

## THE FAMILY CIRCLE

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## HEALTH AND DISEASE.

### Regularity in Exercise.

Regularity and constancy in the pursuit of exercise are important if perfect health is expected to result from its employment. It is far better for men to lead altogether a sedentary life than to be irregularly active. This caution is the more needed since the transition from sedentary habits to arduous and exhausting physical labor is of frequent occurrence. Again, the transition from active habits to sedentary pursuits is generally accompanied by a marked disturbance of health, since organs roused to full activity by the stimulus exercise gives to them are liable to be functionally deranged when that stimulus is withdrawn. This, perhaps, would not be so frequently observed if, instead of relapsing immediately, as is frequently the case, into idle habits as far as exercise is concerned, an attempt was made to engage regularly, for however short a time, in some pursuit which would insure brisk muscular movement, so that the health acquired by exercise during the vacation should not be lost; and, moreover, that the body when the next holiday period comes round should be found in fair condition to undertake the increased physical strain thrown upon it.

### Household Remedies.

Very few young mothers are able to control their nerves so completely as to keep from being startled when confronted with a cut finger with dripping blood, and the loud cries which announce a catastrophe. Sometimes she cannot collect her thoughts sufficiently to recall any of the good remedies with which she is acquainted. One way to avoid this is to write out a list of helps in trouble, and tack it up on the door of your room, after the manner of hotel regulations.

There is nothing better for a cut than powdered rosin. Get a few cents worth of rosin, pound it until it is fine, and put it in an empty, clean pepper or spice box with perforated top; then you can easily sift it out on the cut; put a soft cloth around the injured member and wet it with cold water once in a while. It will prevent inflammation and soreness. In doing up a burn, the main point is to keep the air from it. If sweet oil and cotton are not at hand, take a cloth and spread dry flour over it, and wrap the burned part in it. It

is always well to have some simple remedies in the house where you can get them without a moment's loss of time; a little bottle of peppermint in case of colic, chlorate of potash for sore throat, pepsin for indigestion, and a bottle of brandy. Have them arranged so that you could go to them in the dark, and reach the right remedy, but be sure never do it even if you know they have not been disturbed: always light the lamp or the gas, and make sure you have what you are after. Remember that pistols are always loaded, and that poison may be put in place of peppermint.

### Toothsome Hints.

It is natural for some people to have better teeth than others, but all must give attention to their cleansing and other treatment if they would have good teeth in old age. A moderately stiff brush should be used thoroughly at least twice a day—morning and night. Soft water (blood-warm) and a mere taste of the best soap—white castile, for instance—are the only requisites besides the brush. Powders are generally injurious to the enamel, and so are the much advertised liquid mixtures. Strong acids, like lemon-juice, are destructive, and the mingling of hot and cold food or drink at meals is very harmful. Use, however, on hard, nutritious food, like well-baked Graham bread and crackers, promotes tooth growth; while soft, watery food tends to weaken the teeth. It is now the opinion of leading dentists in Europe and this country that the reason there is so much tooth decay in early life, is in a large degree owing to the soft materials given to children as food, which are swallowed with scarcely any chewing. On the appearance of decay a dentist should be employed. Much toothache is due to indigestion and constitutional debility, and much so-called "neuralgia" may be traced to decayed, carious teeth. Care in the matter of diet, and watchfulness with regard to the condition of the teeth, would save people a vast deal of suffering and expense.

### A Triumph of Dentistry.

At the last meeting of the Medical Society of Strasburg, reported in the Medical Gazette of Strasburg, Dr. Jules Bœckel presented, in the name of M. Sauval, dentist, a lady for whom the latter had extracted a small molar tooth for dental caries, with violent pain; and having found it slightly carious to the bottom of its root, he saved off the points of the root, filled it with gold carefully throughout the carious channel, and then reimplanted the tooth. The lady was freed from all her pain; the tooth re-established itself solidly in the mouth, and, at the date at which she appeared at the society (three weeks after the operation), the tooth served for mastication as well as her other teeth. This is certainly a remarkable example of what is technically described as dental autoprosthesis with aurification.—*British Medical Journal*.

### Koumiss.

The koumiss which President Garfield used so much of was supplied by a druggist in Philadelphia. It is frequently prescribed now by physicians, and is readily prepared. The Russian original was of mare's milk, which contains more sugar than cow's milk. To make it of cow's milk, ordinary beer bottles with patent stoppers are filled with fresh milk, and into each one teaspoonful of sugar and another of yeast is put. They are then stoppered and left in summer heat. In a day or two a curd will rise filling half of the bottle, but at a subsequent stage the whey and the mixture resumes the appearance in a week of ordinary milk charged with carbonic acid. It is then to be drank, after cooling. When the bottles are opened, the contents are the most furious of all corked stuffs, and it will be hardly safe to attempt it in the White House. It contains any works of art. The bottle must be turned neck down into a big pitcher the top covered tightly with a napkin, and then the stopper loosened by pressing the bare hand into the pitcher. Otherwise it will be all over the clothing, wall paper, ceiling, and other objects of interest. The drink itself is a palatable acid, covered with a fine froth like beaten egg. It is a kind of champagne milk and is very favorable to persons who need an acid but nutritious beverage.