

THE FAMILY CIRCLE

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HEALTH AND DISEASE.

The Grape Cure.

BY T. L. NICHOLS, M. D.

Let us once more invite the attention of dyspeptics and all sorts of invalids to the most delicious of continental cures—the grape cure. It consists in living entirely on bread and grapes, and is practised in grape-producing countries in August and September. With a moderate portion of bread—12 to 16 ounces—patients eat from two to four pounds of grapes a day. They walk about among the vineyards, breathing a pure air, enjoying the sunshine, and resting from toil and care. Of course they get well. Such pure food makes pure blood, and pure blood builds up a healthy body.

In England, hot-house grapes are rather costly. Few people can afford to pay 3s. to 6s. a pound. Imported grapes are not always quite ripe, nor of the most healthful and nutritious varieties, and they are not to be found in all localities.

For us who cannot go abroad and spend an autumn in the Tyrol, or Upper Rhine, or Rhone, or Loire—how are we to have our grape cure?

Why, thus! The richest grapes in the world grow along the shores or on the islands of the Mediterranean. They are full of sunshine. These big, luscious grapes are dried in the nearly tropical sun, and then packed up in boxes and kegs and sent to us as raisins—the French name for grapes. The French say, "*une grappe de raisin*"—a cluster of grapes—and so we came to call the grapes raisins.

We put a few of these grapes into puddings or cakes—but that is not the most curative way of eating them. In childhood we bought many a penny worth to eat. They are Sir William Gull's favorite lunch. We get a few at dessert with almonds, after a full dinner, but that is not exactly the grape cure.

How then? Well, this way. It is the best substitute for the grape cure we know of—it is, in fact, the thing itself. Buy, for economy, good pudding raisins. They cost from 3d. to 5d. a pound. The water has been mostly dried out of them, so they are equal to grapes, large and sweet, at 1d. a pound, which is what they cost in Seville. Wash them well in plenty of water to free them from dust, and pick out any bad ones. Then you may put them to soak all night, in as much water as they will absorb, so as to swell out to their

natural size, and then bring them slowly to the boiling point and let them simmer half-an-hour. If you want a quicker process, wash, and then put in cold water, and let them come very slowly to the simmering point. In either way you have a most delicious and most healthful dish. The sun has made grape sugar of the acid juice. Live on brown bread, or white bread if you find, as in some rare cases, the brown to be too astringent, and these plump, delicious grapes, and you have the grape cure in perfection. We have tried it, and know that it is good. It can be had everywhere, and at all seasons, and there is no curable disease which such a diet will not help to cure. Milk and vegetables may be taken in moderation, and other fruits, for variety, in most cases; but those who go in seriously for the cure of seriously diseased conditions will do well to keep almost entirely to the bread and grapes.

Don't say it is hard to get fruit, or that fruit is dear. Here is the best fruit everywhere and at all times, and cheapest as well as best. So try the grape cure.—*English Magazine.*

Chronic Gout.

Take hot vinegar, and put into it all the table salt which it will dissolve, and bathe the parts affected with a soft piece of flannel. Rub in with the hand, and dry the feet, etc., by the fire. Repeat this operation four times in the 24 hours, fifteen minutes each time, for four days; then twice a day for the same period; then once, and follow this rule whenever the symptoms show themselves at any further time." The philosophy of the above formula is as follows: Chronic gout proceeds from the obstruction of the free circulation of the blood (in the parts affected) by the deposit of a chalky substance, which is generally understood to be a carbonate and phosphate of lime. Vinegar and salt dissolve these; and the old chronic compound is broken up. The carbonate of lime, etc., become acetate and muriate, and these being soluble, are taken up by the circulating system, and discharged by secretion. This fact will be seen by the gouty joints becoming less in bulk until they assume their natural size. During this process, the stomach and bowels should be occasionally regulated by a gentle purgative. Abstinence from spirituous libations; exercise in the open air, and especially in the morning; freely bathing the whole surface; eating only the plainest food, and occupying the time by study, or useful employment, are very desirable assistants.

MEDICAL VALUE OF SALT.—In a fit the feet should be placed in warm water, with mustard added, and the legs briskly rubbed, all bandages removed from the neck, and a cool apartment procured, if possible. In many cases of severe bleeding of the lungs and when other remedies failed, it has been found that two teaspoonfuls of salt completely stopped the blood. In the case of a bite from a mad dog, wash the part with strong brine for an hour, and bind on some salt with a rag. In toothache, warm salt and water held to the part, and renewed two or three times, will relieve it in most cases. If the gums are affected, wash the mouth with brine. If the teeth be covered with tartar, wash them twice a day with salt and water.

POISON OF TOBACCO.—A rather unusual case of poisoning by nicotine has occurred lately in a Paris suburb. The victim, a man in the prime of life, had been cleaning his pipe with a clasp-knife; with this he accidentally cut one of his fingers subsequently, but as the wound was of a trivial nature he paid no heed to it. Five or six hours later, however, the cut finger grew painful and became much swollen; the inflammation rapidly spread to the arm and shoulder, the patient suffering such intense pain that he was obliged to betake himself to bed. Medical assistance was called, and ordinary remedies proved ineffectual. The sick man, questioned as to the manner in which he cut himself, explained the use to which the pocket-knife had been applied, adding that he had omitted to wipe it after cleaning the pipe. The case was now understood, and the patient's state becoming alarming, he was conveyed to the hospital. There the doctors decided amputation of the arm to be the only hope of saving the patient's life, and this was immediately done. His life was barely saved. No wonder smokers so often have sore and poisoned mouths, cancer of the lips, and like troubles.