

## RESPONSES TO READERS.

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

U. S.—Chief Justice Coleridge draws a salary of \$40,000 per annum

D. R.—You can obtain the necessary information from the Public School Inspector of your County.

STUDENT.—The author of "Mary had a little Lamb," was Mrs. Sarah Josepha Hale, who was long editor of Godey's Lady's Book.

AMY.—In the language of flowers a white lily signifies purity; a yellow lily, falseness; a tiger lily, fierceness and a lily of the valley, delicacy.

SPEC.—The term "bear" is applied to that class of dealers in stocks that operate for a decline in prices, because being "short" of stocks they expect to profit by a lowering of prices.

INQUIRER.—The lines:

"The drying of a single tear has more  
Of honest fame than shedding seas of gore,"

occurs in Byron's Don Juan.

M. M.—An interference would only make the matter worse. If you could persuade your daughter to visit friends at a distance, for some time, it might further your purpose, but we would advise you to respect her choice.

CIRCLE READER.—1. The scale of advertising rates of different periodicals should vary according to their circulation; but some are much higher than others in proportion to their value. 2. The FAMILY CIRCLE circulates chiefly in Ontario, but has many subscribers in Quebec, Manitoba, and the Northern States, and reaches homes in every province in the Dominion, in the most Southerly States and in the British Isles.

## HEALTH AND DISEASE.

*Mens sana in corpore sano.*

## Table Wisdom.

I am acquainted with a gentleman who inherited a large fortune, a fine *personnel*, a bright mind, graduated from an English university, lived several years on the continent, has, in brief, been exceptionally fortunate in all his connections and surroundings. But he is a victim of dyspepsia. Lacking table wisdom, all his possessions and culture are worthless.

Certain Babylonian records have been unearthed and deciphered. And courses of lectures are given in our cities upon these records. I do not suppose that the stories of those Babylonian wars are really more important to us than the reporter's account of a dog fight, but who shall say that even this is of no consequence? May not all knowledge be useful?

Other courses of lectures have been given upon some curious discoveries in Cyprus. They go to show that the island was once occupied by a people not heretofore identified with its history. History is knowledge, and knowledge is desirable. If you know a hundred languages, it is still desirable to know another language. But I wish to emphasize that table wisdom, upon which our health, success and happiness in this world hinge, may, without exaggeration, be spoken of as *very important*! If we bestow upon it as much study as we give to the pyramids, our sanity must not be questioned.

My neighbor is a millionaire, but tortured with rheumatism because he lacks *table wisdom*. I would not exchange my *table-wisdom* for all his gold.

Table wisdom goes far to determine our health and happiness. No other knowledge is more important. And it doesn't come of nature or accident. It comes of attention, experiment, thought and study. Our clothes are the outcome of thought and experiment. Our carriages, our houses, our art, our science, are all the product of experiment and study. Shall the vital science of the table be left to ignorance and accident? Shall that art upon which our life pivots, be given up to whim and caprice? My house, my clothes, my carriage, my pictures, may be made by an ignorant boor, if need be, but let my food be selected and prepared by science and skill.

You may claim that you know what to eat, how to eat, and when to eat. Perhaps you have given attention to the food question? You say you have never thought on the subject at all; you always eat what is set before you. Then I venture to suggest that it would be easy, through true table wisdom, to greatly increase your enjoyment of life.

Many people are curiously shy about the discussion of such subjects. They seem to be ashamed of them. If a young man finds his cheeks a little reddened with wine, he is rather proud of it; but if his face is a trifle pale, and the skin very clear with high health, he is ashamed to state that the secret is a severe, plain diet, which costs him only fifteen cents a day.

The young men in a certain university are not ashamed of a shameful intrigue, though the virtue of an innocent girl be wrecked; they are not ashamed of an intimacy with a courtesan; they are not ashamed to tell indelicate stories—indeed, the one who can tell such stories in the rawest fashion is surrounded by an admiring crowd. But they are ashamed to speak of their mother with plain, honest affection; they are ashamed to defend plain, honest virtue of any kind; they are ashamed to defend temperance in eating and drinking. They clamor for the best wine, and dispute over its quality, but the vital question of food, of plain food, plainly cooked, and eaten in moderate quantities, they dare not mention, unless to ridicule it. They seem to be ashamed of every simple plain virtue, and take pride only in vice and loud vulgarity.

Many persons who are spoiling their lives by table vices, suffer no pain in the stomach. One has dulness, another headache, another soreness of the flesh, another stiffness of the muscles, another rheumatism, another sleeplessness, and thousands suffer from low spirits, and tens of thousands miss that cheerfulness and buoyancy which come of perfect digestion. All these are the victims of table errors. One of the great table errors is excess in quantity. And this comes in part from too great variety. I mean that a man who would not eat too much, if his dinner consisted of beef, bread and one vegetable, will constantly take too much, if there be soup, beef, bread, several vegetables, a pudding or a pie, and fruit.

—Dio Lewis.

## Seasonable Clothing.

Mothers who want to keep their children out of the sick-room, so liable to be constantly occupied during this changeable season of the year, will take care to see that they are properly clad, so that they will not be constantly contracting colds. The first approach of cold weather should lead every mother to bring out the winter clothing, and see that her little ones are properly protected from the changing temperature of these autumn days.—Good Health.