

RESPONSES TO READERS.

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

V. R.—To ease ear ache or almost any pain, lay on cloths wrung from hot water. Change them every minute.

R. R.—We will send the FAMILY CIRCLE, containing the complete story of "Bonny Woods," to any address on receipt of twenty-five cents in scrip or postage stamps. Address, Lawson and Jones, Publishers, London East, Canada.

H. H.—To make Dutch cheese take the smear case or curb, which must be very dry, rub into it a good quantity of powdered sage and a little salt. Make it into balls the size of an apple, coat over with butter, and set away on a shelf until the outside becomes a greenish rind. Scrape off the rind and slice for a tea "relish."

HEALTH AND DISEASE.

Mens sana in corpore sano.

Work a Law of Nature.

Work is so thoroughly a law of nature for man as well as animals, that any organ left inactive decays from day to day. Thus, the well-being of an organ is indissolubly connected with its activity. One of the most curious illustrations of the above principle is the reaction which the amputation of a limb exercises upon the brain. That organ regulates the movements of every member of a healthy body; but if one member be wanting, then the respective portion of the brain has nothing more to do, and consequently exhibits a tendency to wither away. Several instances have already been recorded which indicated a probable injury to the brain, resulting from deficient activity in some portion of the body, and now M. Bourdon has communicated to the Paris Academy of Medicine a case of brain-wasting arising from the amputation of a limb. A soldier, whose left arm had been removed some forty years ago, lately died from inflammation of the brain after thirty-six hours' illness, and the *post-mortem* examination showed that one side of the brain presented differences from the other. During the later years of the man's life, the leg corresponding with the amputated arm gradually became lame, the injury done to the brain having, it is considered, reacted upon the leg.

Abernathy on Over-Feeding.

The importance of recognizing and teaching that most individuals, men, women and children, in modern society eat more than is good for them, is so manifest that we quote the following passage from Abernathy, which shows that he fully grasped this key-stone of successful practice:—

"There can be no advantage in putting more food into the stomach than it is competent to digest, for the surplus can never afford nourishment to the body; on the contrary it will be productive of various evils.

Nature seems to have formed animals to live and enjoy health upon a scanty and precarious supply of food, but man in civilized society, having food always at command, and finding gratification from its taste, and a temporary hilarity and energy result from the excitement of his stomach, which he can at pleasure produce, eats and drinks an enormous deal more than is necessary for his wants or welfare; he fills his stomach and bowels with food which actually putrefies in those organs; he also fills his blood-vessels till he oppresses them and induces disease in them as well as in his heart. If his digestion be imperfect, he fills them with unassimilable substances, from which nutriment cannot be drawn, and

which must be injurious. In proportion as the powers of the stomach are weak, so ought we to diminish the quantity of our food, and take care that it should be nutritious and as easy of digestion as possible.

We should proportion the quantity of food to the powers of the stomach, adapt its quality to the feelings of the organ, and take it at regular intervals thrice during the day. A patient lately gave me the following account of his own proceeding with respect to diet. He said, "When thou toldest me to weigh my food, I did not tell thee that I was in the habit of weighing myself, and that I had lost fourteen pounds' weight per month for many months before I saw thee. By following thine advice I have got rid of what thou didst consider a very formidable local malady, and upon thy allowance of food I have regained my flesh, and feel as competent to exertion as formerly, though I am not indeed so fat as I used to be. I own to thee, that as I got better I thought thy allowance was very scanty, and being strongly tempted to take more food, I did so; but I continued the practice of weighing myself, and found that I regularly lost weight upon an increased quantity of food; wherefore I returned to that which was prescribed to me."—*The Medical Age*.

Bread vs. Eeef.

In a recent report to the Royal Society of England, Sir John Bennet Lawes, Bart., L.L.D., F. R. S., F. C. S., and Joseph Henry Gilbert, Ph. D., L.L.D., F. R. S., V. P. C. S. (certainly very titled authorities), present facts drawn from a long series of experiments which show conclusively that wheat meal and other whole-grain preparations are in no way inferior to butcher's meat, either as flesh formers or as heat producers. This at once silences the long-used argument that animal food is essential for the purpose of maintaining the strength.

Health Hints.

The pain of teething may be almost done away, and the health of the child benefited, by giving it fine splinters of ice, picked off with a pin, to melt in its mouth. The fragment is so small that it is but a drop of water before it can be swallowed, and the child has all the coolness for its feverish gums without the slightest injury. The avidity with which the little things taste the cooling morsel, the instant quiet which succeeds hours of fretfulness, and the sleep which follows the relief, are the first witnesses of this magic remedy. Ice may be fed to a three-months' old child this way, each splinter being no larger than a common pin, for five or ten minutes, the result being that it has swallowed in that time a teaspoonful of warm water, which, so far from being a harm, is good for it, and the process may be repeated hourly, or as often as the fretting fits from teething begin.

Milk and lime water is said to prove beneficial in dyspepsia and weakness of the stomach. The way to make the lime-water is simply to procure a few lumps of unslacked lime, put the lime in a fruit-can, add water until it is slacked and of the consistency of thin cream; the lime settles, and leaves the pure and clear lime water at the top. A goblet of cow's milk may have six or eight teaspoonfuls of lime water added with good effect. Great care should be taken not to get the lime-water too strong; pour off without disturbing the precipitated lime. Sickness of the stomach is promptly relieved by a teaspoonful of warm water with a teaspoonful of soda dissolved in it. If it brings the offending matter up, all the better.