolence, with which they work, indicate the approaching variations of the atmosphere; thus, if the weather be about to change, and become wet or windy, the sagacious creatures make the terminating filaments that support their web, uncommonly short; but, if such threads be extended to an unusual length, the weather will remain serene for ten or twelve days, or for a longer period, according to the proportionate extension of the former. On

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this cannot be accomplished on account of the inclemency of the weather, one window on the lee side should be invariably kept open to its full extent.

A cramp in the calves of the legs is a very disagreeable and painful complaint, to which those who have their legs long confined in tight boots, are subject in travelling. An effectual preventative for this pain, is to stretch out the heel of the leg as far as possible, at the same time drawing up the toes towards the body.

A Cramp.—Sometimes a garter applied tightly round the limb affected, will speedily remove the complaint. When it is more obstinate, a brick should be heated, wrapped in a flannel bag, and placed at the foot of the bed, against which the person troubled may place his feet. No remedy, however, is equal to that of diligent and long continued friction.

As for *travelling on foot*, you think, perhaps, no caution is necessary on that head. To be sure, you need not much instruction to know how to take an ordinary walk, or an afternoon's ramble; but even on this subject, a celebrated poet and physician has thought it not unworthy of him to bestow the following hints.

> Begin with *gentle* toils; and, as your nerves
> Grow firm, to *hardier* by just steps aspire.
> The prudent, even in ev'ry moderate walk,
> At first but *saunter*, and by *slow* degrees
> *Increase their pace.**

In *long journies* much caution is needful, on account of the fatigue they occasion and the heat they produce in the body, thus tending to bring on fevers, which are often hastened by the improper management of the travellers themselves.

Count BERCHTOLD'S *Cautions to Travellers.*—Those who travel on foot, especially in hot climates, should never sleep under the shadow of a tree, or near a hemp field. Thirst is more effectually quenched by eating fresh fruit, and a morsel of bread, than by drinking water: lemon juice, or a little vinegar mixed with water, is better than water alone. After a long journey on foot, it is unwholesome to take a plentiful meal, or to sit near a great fire. Travellers on foot should wear a flannel waistcoat next the skin; and all travellers should carefully avoid damp beds, and the falling of the evening dew after a free perspiration."†

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the contrary, when the spiders are totally inactive, rain will shortly follow; but if they continue to spin during a shower, it is an indication that the rain will speedily cease, and be succeeded by calm fair weather.

* Armstrong's Art of preserving Health, Book III.

† To detect dampness in a bed: Let your bed be first well warmed, and imme-

Those who walk long distances, especially before their feet are well seasoned by the practice, are very liable to have blisters formed at the bottom of them. If you should ever be troubled by them, take a large needle full of worsted doubled; pass the needle through the blister from side to side, but leave the ends of the worsted in it, and clip off the remainder. The opening will cause the blister to discharge, and the worsted will keep it open, at the same time that it will prevent the outer skin from sticking to the inner. If you follow this plan at night, after your day's walk, you will find yourself the next morning as easy, and as able to walk again, as though nothing had happened. If the feet are merely inflamed without having any blister raised upon them, it is a good plan to wash them with milk-warm water on going to bed.

Some *Dogs* are very snappish and ill natured, and cannot allow a traveller to pass without growling, but it is a very foolish practice, to say the least of it, to provoke them to put their snarling threats into execution. The following instance is said to have occurred, not many years since, in St. James's Park. "A young gentleman passing a dog, slightly touched it with a switch he carried in his hand, upon which the ferocious animal turned, and seized him by the belly; and, in spite of the exertions of those around him, he continued his hold until the bowels of the youth appeared at the wound. I need scarcely say, the poor youth died within a few hours."

Hunger and *Famine* are sore evils, which many a poor unfortunate traveller is obliged to submit to, it is therefore, a matter of serious consequence to those who may be exposed to such calamities to be provided with the means of alleviating their horrors. The American Indians are supposed to use a preparation of the juice of tobacco, and the shells of oysters, snails, or cockles, burnt so as to be reduced to the finest powder, which being dried and formed into lozenges of a proper size, to be held between the gum and the lip, are there gradually dissolved, and obtend or mitigate the sensations both of hunger and thirst. The root of the heath pea, or peasling, which grows on moist heaths and in woody meadows, is held in great esteem by the Scottish Highlanders, who chew it like tobacco, and assert that it obviates the uneasy sensation of hunger. And what furnishes a palatable and efficacious substitute for food in a famishing situation at sea,

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diately after introduced between the sheets, in an inverted direction, a clear glass goblet; after it has remained in that situation a few minutes, examine it; if found dry, and not tarnished with drops of wet, for there will often appear a slight cloud of steam, the bed is safe; but if drops of wet or damp adhere to the inside of the glass, it is a certain sign of a damp bed; in which case it will be more safe to sleep in the blankets than between the sheets.

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and has been judiciously suggested by Dr. Lind, that it may form part of the provisions of every ship's company, is the powder of salop, which together with portable soup, when dissolved in boiling water, forms a rich thick jelly, and one ounce of each article will furnish a whole day's subsistence for an adult.

Sea sickness is a very distressing and debilitating indisposition, and in order to alleviate it, one or two draughts of sea water have been found very serviceable, for though extremely disgusting, that fluid will clear the first passages, if they be foul or oppressed, and thus afford effectual relief; but for those that would rather put up with the disease than have recourse to such a cure, the following preventatives may be acceptible. Drop a few drops of vitriolic æther upon loaf sugar, and let it dissolve in your mouth; or drink a few drops of æther, added to a solution of sugar, in water, to prevent its immediate evaporation.

DANGEROUS SITUATIONS, PLAYS AND SPORTS, FOR CHILDREN;

With necessary cautions to be observed by those grown up: as they are strikingly laid down, and legibly marked off, by many a dear-bought experience in the CHART OF LIFE.

AN eminent poet and philosopher, in allusion to the complicated nature and wonderful structure of the human frame, says well:

> "Strange that a harp of thousand strings
> "Should keep in tune so long."

But his words are no less true:

> "Dangers stand thick thro' all the ground,
> "To push us to the tomb."

Man truly comes into the world in a weak and helpless state, and if left to himself in the tender years of infancy and childhood, would be momentarily exposed to many a danger, each of them sufficient to extinguish the vital spark, before lengthened days had suffered it to acquire a brilliant flame.

As he advances from his nurse's arms, these continue to gather like a baneful atmosphere around him; nor has he got beyond the reach of accident, when age and grey hairs warn him of his departure.

In every stage, betwixt the cradle and the grave, he stands in need of the care and circumspection of others, or of the most prudent dictates of his own experience to screen him from accidents the most fatal, or teach him to avoid those numberless casualities, that, like so many shoals and quicksands, lie across

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