

RESPONSES TO READERS.

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

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STUDENT.—1. Longfellow and Peter Cooper were both Unitarians. 2. The rate of duty on such goods is twenty per cent.

D. H.—The monthly and weekly issues are the same price, \$1 per annum. We will allow anyone sending us three names with \$3, their own subscription free.

MARY D.—1. Your form of letter is quite correct. 2. White note paper is preferred to colored for almost all correspondence. A lady is permitted to use a pink tint for love letters.

J. V. D.—Yes; cream is held, by many medical men, to be just as good, if not better, than cod-liver oil for consumption, and it is certainly much more palatable. Take half a pint daily.

LIZZIE F.—You give no reason for such an act as to return the letters; though if you have been insulted, or in any way deeply offended at the gentleman's conduct, it would be a simple and forcible way of showing your displeasure.

HEALTH AND DISEASE.

Mens sana in corpore sano.

Meat.

The value of meat as a food is due in a degree to its heat-producing properties, though in this respect it is surpassed by fatty and amyloid substances. It is as a tissue-building material, and as an excitant of assimilative changes in the tissues, both with regard to itself and to non nitrogenous foods, that it is most useful. It is stimulant as well as nutritive, and it therefore holds a deservedly high place in the daily dietary. Experiment has shown that three-quarters or a pound of lean meat fairly represents the quantity per diem which, taken with other less nitrogenous matter, suffices to maintain a person of average size and weight in a normal state of health. Some there are who largely exceed this standard, eating freely of meat at every meal, and living all the time quiet, sedentary lives. Such carnivorous feeders sooner or later pay a penalty by suffering attacks of gout or other disorders of indulgence. But it is equally important to note that many others, especially women, healthy in all points but for their innutrition, are apt to err as far on the other side. Thus one meets with people who consume about a pound of butcher's meat in a week, or not even that. This fact has been fully brought out by Dr. Graily Hewitt, in his address to the Obstetrical Section at the recent meeting of the British Medical Association. He has likewise, with much probability, assigned this defect of diet as the chief cause of that general "weakness" which is so common among the antecedents of uterine displacement. The experience of many practitioners will confirm his observation. Different causes are at work to produce this kind of underfeeding—too rigid domestic economy, theoretical prejudices, the fastidious disinclination for food which comes of a languid indoor life without sufficient bodily exercise, tight lacing perhaps, and many more. These difficulties are all more or less removable, unless, indeed, where absolute poverty forms the impediment. No effort should be spared to remove them. The advantages derived from a diet containing a fair amount of solid animal food could not be obtained

from a purely vegetable or milk regimen without either unnecessarily burdening the digestive system with much surplus material, or, on the other hand, requiring such revolutionary changes as to quantity and quality of food and times of eating as would probably altogether prevent its general adoption, even were that desirable, into household management. In our opinion, such changes are not desirable as being inadequate to secure their purpose.—*Lancet*.

How to be Young at Eighty.

In a discourse on this subject, Rev. Dr. Collyer of New York, gives these hints to the candidate for a hale, hearty and happy old age:

"The first element to be considered lies beyond your reach and mine, in the homes where you and I were born and nurtured. One great reason why I never had a really sick day in my life was that I was born and nurtured in a sweet little home, where we lived on oatmeal and milk, and brown bread with butter once a week, potatoes and a bit of meat when we could catch it, and then oatmeal again. So I don't know to-day as I have a system or a constitution or a digestion at all; I am never conscious of such a thing. Hence I say we must go back to the parents for the first answer to our question. Thousands of young men come to such cities as this from the Green Mountains or from New Hampshire, or Maine, with just such a constitution as mine. They have within them all the conditions for a long, sweet life. They can use their years wisely and well, write at the end of each one, 'Value received,' or they can overdraw the account, as many do, God help them! Instead of saying at fifty, 'I am young yet,' they will say at forty, 'I am old indeed.' They are so ambitious to get on, some of them, that they use up two days in one, and waste their vital powers. They ride when they ought to walk down town, and they take 'a little something,' as they say, to restore their lax energies, for which they have to chew a clove or a coffee berry, I am told. They are overdrawing their account, I say, and some day nature and the grace of God will shut down on them. Those who do differently keep a good digestion, stay young and buoyant, love good, sweet company, and are not ashamed to look their mothers and sisters in the eye or kiss them. Another secret that must be known to be young at eighty is, that you must keep faith in the common manhood and womanhood and in the advancing progress of the day. Never say that the past was better than to-day is; read the new books, understand all the new ideas; and keep your faith in God and man and in the victory of good over evil."

Harmless Physic.

A pharmaceutical editor asserts that when he was a boy, 'It did not take a student two years at a pharmaceutical college to learn that when he could not read what he doctor had written he should put in aqua pura, syrup simplex, and podophyllin.'

Undoubtedly the drug clerk's trick to cover his ignorance saved many a patient from a worse prescription. When acting as assistant in the drug department of one of the large dispensaries in New York, some years ago, we one day found that the essential ingredient called for by a prescription was lacking. "Never mind," said the head clerk, "put in the flavoring and it will do just as well;" and it did, for the patient returned in a week to have the bottle re-filled, and declared the medicine had done her much good.—*Qua Health*.