

RESPONSES TO READERS.

All communications for answer in this column should be addressed Correspondents' Department, Family Circle Office London East.

T. H.—See answer to your question under "Domestic Recipes."

ONE INTERESTED.—We will send anyone a copy of the Monthly for October, bound, on receipt of ten cents in postage stamps.

JENNY H.—It is not advisable to use different tints of paper to express your feelings in such cases, as the chances are their significance would be lost on the receiver. You can express yourself more plainly by words.

F. F.—The word *fudge* is said to be derived from a person's name. A Captain Fudge, commander of a merchantman of the time of Charles II., who always brought home a quantity of lies as to the success, etc., of his voyage, is supposed to be the personality underlying it.

SPEC.—The phrase, "milking the street," is applied to the act of cliques or great operators in stocks who hold certain stocks so well in hand that they cause any fluctuations they please. By alternately lifting and depressing prices, they "milk" the small operators and the outside public.

S. S.—1. Mrs. Frances Eleanor Trollope's novels are: Among Aliens, Anne Furness, Mabel's Progress, The Sacristan's Household and Veronica, editions of all of which have been published by Harper Bros. 2. "Blades-o'-Grass" is the title of a novel by B. L. Fargeon, whose works all bear more or less eccentric titles.

W. H.—1. The reports of the city you speak of making your home in are not favorable at present. Numerous failures are reported of late from there. 2. We supply subscribers with either the weekly or the monthly issues of the FAMILY CIRCLE, as they desire, in every case sending the weekly where the monthly is not specially ordered, as it is newer and fresher each week as compiled and first published.

HEALTH AND DISEASE.

Mens sana in corpore sano.

Cold Bathing.

Just now, I am sorry to say, there is a reaction against cold bathing. A medical man of my acquaintance cautions his patients against too frequent bathing, for fear the oil may be removed from the skin. He tells them that twice a month during the winter, and twice a week during the summer are quite enough for anybody. A wellknown writer has recently cautioned the world against the removal of the skin oil by too frequent bathing.

This is entire missapprehension. In hydropathic establishments the patients are sometimes bathed three or four times a day, yet never lose the oil of the skin in consequence. Pugilists in preparing for the prize ring, are bathed two or three times a day, and rubbed with rough towels by the strongest arms. Heenen was bathed three or four times a day, and rubbed by McDonald and Cusick, with all the power of their strong arms, fifteen minutes at a time, and with the roughest towels and brushes, and yet the account says that when he appeared in the ring his skin was as beautiful as a baby's.

If cold water were used without soap, a bath every hour with the hardest friction would only increase the secretion of oils.

A more frequent objection—one used by the patients themselves—is, that they can't get up a reaction. A lady said to me one morning, "I have tried this cold bathing, but

it always gives me a headache; besides, I can't get warm for an hour."

Many others have made the same objection. Now this is all because you do a't manage right. If you will manage as follows, the want of reaction, and consequent congestion of the head and chest will never occur again. Purchase a bathing-mat, or make one by sewing into the edge of a large piece of rubber cloth a half-inch rope. On rising in the morning, spring into the middle of it, and with an old rough towel folded eight or ten inches square, apply the water as fast as your hands can fly; then with the rough towels rub as hard as you can bear on, until the skin is as red as boiled lobster. This will take but five minutes, and will leave you in a delightful glow.

I have never met anyone, who, taking the bath in this rapid and vigorous way, was not satisfied with it.—"Golden Rule."

Home the Best Place for Invalids.

The New York Sun compiles from the *Continent* the opinions of a physician about the curative powers of nature. The physician concludes that it is better for a consumptive to stay at home, where he can be comfortable, than subject himself to the discomfort of hotel life, or to the greater inconvenience of a camp. He says that the camp cure may be fairly tried by sleeping on one's own housetop. Another medical man replies that the summer conditions of spruce forests are eminently favorable, and consumptives have recovered, in the most surprising way, living under canvas in them, where the air was impregnated with the healing emanations peculiar to the non-deciduous tree growths. There are consumptives whose lungs crave the salt air of the ocean; others to whom the dry atmosphere of Colorado is infinitely soothing; and others again who are benefited by the climate of Florida or Southern California. "To prescribe Florida for one person might mean death, while if he went among the northern paradise of spruce, recovery might follow."

Wasp Stings.

This being the season at which petty questions and grievances are most likely to be relieved or redressed by the publicity offered by the press, a considerable number of correspondents are expressing the burning interest they take in the treatment of "wasp stings." There can be no doubt that under certain conditions the sting of a wasp may prove very injurious, or even dangerous to life. We are unable to endorse the opinion that there is no danger unless there be fear. It is quite possible that the sting of any insect capable of generating a poison may be fatal without the intervention of panic. The nervous system is in some of its states exceedingly susceptible of sudden impressions, which, as it were, "stagger" the nerve centers by shock. The bites of small snakes probably act in this way, and the sting of a wasp may prove fatal in the same fashion. As to remedies, ammonia is, of course, the obvious recourse; but almost anything "strong," in a popular sense, will generally suffice to decompose and destroy an organic poison if instantly applied. This is why the juice of an onion answers the purpose. Anything equally pungent would do as well.—*Lancet*.

An ocean voyage is said to be a sure cure for malaria.