

THE FAMILY CIRCLE

Is published on the 15th of every month, at the London East Printing and Publishing House, London East, Ont., by Messrs. Lawson & Jones.

During the past month voluntary testimonials have been literally showered upon us from every quarter of Ontario and many points in Quebec, Manitoba, Michigan and New York, declaring the FAMILY CIRCLE to be the best magazine for the hearth and home in the Dominion.

Our liberal cash commission to agents is being taken advantage of by persons in many localities and long lists of names are continually being received. We have still room for more agents, and will send our terms free on application. From present appearances we are not likely to fall far short of our object, viz.: To have the FAMILY CIRCLE looked for by every household in the Dominion as a most welcome guest appreciated alike by parents and children.

Subscribers changing their address during the summer months can have the FAMILY CIRCLE mailed to them by giving us due notice.

PERIODICALS.

The May number of *Good Health*, just received, presents an interesting variety of valuable articles on subjects pertaining to health and temperance. *Good Health* has long been the leading health journal in the country, and seems destined to maintain its position at the head of this kind of literature. Published at Battle Creek, Mich., at \$1.00 a year.

We have received the March number of the *Original English Chatterbox* from the American publishers, Messrs. Estes & Lauriat, Boston, Mass. This children's magazine has a world-wide reputation, and more than a million children in England and America read its charming stories. It contains 32 pages, and 16 full-page illustrations each month. Subscription \$1 per annum. New subscribers are given a beautiful engraving.

The *Oriental Casket* is a new magazine published by L. Lum Smith, Philadelphia, and edited by Emerson Bennett. The April number has been received, and will, no doubt, vastly gain for it public favor. It is, indeed, a repository of literary gems.

RESPONSES TO READERS.

H. K.—We have on hand some copies of the June, 1881, number of the FAMILY CIRCLE containing the poem on the Wreck of the Victoria.

GEORGE H.—Subscriptions can commence with any month, and those wishing to commence with the May number will have that part of the continued story published in the March and April numbers mailed to them.

A. M. L.—Pimples can be removed from the face generally by the free use of glycerine and rose water in equal parts before going to bed.

SUBSCRIBER.—The development of thorough masculinity is nature's recipe for the growth of hair on the face. It is as natural for a man to have abundance of it as for a well-sexed woman to be entirely without it. Persons, however, have used cold sage tea to promote its growth with good effect.

MELINDA.—Don't let your feelings get the mastery of reason. You evidently see the right path. Stick to it with courage.

SUBSCRIBER T.—You should exert yourself to gain the old lady's favor. Every effort proving futile, however, we can see nothing wrong in your determination.

ARTHUR M.—If you expect us to answer you by mail you should enclose stamp. If we undertook to answer all the letters received and stamp them ourselves we should count the expense by dollars not by cents.

HEALTH AND DISEASE.

The Praise of Good Doctors.

A SONG.

The best of all the pill-box crew,
Since ever time began,
Are the doctors who have most to do
With the health of a hearty man.

And so I count them up again
And praise them as I can;
There's Dr. Diet,
And Dr. Quiet,
And Dr. Merryman.

There's Dr. Diet, he tries my tongue,
"I know you well," says he:
"Your stomach is poor, and your liver is sprung,
We must make your food agree."

And Dr. Quiet, he feels my wrist,
And he gravely shakes his head.
"Now, now, dear sir, I must insist
That you go at ten to bed."

But Dr. Merryman for me
Of all the pill-box crew!
For he smiles and says, as he fobs his foe:
"Laugh on, whatever you do!"

So now I eat what I ought to eat,
And at ten I go to bed,
And I laugh in the face of cold or heat;
For thus have the doctors said!

And so I count them up again,
And praise them as I can:
There's Dr. Diet,
And Dr. Quiet,
And Dr. Merryman!

—Samuel W. Duffield.

Milk Vs. Beef.

Mrs. I— writes to us asking the difference in nutriment of a pound of beef and a pound of milk, to which we reply: A quart and a half of good, fresh, new milk is equal to a pound of beef in its nourishing qualities. If the milk costs four cents a quart and the beef sixteen cents a pound, then the milk is much the cheaper food. It is also cleaner and handsomer in its appearance, and there is a decided saving in preparing it. Milk needs no cooking. It costs something to cook beef, and there is considerable waste in the process. Whoever has observed a steak broiling and not noticed how the fat falls into the fire and burns in a blaze? Then the milk, if fresh and pure, is more healthful for the consumer. All flesh meat contains more or less effete matter, and some of this is deadly poison, if we may believe the chemists. If we were to take it in large quantities we should suffer more than we do. We do not know how many of the minor ills of life come from this source. Milk, brown bread and fruit form almost an ideal diet. Milk is best when new and fresh, and from healthy, properly-fed cows. It is a stepping-stone from a diet composed of animal food to a vegetable diet. The extent to which milk and its products are used as a food, may be imagined from the fact that there are 13,000,000 cows in the United States.—*Herald of Health*.

Lung Gymnastics.

No part of the body is more susceptible of development by judicious and appropriate exercise than the lungs. The amount of air which passes to and fro in the respiratory process is ordinarily but about two-thirds of a pint; and in cases of disease is much less, often being reduced to less than one-third of this amount. By the daily exercise of the lungs in such a manner as to develop the chest, the breathing capacity may be greatly increased. We have frequently seen the chest expanded three or four inches by a course of appro-