

## CORRESPONDENCE.

No letters can be answered in the ensuing number which are received later than the third Saturday in the Month. Letters to be addressed to V. B. HALL, Post Office, Hamilton. Private residence Mountain View Cottage, Township of Barton, Hamilton.

SUBSCRIBER.—You will find that sudden changes and disturbances on the mind have a bad effect upon a person as much, if not more so, and more quickly than changes of climate upon the body and other things you mention. The mind should not be curbed with small difficulties but equally balanced at all times.

J. E. HALL, L. E.—You will find the disease treated on in this number, and can depend on the treatment recommended therein. Drink freely of stinging nettle tea, and eat freely of watercresses.

W. G. H.—I can send you the magazine monthly upon receipt of stamps to the amount, namely, 10 cents or 1.00 in advance for the year.

AN EMIGRANT.—You and any other working men from England cannot do better to suit yourselves to this climate than by drinking regularly some new milk every day, a pint or quart according to thirst, and leave the whiskey alone, attend to clothing, and moderately partake of every fruit as it comes in season.

J. TUCKER.—When you come to Hamilton, call on me, and I will let you have some plants that will be of service to you.

R. WATFORD, Toronto.—I should like to hear from you, or see you, if you come this way.

G. S.—Celandine is the herb.

FREDERICK S.—Strawberry or raspberry, as you like.

A FRIEND.—You can buy the dried roots at any druggist's in the town, I believe, if not, I can send them to you.