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A few questions about the sun, I've already mentioned. Shoes, you'll be sure to have ones that don't give blisters. I'd recommend carrying some cotton or wool batten and the minute you feel the start of a blister put that in and that will shape the shoe and save you being laid up for a day.

(You mean put it in the toes so you don't slide?)

You see if you start to get a blister, your shoe is rubbing on it and possibly make it worse but if you put

(I've never done that. Good suggestion)

With five of you it might save the trip because if one is laid up the whole thing is gone. While I'm at it I'll mention another thing about the feet I learned some years ago. I had a massuer tell me once that if you have danger of, if your arch begins to hurt, he said take your shoes off and walk on the side of your foot and kind of bend it around this way as if you were bending the arch, and then he said hold a marble between your toes so that bends that up. I've found I could imagine a marble almost as well as to use it. One time I was coming out of the Canyon and the bottom of my foot began to hurt like everything and I started walking on the side of my foot even without taking my shoes off and thinking of bending the foot inwards, and it fixed it right up. That's worth knowing. You'll find that helpful.

Do you have a rattle snake outfit?

(No, I don't)

They probably have better ones now than what we used, but

(I should get one, is that right?)

Oh, absolutely! One used to be able for \$1 from the Cutter Co. to get a little red thing only about this big, but it had two suction cups. A big one for the arm and a little one for the finger. It had a suction cup and a little razor blade and a tonnique. If you watch the danger of being bit it is practically nil but if you did get bit just cut cross wise on it and put your ~~XXX~~ tornique above it, and apply suction, because every drop of that venom you can get out is tremendously important.

(Can you buy that at the Canyon, do you think?)

You can probably buy it anywhere in the west, rattlesnake country. I would think you could get it at any camping place in this area. I would not go without it and if you could get that little thing for \$1 it would be worth a couple if you had it.