

day after he set out again, and crawled as far as the Bivouac Rock. Here he remained for six days, till he was found by a search party from the Hermitage. When the accident happened he had one day's provisions in his knapsack, and these had to last him ten days. At the end he was reduced to two pinches of cocoa per day. He completely recovered; but the adventure is a wonderful instance of moral tenacity and physical endurance, and a solemn warning against one-man expeditions in the high mountains.—*Spectator*, March 28.

IT was mentioned in the daily papers early in June that a pair of ospreys had appeared in Strathspey. Their precise location, it seems, is not known; presumably, it is not the old eyrie of the ospreys  
 OSPREYS IN at Loch-an-Eilein, or that would have been stated. No  
 STRATHSPEY. osprey has been seen at Rothiemurchus since 1902 (see  
 "The Vanishing Osprey" in *C. C. J.*, vii., 177.) It is said that the pair of ospreys that nested on the ruined castle in Loch-an-Eilein were frightened away by the rafting of timber across the loch after the fire which devastated part of the Rothiemurchus forest; but that is rather doubtful.

## REVIEWS.

THERE are some suggestive hints on walking in a little volume on "Holidays and How to Use Them," by Dr. Charles D. Musgrove, just published by J. W. Arrowsmith, Ltd. They seem, however, more suited for the guidance of those who indulge in walking merely as a holiday pastime, than for practised pedestrians. Here, for instance, is a suggestion which is virtually in consonance with the experience and practice of walkers who may be termed expert—"Anyone who is going to do much walking should know his pace also, and keep within it. The best way is to time yourself over a single mile, and see what you can do it in. Then take off a mile an hour for long distances. Suppose you can do the mile in twelve minutes, that is five miles an hour, your average rate for a day should be four miles to the hour. If you are only a moderate walker, and take fifteen minutes to the mile, an average of three miles an hour is sufficient for you. The best test is the breathing. As soon as this becomes an effort, in fact as soon as you become conscious of your respirations, you are overdoing it, and must slacken your pace."

Dr. Musgrove is also insistent upon "walking properly"—a matter, perhaps, to which sufficient attention is not directed. "People," he says, "are usually incredulous and affronted if you tell them that they are walking wrongly. To convince them, make them keep in a straight line along a stretch of sand or muddy road. Then draw a line midway between their footmarks. The chances are that these marks will be four or five inches, perhaps even more, on each side of the line, and the farther away they are the worse sort of walking it is. In fact, it is straddling not walking. Get someone who has mastered the art to cover the same ground, and note the difference. If the footmarks diverge at all on each side of the line it will not be for more than an inch or two, perhaps they

will be even found to correspond exactly with it. When covering long distances a little latitude is permissible, as it is more enjoyable, but it should never be for more than an inch or so on either side. When it is more than this the body has a sideways movement akin to the sailor's roll, and this means a great deal of unnecessary exertion and a considerable loss of ground. After careful measurement I have ascertained that the loss amounts to one foot in every fifteen. That means about 120 yards in each mile. On a tramp of twenty miles, that would amount to nearly a mile and a half." The doctor is also of opinion that most people take too long a stride, which is a mistake as it tires the muscles of the thigh, causing greater fatigue.

MR. SETON GORDON had a striking article descriptive of "Sunset and Sunrise on Ben Nevis" in *Country Life* of September 27, 1913. He spent a night on the summit of the Ben, and in the morning witnessed

MOUNTAINS the unwonted spectacle of a vast sea of mist with the tops of the  
SEEN ABOVE highest hills standing out clear and sharp—a spectacle  
MIST. he had never witnessed during his extensive and varied

wanderings on the Cairngorms at every season of the year. "High above the mist to the eastward," he says, "the Cairngorm Hills were visible, Cairn Toul (4241 feet) being specially prominent across the fifty miles of intervening country. Its contour was clearly seen—even the corrie of Clais an Toul, and, further north, the slopes of Braeriach, with the large snowfield in the Horseman's Corrie. Across the valley of the Dee, Ben Muich Dhui was made out, the cairn on its summit being distinctly visible. Lochnagar held its top above the clouds, and just appearing above the summit of Ben Alder, one could distinguish the outline of Beinn a' Ghlo, 'the Mist Mountain,' so named because its summit is often shrouded in cloud when the surrounding hills are clear. But the most prominent of the peaks projecting from the sea of mist was that of Schiehallion, whose tapering cone stood out with true Alpine effect. Westwards the twin tops of Cruachan were just visible above the clouds, but here the mist enveloped all but the summits of the highest hills." The article was accompanied by four excellent illustrations of the wonderful effects produced by the "sea of mist."

IN an article on "A Hill Pass of the Pyrenees," in the *Scotsman* of April 21, Mr. Seton Gordon instituted some interesting comparisons between his observations on the mountainous borderland between

INTERESTING France and Spain and what he has seen nearer home. He  
COMPARISONS. noted in places the *Saxifraga oppositifolia*, an Alpine plant known to the lovers of the Scottish hills. A pair of

SNOW buntings flitted past him, and he found at intervals feathers of the ptarmigan, which has its home "on the roof of the world" in the high Pyrenees as well as elsewhere; but he failed to obtain a sight of the bird, which he believes reaches a greater size in this region than in its Scottish haunts. His most interesting observation was thus recorded—"Standing at an elevation of 7000 feet and fully exposed to the storms was a wood of mountain pines—*Pinus Montana Uncinata*. The outskirts of the wood were guarded by veteran trees, evidently of great age and now dead or

dying. It was of considerable interest to notice that their trunks showed the phenomenon of spiral growth well marked, the phenomenon which can be well noticed in some of the outlying Scots firs in Glen Derry and Glen Quoich, in Scotland. It is to meet the great strain put upon the wood by incessant gales that this picturesque spiral growth is formed."

THE *Times Literary Supplement* of March 12, in the course of a review of a book on mountaineering in Kulu and Lahoul in the Himalayas by

Lieutenant-Colonel the Hon. C. G. Bruce, M.V.O., who was accompanied in his climbs by Heinrich Führer of Switzerland will be interested in Colonel Bruce's views upon climbing at great heights. Führer had symptoms resembling mountain sickness while descending the Solang Weisshorn; but he had done no more than he would have done in Switzerland without being in the least affected. What is called mountain sickness is sometimes really the effect of great altitudes upon tired frames. An exhausted man may have such symptoms at comparatively low altitudes, whereas in good condition he could move without discomfort at far greater heights. Colonel Bruce believes, moreover—and we are inclined to agree with him—that men with the physique to face intense physical exertion at 20,000 ft. can probably 'on suitable ground,' add another 6,000 ft. to this. In other words, Nanga Parbat (26,656 ft.) is not unconquerable by reason of its height, at any rate. Mrs. Bullock Workman has reached 23,300 ft. in the Himalayas. Whether these views can be applied to Mount Everest (29,000 ft.) is perhaps another matter."

Mr. EDMUND CANDLER, the traveller, had a delightful article in the March number of *Blackwood's Magazine* descriptive of a walk round Nanga Parbat, a mountain in the Himalayas. "Nanga Parbat," he says,

A STUPENDOUS "is not the highest mountain in the world—there are  
PRECIPICE. three or four peaks higher; but there is no rock-face anywhere comparable to the drop from the summit 26,620 feet on the north-west to the bed of the Indus, nearly 24,000 feet beneath. Everest, Kanchenjunga, K<sup>2</sup>, all the giants of Nepal, Sikkim, and the Karakoram, rise from great mountain chains or high table-lands; their highest pinnacles are invisible from below. Nanga Parbat, the incomparable, alone reveals her whole naked majesty and beauty, rising from the river-bed in Chilas at a little more than 3000 feet above sea-level to as near heaven as may be. And she stands alone, a patent goddess, 9000 feet higher than any other summit within 120 miles, save the subordinate peaks of the same massif."

IN the course of his article, Mr. Candler incidentally touches on the naming of mountains, mainly to deprecate the habit of giving to mountains

not possessing definite labels "ugly British names, the sound of which is a profanation to those who love the mountains—like a barrel-organ heard through cathedral doors." One can forgive K<sup>2</sup> and the like, he says, for these designations represent the honest, workman-like

formula of the surveyor; but he is appalled at the idea that Mrs. Bullock Workman, who recently discovered three summits "hidden somewhere beyond the farthest horizon, should propose to name them after kings and queens and viceroys. He declares that the Asiatic has an instinct for sound in a name as unerring as Milton, and he cites as instances the three main peaks that are seen from the vale of Kashmir—Nanga Parbat, Haramokh, and Kolahoi, and the giants of the Sikkim Group—Kanchenjunga, Pandim, Kabru, Siniolchum. "And Chumulari, most divine of all, a present deity whose image sleeps in the turquoise water of the Bam-Tso—but for the grace of God she might be named Mount Younghusband, or Macdonald, or Curzon, or Brodrick, or King Edward VII."