

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.

Since the publication of the March number we have been continually receiving letters containing unbounded praise of its attraction as a magazine of interest, instruction and amusement. Our subscribers in all parts are helping us, for which we wish to tender our sincere thanks. Hundreds of new names come in weekly, many of which accompany renewals from old subscribers.

From subscribers letters we quote the following.

Mrs. E., Toronto.—"I have always liked THE FAMILY CIRCLE, but think the March number the best issue yet."

W M, Palmyra.—"The choice of literature shows a decided improvement in every particular."

Mrs. H., London.—"The Circle is improving. The March number displays more life and interest than any previous number. I like its literary turn."

Miss M, Woodstock.—"I could never be without THE FAMILY CIRCLE."

The above is a sample of the sentiment from hundreds of friends, and while lack of space forbids us noticing each separately, we sincerely thank all our subscribers who wish us prosperity, and feel ten thousand times grateful to those who are tangibly securing success to us.

Subscribers changing their residence will please send us a card promptly, informing us of their change of address, giving their former as well as their new address; as papers are frequently sent back to us marked: "Removed," "not found," "vacant house," "not called for," &c. We are anxious to have all our subscribers receive their papers regularly, and do all in our power to enable them to do so, by mailing correctly to the address given us.

RESPONSES TO READERS.

Mrs. J. H.—Thanks for your kind letter. We regret not having space to publish it. The FAMILY CIRCLE will henceforth be published, as stated, on the 15th of every month.

Mrs. G. E. W.—We are grateful for your paragraph, which you will see in "Parlor and Kitchen." Sent cook book.

W. C.—Such articles as you send us cannot be published in the FAMILY CIRCLE.

J. R. L.—The error has been corrected.

MARY B.—You should not keep the secret you speak of, but frankly confess your error. It is not serious, and with reasons will be overlooked.

Mrs. A. A.—You will find the recipe in the FAMILY CIRCLE for December, 1881.

Miss W. J.—Systematic exercise is the best remedy. We have known persons become straight when very much stooped by taking a pail partly filled with stones and putting a stick like a broom handle through the handle, and raising it over their head slowly, having their arms fully extended, and then back. This should be repeated every morning, and more stones added as judgment prompts.

W. J. B.—We have back numbers from July, 1881

Mrs. A. T.—Sent Gems of Fancy Cookery.

KATE F. J.—We have agents devoting their whole time to canvassing for us, who are making from ten to fifteen dollars a week. Ladies seem to succeed better than men.

HEALTH AND DISEASE.

Tobacco as a Remedy for Asthma.

How often we find people who have been cured of one malady by means of a drug which has produced a disease equally bad or worse! A lady has sick-headache, takes a cup of tea to cure it, and becomes a tea-toper. Another has neuralgia, takes morphia as a remedy, and becomes an opium-eater. A man has general debility, or a supposed tendency to consumption, takes whisky, by the recommendation of his physician, and dies a drunkard. A contributor to a contemporary journal thus describes the effect of tobacco used as a remedy for asthma,—a very common use of the filthy weed.—

"I tried many times, when young, to use tobacco through the persuasion of other boys, to make myself appear manly, but it was so nauseating to me it seemed impossible to continue the use of it. My father never could use it, but my mother used it for her phthisic 71 of her 83 years of life. Still I never could until I was nearly 32 years old. I commenced initiating myself with small specks of it, which relieved me much from my spasms of phthisic, or asthma. I kept on using it in small particles when I had my attacks, and omitting it in my more comfortable moments for several years. But finally, after murdering a portion of my nerves of taste, I got into the filthy habit of enjoying the poison. Arriving at the usual age of failing eye-sight, say about 45, I commenced to put on glasses, and about the same time I discovered I could not button nor unbutton the small buttons on my shirt. I laid it all to the natural decay of life, never once supposing I was poisoning myself to death with tobacco. But so matters jogged on till I was 62, when I had become so badly paralyzed that I had to use crutches. About June or July, 1875, I took the notion, for some reason, that my excessive use of tobacco might be the cause of my apparent deathly malady. I left it off at once, and discovered a decided improvement in twenty-four hours. So I went on slowly improving until this day, thank God! Last February I discovered I could button and unbutton my shirts. That I had been unable to do for over twenty-four years.

"During the thirty years I used the filthy stuff, I am sure I was not twenty consecutive days without a sour stomach, and for over five years since I stopped the use of the poison I have had none of it, have gained nearly fifty pounds, and a healthier man at the stomach does not live on this green earth."

Food Adulterations.

Mr. G. F. Needham, of Washington, sends a brief report of a recent meeting of the Potomac Fruit Growers, at which Mr. Geo. T. Angell, of Boston, spoke on the subject of "Food Adulteration" as follows:—

"Bread is adulterated with alum and sulphate of copper, Yeast with alum. Baking powder with alum, terra alba, plaster of Paris, whiting, and kolin. Milk with water, chalk, and a variety of substances. Cheese with potatoes, beans, oleomargarine, vermilion, red chalk, sulphate of copper, arsenic, and corrosive sublimate. Lard with starch, alum, and quick-lime. Confectionery with chromate of lead, vermilion, red lead, Prussian blue, copper, and arsenic. Pickles with sulphuric acid and verdigris. Mustard with yellow ochre and chromate of lead. Vinegar with sulphuric acid, arsenic, and corrosive sublimate. Coffee with acorns, spent tan bark, logwood, sawdust, and the burnt livers of horses. Tea with Prussian blue, chromate of lead, leaves of other shrubs, etc., etc. The brands of teas sold in America are unknown in China—Chinese Minister at Washington.

"Drugs.—The adulterations of these are perfectly abominable, and often the medicine has only a quarter of the strength it should have.—A Boston Chemist.

"Wall-Papers.—Thirty-three per cent of wall-paper is poisonous.—Chemists of Harvard University.

"Tin Ware and Tin Cans are so much adulterated by lead (mixed with the tin in manufacturing) that if all the chemists in the country where each paid a fee of \$10,000 to keep dark and say nothing, the makers would still have a surplus of \$4,000,000 profit per annum. Don't use anything put up in tin cans.

"Glucose is made by millions of tons; and even southern