

"The Family Circle"

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LUNCH FOR THE HARVESTERS.

The beautiful engraving in this number represents a harvest scene. The little girl just emerging from the path through the golden grain, carrying her basket of refreshments and "the jug of water or milk perhaps, reminds us of the healthful toil of bygone days; and whatever may be the opinions of hygienists as to the propriety of five meals a day, we certainly did enjoy the doughnuts, berry pie and lemonade with which we were regaled between meals in the harvest field, while earning our pocket money during college vacation.

HEALTH AND DISEASE.

Sunshine and Health.

The sun's rays possess a subtle influence potent for the accomplishment of many of the most marvellous of Nature's processes. Not the least striking of its effects is its influence upon the human system. A recent writer says:—

"Sir David Brewster has justly called sunlight 'the very life-blood of Nature.' The ancients worshiped the sun as Apollo, and also made him god of the healing art. They had their sunny terraces on the tops of their dwellings, where they could bask and bathe in the healthful, life-giving sunshine. The pathological importance of this agent is admitted, theoretically, by all intelligent persons. There are, indeed, ignorant people who make their homes as dark as their minds; who love darkness rather than light, because the admission of light into either their brains or their dwellings would reveal much of rubbish and dirt. But people are getting more correct views, and beginning to welcome light of all kinds as a gift of God, who is the Father of lights.

"The dynamic value of sunshine is emphasized by the Italian proverb, 'Where light is no permitted to go, the doctor will have to go.' The stimulus of light is as indispensable to the proper oxygenation of human blood, and to vigor of health, as it is to the germinal life of the vegetable, or the development of animal spawn. The transformation of a tadpole, which Dr. Hammond accomplished in fifteen days in sunlight, would not be completed in darkness in one hundred and twenty-five days. Various animals, from the rabbit to the cow, have developed tubercles, simply by depriving them of sunlight. Dr. Kane, the Arctic explorer, tells with what anxiety he and his ghastly company watched

the sun's return to bring, as he said, its 'blessed medicine' to those pale and wasted sufferers. Cretinism, or idiocy, atrophy of the limbs, and other diseases are common where God's healing sunshine is shut out.

"The imperial surgeon of the Russian service, Sir James Willie, at St. Petersburg, says that there were three times as many cases of sickness on the shaded side of the military barracks as on the sunny side, though the air, food and discipline were the same. Florence Nightingale, Baron Dapuytren, and other eminent authorities, join their testimony to the influence of this potent agent in healing the sick, as well as in preserving the health of the well. Pure air and exercise are invaluable, but, as Dr. Willard said before the Legislature, 'The triad is inseparable. The absence of sunlight will originate disease.'"

Night Air.

Before we can hope to fight consumption with any chance of success, we have to get rid of the night-air superstition. Like the dread of cold water, raw fruit, etc., it is founded on mistrust of our instincts. It is probably the most prolific single cause of impaired health even among the civilized nations of our enlightened age, though its absurdity rivals the grossest delusions of the witchcraft era. The subjection of holy reason to hearsays could hardly go further. "Beware of the night-wind; be sure and close your windows after dark!" In other words, beware of God's free air; be sure and infect your lungs with the stagnant, azotized, and offensive atmosphere of your bed-room. In other words, beware of the rock spring; stick to sewerage. Is night air injurious? Since the day of creation, that air has been breathed with impunity by millions of different animals—tender, delicate creatures, some of them—fawns, lambs, and young birds. The moist night air of the tropical forests is breathed with impunity by our next relatives, the anthropoid apes—the same apes that soon perish with consumption in the close, though generally well-warmed atmosphere of our northern menageries. Thousands of soldiers, hunters, and lumbermen sleep every night in tents and open sheds without the least injurious consequences; men in the last stage of consumption have recovered by adopting a semi-savage mode of life, and camping out-doors in all but the stormiest nights. Is it the draught you fear, or the contrast of temperature? Blacksmiths and railroad conductors seems to thrive under such influences. Draught? Have you never seen boys skating in the teeth of a snow-storm at the rate of fifteen miles an hour? "They counteract the effect of the cold air by vigorous exercise." Is there no other way of keeping warm? Does the north wind damage the fine lady sitting motionless in her sleigh, or the helmsman of a storm-tossed vessel? It cannot be the inclemency of the open air for, even in sweltering summer nights, the sweet south wind, blessed by all creatures that draw the breath of life, brings no relief to the victim of aerophobia. There is no doubt that families who have freed themselves from the curse of that superstition can live out and out healthier in the heart of a great city than its slaves on the airiest highland of the southern Apennines.—*Popular Science Monthly*.

Contagion is largely propagated by means of the clothing, and clothing is best disinfected by heat. No form of contagion can withstand a dry heat of 220 degrees. The clothing should be placed in a box or a closet maintained at that temperature for perhaps an hour. Carbolic acid will not destroy the effect of vaccine virus but for the time being.

CURE FOR DIPHTHERIA.—An Austrian claims a reward: offered for a certain cure for diphtheria. He claims to have long used it privately with great success. He puts four drops of sulphuric acid in three-fourths of a tumbler of water, for an adult; for children, less, according to age. The intervals of taking the doses are not stated, nor is much accuracy important. This coagulates the membrane so that it is coughed out. This seems allied to the dry-sulphur treatment often recommended, and is worth trying.

All experience goes to show that people are far more liable to contract disease or contagious fevers on an empty than with a full stomach.