

liable to occur after injections have been continued for some time. Before such enemata are given, it must be ascertained that the rectum is not filled with fæces.

Dr. W. O. Leube employs the pancreas of the ox or pig as a ferment. One part of finely minced pancreas being mixed with three parts of scraped meat rubbed well together with warm water, so that the mixture is easily injected. Fat, not exceeding one sixth part of the meat, may be added. This injection is retained from twelve to thirty-six hours. The fæces after this injection generally possess an ordinary fæcal character. Dr. Leube has proved by experiments on dogs, that by means of this injection a considerable quantity of nitrogen can be taken up into the system.

Astringent and stimulating injections, composed of a pint of water, and containing ten to twenty grains of sulphate of copper, or corresponding quantities of nitrate of silver and sulphate of zinc, prove of great service in restraining the troublesome straining diarrhoea of chronic dysentery. In the earlier stages, too, of dysentery, large emollient enemata prove useful, especially by removing the foetid discharges, and soothing the inflamed mucous membrane.

DIETARY FOR INVALIDS.

Macaroni Soup.

One ounce and a half of macaroni, a piece of butter the size of a nut, salt to taste, one quart of stock.

Throw the macaroni and butter into boiling water, with a pinch of salt, and simmer half an hour. When tender, drain, and cut into thin rings or lengths, and drop it into the boiling soup. Stew gently fifteen minutes, and serve.

Barley Soup.

One pound of shin of beef, four ounces of pearl barley, one potato, salt and pepper to taste, one quart and a half of water.

Put all the ingredients into a pan, and simmer gently for four hours. Strain, return the barley, and heat up as much as required. A small onion may be added, if not objected to.

Bread Soup.

One pound of bread, two ounces of butter, one quart of stock.

Boil the bread with the butter in stock. Beat the whole with a spoon and fork, and keep it boiling till the bread and stock are thoroughly mixed. Strain, season with salt, and serve.

Tapioca Soup.

Two ounces and a half of tapioca, one quart of stock.

Put the tapioca into *cold* stock, and bring it gradually to the boiling point. Simmer gently till tender, and serve.

Sardinian Soup.

Two eggs, a quarter of a pint of cream, one ounce of fresh butter, salt and pepper to taste, a little flour to thicken.

Beat the eggs, put them into a stewpan, and add the cream, butter and seasoning, stir in as much flour as will bring it to the consistency of dough, make it into balls the size and shape of a nut, fry in butter, and put them into a basin of any sort of soup or broth, to which they make a very nice addition.

Stewed Oysters.

Half a pint of oysters, half an ounce of butter, flour, one-third of a pint of cream, cayenne and salt to taste.

Scald the oysters in their own liquor, take them out, beard them, and strain the liquor. Put the butter into a stewpan, dredge in sufficient flour

to dry it up, add the oyster liquor, and stir it over a sharp fire with a wooden spoon. When it boils, add the cream, oysters, and seasoning, and simmer for one or two minutes, but *not longer*, or the oysters will harden. serve on a hot dish, with croutons or toasted sippets of bread. A quarter of a pint of oysters, the other ingredients being in proportion, make a dish large enough for one person.

Panada.

Take the crumb of a penny roll, and soak it in milk for half an hour, then squeeze the milk from it; have ready an equal quantity of chicken or veal, *scraped* very fine with a knife; pound the bread crumbs and meat together in a mortar. It may be cooked either mixed with veal or chicken broth, or poached like an egg, by taking it up in two tea-spoons, in pieces the shape of an egg, after seasoning it. Serve on mashed potato.

Macaroni.

Two ounces of macaroni, a quarter of a pint of milk, a quarter of a pint of good beef gravy, the yolk of one egg, two table-spoonfuls of cream, half an ounce of butter. Wash the macaroni, and boil it in the gravy and milk till *quite* tender. Drain it, put the macaroni into a very hot dish, and place by the fire. Beat the yolk of the egg with the cream and two table-spoonfuls of the liquor the macaroni was boiled in. Make this sufficiently hot to thicken, *but do not allow it to boil*, or it will be spoiled; pour it over the macaroni, and strew over the whole a little finely grated Parmesan cheese; or the macaroni may be served as an accompaniment to minced beef, without the cheese; or it may be taken alone, with some good gravy in a tureen, served with it.

Stewed Eels.

One eel, half a pint of strong stock, two table-spoonfuls of cream, half a glass of port wine, thickening of flour, a little cayenne.

Wash and skin the eel, cut it in pieces about two inches long; pepper and salt them, lay them in a stewpan, pour over the stock, and add the wine. Stew gently for twenty-five minutes or half an hour, lift the pieces carefully on to a very hot dish, and place it by the fire, strain the gravy, stir into the cream sufficient flour to thicken it, mix with the gravy, boil for two minutes, and add a little cayenne. Pour over the eels and serve. Sometimes the addition of a little lemon-juice is gratifying to the palate.

Minced Fowl and Egg.

Cold roast fowl, a hard-boiled egg, salt, pepper, or cayenne, to taste; three table-spoonfuls of new milk or cream, half an ounce of butter, one table-spoonful of flour, a tea-spoonful of lemon-juice.

Mince the fowl, and remove all skin and bones; put the bones, skin, and trimmings into a stewpan, with one small onion, if agreeable to the patient, and nearly half a pint of water; let this stew for an hour, then strain the liquor, chop the egg small, mix with the fowl, add salt and pepper, put in the gravy and other ingredients, let the whole just boil, and serve with sippets of toasted bread.

Fowl and Rice.

A quarter of a pound of rice, one pint of stock or broth, one ounce and a half of butter, minced fowl, egg, and bread crumbs.

Put the rice into the cold stock or broth, let it boil very gently for half an hour, then add the butter, and simmer it till quite dry and soft. When cold, make it into balls, hollow out the inside and fill them with mince made according to the foregoing receipt, but a little stiffer; cover with rice, dip the balls into egg, sprinkle with bread crumbs, and fry a nice brown; a little cream stirred into the rice before it cools improves it very much.

Chicken and Rice.

Cut up the meat of boiled chicken. Have ready some rice well creed and seasoned with salt put round a small flat dish or vegetable dish, warm up the chicken in a little good gravy, and serve in the middle of the dish with the rice round it.

Macaroni boiled in Milk.

Two ounces of macaroni, three-quarters of a pint of new milk, a little lemon-rind, a little white sugar.

Put the milk into a saucepan with the lemon-rind, bring it to boiling point, and drop in the macaroni. Let it swell gradually over the fire till *quite* tender, but do not allow the pipes to break.

If not enough milk add a little more. The lemon-peel should be taken out before the macaroni is put into the milk. Serve hot with fruit syrup, or cold with custard poured over it.

Rice Cream, 1.

To a pint of new milk add a quarter of a pound of ground rice, a lump of butter the size of a walnut, a little lemon-peel, and a table-spoonful of powdered sugar. Boil them together for five minutes, then add half an ounce of isinglass which has been dissolved, and let the mixture cool. When cool, add half a pint of good cream whisked to a froth, mix altogether, and set it for a time in a very cool place, or on ice; when used, turn it out of the basin into a dish, and pour fruit juice round it, or some stewed apple or pear may be served with it.

Rice Cream, 2.

A quarter of a pound of whole rice, well creed in milk, and put in a sieve to drain and cool, mix with the rice a gill of good cream whisked to a froth, and add a wine-glass of sherry, a little powdered sugar, and a tea-spoonful of lemon-juice.

Light Pudding.

Boil very smoothly in new milk one table-spoonful of ground rice, let it get *quite cold*, then add two eggs, very well beaten up, a lump of white sugar, and, if liked, a dessert-spoonful of brandy. Line a small tart dish (sufficient for one person) with paste, put in the pudding, and bake quickly. Serve the moment it is ready, for it falls directly.

Rice and Apple.

Boil about three table-spoonfuls of rice in a pint and a half of new milk, and simmer, stirring it from time to time, till the rice is *quite* tender. Have ready some apples, peeled, cored, and stewed to a pulp, and sweetened with a very little loaf sugar. Put the rice round a plate, and the apple in the middle, and serve with a little of the following preparation of milk in a cream jug, if liked.

Milk for Puddings or Stewed Fruit.

Boil a strip of lemon and two cloves in a pint of milk; mix half a tea-spoonful of arrowroot in a little cold milk, and add it to the boiling milk; stir it till about the consistency of cream. Have ready the yolks of three eggs, beaten up well in a little milk. Take the hot milk off the fire, and as it cools add the eggs and a table-spoonful of orange-flower water, stirring it constantly till quite cool. Keep it in a very cool place till required for use.

Cream for Stewed Fruit.

An ounce and a half of isinglass boiled over a slow fire in a pint and a half of water, to half a pint. Strain and sweeten, put in a glass of sherry, and stir in half a pint of good cream; stir till cold.

Baked Custard Pudding.

Warm half a pint of milk, or a little more; whisk two eggs, yolks and whites; pour the milk to them, stirring all the while. Have ready a small tart dish, lined at the edges with paste ready baked. Pour the custard into the dish, grate a little nutmeg over the top, and bake it in a very slow oven for half an hour.

Boiled Custard Pudding.

Prepare the custard as in the foregoing receipt. Butter a small basin that will exactly hold it, put in the custard, and tie a floured cloth over it; plunge it into boiling water, turn it about for a few minutes, boil it slowly for half an hour, turn it out and serve.

Baked Bread Pudding.

Half a pint of new milk, a quarter of a pound of bread crumbs, two eggs, one ounce of butter, sugar to taste.

Boil the milk, and pour it over the bread crumbs, and let them soak for half an hour. Beat the eggs, mix them with the bread crumbs, add the sugar and butter, and stir well till thoroughly mixed. Butter a breakfast cup or small pudding mould, fill it a little more than half full with the mixture, and bake in a moderate oven for about twenty minutes. Serve with the following sauce.

Sago Sauce for Boiled or Baked Pudding.

One dessert-spoonful of sago, not quite half a pint of water, one table-spoonful of sherry, one tea-spoonful of lemon-juice, and a little lemon-rind, sugar to taste.

Wash the sago, then put it into a saucepan with the water and lemon-peel, let it simmer for ten minutes, then take out the lemon-peel, add the other ingredients, boil and serve.

Semolina Pudding.

One ounce of semolina, half a pint of milk, one ounce of butter, two eggs, sugar to taste.

Heat the milk, and mix with it the semolina, sugar, and butter; stir this over the fire for a few minutes; then take it off, and mix with it the eggs, which should be well beaten. Butter a small tart dish, line it with puff paste, put in the pudding, and bake in a slow oven.

Rice Pudding.

Two ounces of whole rice, three-quarters of a pint of milk, one ounce of butter, two eggs, sugar to taste, flavouring of lemon-peel.

Let the rice swell in the milk over a slow fire, put in a few small strips of lemon-peel, stir in the butter, and then let the mixture cool. Well beat the eggs, and mix with the rice. Butter a breakfast cup or small mould, fill it three parts full, and bake. Turn it out on a white d'oyley, and serve with sauce.

Rice Milk.

Three table-spoonfuls of rice, one quart of milk.

Wash the rice, put it into a saucepan with the milk, and simmer gently till the rice is tender, stirring it now and then to prevent the milk burning. Sweeten a little, and serve with a cut lemon, black-currant jam, or apples stewed.

Tapioca Pudding.

One ounce of tapioca, one pint of milk, one ounce of butter, two eggs, sugar to taste.

Wash the tapioca, and let it stew gently in the milk for a quarter of an hour, stirring it now and then. Let it cool. Mix with it the butter, sugar, and eggs, which must be well beaten; put it into a small tart dish, and give it an hour's baking in a moderate oven.

Apple and Rice.

Take three small apples, peel and halve them, take out the cores, put them into a stewpan with about half an ounce of butter, and strew over them a little white sifted sugar. Stew them very gently till tender, taking care not to break them. Boil the rice with the milk and a little sugar till quite soft; and when done, dish it with the apples on the top of it, and a little cream served with it separately.

Milk Blancmange.

Quarter of a pound of loaf sugar, one quart of milk, one ounce and a half of isinglass.

Put all the ingredients into a lined saucepan, and boil gently till the isinglass is dissolved. Keep stirring it over the fire for about ten minutes. Strain it through a fine sieve into a jug, and when nearly cold pour it into an oiled mould. Turn it carefully out when required for use.

Rice Blancmange.

A quarter of a pound of ground rice, two ounces of loaf sugar, one ounce of butter, one quart of milk, flavouring of lemon peel.

Mix the rice to a smooth batter with a little milk, and put the remainder into a saucepan with the butter, sugar and lemon-peel. Bring the milk to boiling point, stir in the rice. Let it boil for ten minutes, or till it comes away from the saucepan. Grease a mould with salad oil, pour in the rice, let it get perfectly cold, and turn out.

Arrowroot Blancmange.

Two table-spoonfuls of arrowroot, three-quarters of a pint of milk, lemon and sugar to taste.

Mix the arrowroot with a little milk to a smooth batter; put the rest of the milk on the fire, and let it boil, sweeten and flavour it, stirring all the time, till it thickens sufficiently to come from the saucepan. Put it into a mould till quite cold.

Vermicelli Pudding.

Two ounces of vermicelli, three-quarters of a pint of milk, quarter of a pint of cream, one ounce and a half of butter, two eggs, one ounce and a half of sugar.

Boil the vermicelli in the milk till it is tender, then stir in the remaining ingredients (omitting the cream if that is not obtainable). Butter a small tart dish, line with puff paste, put in the pudding, and bake.

Fruit Cream.

Apples, gooseberries, rhubarb, or any fresh fruit.

To every pint of pulp add one pint of milk or cream, sugar to taste. Prepare the fruit as for stewing, put it into a jar, with two table-spoonfuls of water, and a little good moist sugar. Set this jar in a saucepan of boiling water, and let it boil till the fruit is soft enough to mash. When done enough, beat it to a pulp, work this pulp through a colander, and to every pint stir in the above proportion of milk or cream. Of course the cream is preferable, if obtainable. Sweeten, and serve in a glass dish.

Bread Jelly.

Take the crumb of a loaf, break it up, pour boiling water over it and leave it to soak for three hours. Then strain off the water, and add fresh; place the mixture on the fire, and let it boil till it is perfectly smooth; take it out, and, after pressing out the water, flavour with anything agreeable; put it into a mould, and turn it out when required for use.

Beef Tea and Cream Enema.

Mix four or five ounces of strong beef tea, one ounce of cream, and half an ounce of brandy or one ounce of port wine.

To keep Milk from turning sour.

Fifteen grains of bicarbonate of soda to a quart of milk hinders its turning sour.

Barley Water.

To a table-spoonful of pearl barley, washed in cold water, add two or three lumps of sugar, the rind of one lemon, and the juice of half a lemon. On these pour a quart of boiling water, and let it stand for seven or eight hours. Strain it. The barley should never be used a second time. Half an ounce of isinglass may be boiled in the water.

Lemonade 1.

Well rub two or three lumps of sugar on the rind of a lemon, squeeze out the juice, and add to it half a pint or a pint of cold or iced water, or better still, one or two bottles of soda-water.

Effervescing Lemonade.

Squeeze two large lemons, and add a pint of spring water to the juice, and three or four lumps of white sugar. When required for use, pour half of it into a tumbler, and add half a small teaspoonful of carbonate of soda; stir, and drink whilst effervescing.

Lemonade 2.

The juice of four lemons, the rinds of two, half a pint of sherry, four eggs, six ounces of loaf sugar, one pint and a half of boiling water.

Pare the lemon-rind thinly, put it into a jug with the sugar, and pour the boiling water on it. Let it cool, and then strain it, and add the wine, lemon-juice, and eggs, previously well beaten and strained. Mix all well together, and it is ready for use.

Lemonade 3.

Pare the rind of three lemons as thin as possible, add one quart of boiling water and a quarter of an ounce of isinglass. Let them stand till next day covered, then squeeze the juice of eight lemons upon half a pound of lump sugar; when the sugar is dissolved, pour the lemon and water upon it, mix all well together, strain it, and it is ready for use.

Milk, Rum, and Isinglass.

Dissolve in a little hot water over the fire a pinch of the best isinglass; let it cool, and mix a dessert-spoonful of rum with it in a tumbler, and fill up the glass with new milk.

Sherry or Brandy and Milk.

To one table-spoonful of brandy, or one wine-glassful of sherry, in a bowl or cup, add powdered sugar and a very little nutmeg to taste. Warm a breakfast-cupful of new milk, and pour it into a spouted jug; pour the contents from a height over the wine, sherry, etc. *The milk must not boil.*

Mulled Wine.

Boil some spice, cloves, nutmeg, cinnamon, or mace, in a little water, just to flavour the wine; then add a wine-glass of sherry or any other wine, and some sugar, bring it to boiling point, and serve with sippets of toast. If claret is used, it will require a good deal of sugar. The vessel for boiling the wine in should be scrupulously clean.

Egg and Sherry.

Beat up with a fork an egg till it froths, add a lump of sugar and two table-spoonfuls of water; mix well, pour in a wine-glassful of sherry, and serve before it gets flat. Half the quantity of brandy may be used instead of sherry.

Milk, Egg, and Brandy.

Scald some new milk, *but do not let it boil*. It ought to be put into a saucepan of boiling water, in a jug, and scalded very gradually. When the surface looks filmy, it is sufficiently done, and should be put away in a cold place, in the same vessel. When quite cold, beat up a fresh egg with a fork, in a tumbler, with a lump of sugar; beat quite to a froth, add a dessert-spoonful of brandy, and fill up the tumbler with scalded milk.

Egg, and Wine.

One egg, one table-spoonful and half a glass of cold water, one glass of sherry, sugar, and a very little grated nutmeg.

Beat the egg to a froth with a table-spoonful of cold water. Make the wine and water hot, *but not boiling*; pour it on the egg, stirring all the time. Add sufficient sugar to sweeten, and a very little nutmeg. Put all into a lined saucepan, set it on a gentle fire, and stir it *one way* till it thickens, *but do not let it boil*. Serve in a glass with crisp biscuits or sippets of toast.

Arrowroot Drink.

Mix two tea-spoonfuls of arrowroot in about three table-spoonfuls of cold water, then pour in about half a pint of boiling water; when well mixed, add by degrees, half a pint of cold water, stirring all the time, so as to make it perfectly smooth. It should be about the consistence of cream; if too thick, a little more water may be added. Then pour in two wine-glassfuls of sherry or one of brandy, add sugar to taste, and give it to the patient in a tumbler. A lump of ice may be added, if allowed.

Nutritious Coffee.

Dissolve a little isinglass in water, then put half an ounce of freshly ground coffee into a saucepan with one pint of new milk, which should be nearly boiling before the coffee is added, boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again, add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast cup, and pour the coffee into it; or, if preferred drink it without the egg.

Milk and Isinglass.

Dissolve a little isinglass in water, mix it well with half a pint of milk, then boil the milk, and serve with or without sugar, as preferred.

Milk and Cinnamon Drink.

Boil in one pint of new milk sufficient cinnamon to flavour it pleasantly, and sweeten with white sugar. This may be taken cold with a tea-spoonful of brandy, and is very good in cases of diarrhoea. Children may take it milk-warm without the brandy.

Demulcent Drink.

Take a pinch of isinglass, and boil it in half a pint of new milk, with half a dozen bruised sweet almonds and three lumps of sugar.

Arrowroot and Black-Currant Drink.

Take two large spoonfuls of black-currant preserve, boil it in a quart of water, cover it, and stew gently for half an hour, then strain it, and set the liquor again on fire; then mix a tea-spoonful of arrowroot in cold water, and pour the boiling liquor upon it, stirring meanwhile; then let it get quite cold.

White Wine Whey.

To half a pint of boiling milk add one or two wine-glassfuls of sherry; strain through a fine sieve, sweeten with sifted sugar, and serve.

Caudle.

Beat up an egg to a froth, add a wine-glassful of sherry, and half a pint of gruel, flavour with lemon-peel and nutmeg, and sweeten to taste.

Another Caudle.

Mix well together one pint of cold gruel with a wine-glassful of good cream, add a wine-glassful of sherry and a table-spoonful of noyau, and sweeten with sugar-candy.

Egg and Brandy.

Beat up three eggs to a froth in four ounces of cold spring water, add two or three lumps of sugar, and pour in four ounces of brandy, stirring all the time. A portion of this may be given at a time.

A Gruel.

Beat up an egg to a froth, add a wine-glass of sherry, flavour with a lump of sugar, a strip of lemon-peel, and a little grated nutmeg. Have ready some gruel, very smooth and hot, stir in the wine and egg, and serve with sippets of crisp toast. Arrowroot may be made in the same way.

Restorative Beef Essence, 1.

Take one pound of fresh beef, free from fat, chop it up fine, and pour over it eight ounces of soft water, add five or six drops of hydrochloric acid, and fifty or sixty grains of common salt, stir it well, and leave it for three hours in a cool place. Then pass the fluid through a hair sieve, pressing the meat slightly, and adding gradually towards the end of the straining about two more ounces of water. The liquid thus obtained is of a red colour, possessing the taste of soup. It should be taken cold a tea-cupful at a time. If preferred warm, it must not be put on the fire, but heated in a covered vessel placed in hot water.

Should it be undesirable for the patient to take the acid, this soup may be made by merely soaking the minced beef in distilled water.

Another Beef Essence, 2.

Take one pound of gravy beef, free from fat and skin, chop it up very fine, add a little salt, and put it into an earthen jar with a lid, fasten up the edges with a thick paste, such as is used for roasting venison in, and place the jar in the oven for three or four hours. Strain through a coarse sieve, and give the patient two or three tea-spoonfuls at a time.

Beef Essence, 3.

Cut up in small pieces one pound of lean beef from the sirloin or rump, and place it in a covered saucepan, with half a pint of cold water, by the side of the fire for four or five hours, then allow it to simmer gently for two hours. Skim it well, and serve.

Mutton Jelly.

Six shanks of mutton, three pints of water, pepper and salt to taste, half a pound of lean beef, a crust of bread toasted brown.

Soak the shanks in water several hours, and scrub them well. Put the shanks, the beef and other ingredients into a saucepan with the water, and let them simmer very gently for five hours. Strain it, and when cold take off the fat. Warm up as much as is wanted at a time.

Beef Tea with Oatmeal.

Mix two table-spoonfuls of oatmeal very smooth with two spoonfuls of cold water, then add a pint of strong boiling beef tea. Boil together for five or six minutes, stirring it well all the time. Strain it through a sieve, and serve.

Baked Soup.

One pound of lean beef, one ounce of rice, pepper and salt to taste, one pint and a half of water.

Cut up the meat into slices, add the rice and seasoning, place all in a jar with the water, cover it closely, and bake for four hours. Pearl barley may be substituted for rice, if preferred.

Mutton Broth.

One pound of the scrag end of neck of mutton, two pints of water, pepper and salt, half a pound of potatoes, or some pearl barley.

Put the mutton into a stewpan, pour the water over it, pepper and salt. When it boils, skim carefully; cover the pan, and let it simmer gently for an hour. Strain it, let it get cold, and then remove all the fat. When required for use, add some pearl barley or potatoes in the following manner:—Boil the potatoes, mash them very smoothly so that no lumps remain. Put the potatoes into a pan, and gradually add the mutton broth, stirring it till it is well mixed and smooth; let it simmer for five minutes, and serve with fried bread.

Soup.

Take three or four pared potatoes, a thick slice of bread, half a tea-cupful of pearl barley or rice, a little salt and pepper, two quarts of beef tea or mutton broth. Heat the beef tea or broth in a pan, and when quite boiling add the rest of the ingredients, except the pepper and salt, which should be added when nearly done; cover the pan, and let it boil slowly for an hour. Serve with toasted bread.

Rabbit Soup.

Soak a rabbit in warm water, and when quite clean, cut it in pieces, and put it into a stewpan with a tea-cupful of veal stock or broth; simmer slowly till done through, then add a quart of water and boil for an hour. Then take out the rabbit, pick the meat from the bones, covering it up to keep it white; put the bones back into the liquor, and simmer for two hours, skim strain, and let it cool. Pound up the meat in a mortar, with the yolks of two hard-boiled eggs, and the crumb of a French roll, previously soaked in milk; rub it through a tammy, and gradually add the strained liquor, and simmer for fifteen minutes. If liked *thick*, mix some arrowroot with half a pint of new milk, bring it to the boil, mix with the soup, and serve. If preferred thin, have ready some pearl barley and vermicelli boiled in milk, and add to the soup instead of the arrowroot. Serve with little squares of toast or fried bread.

Calf's Foot Broth.

One calf's foot, three pints of water, one small lump of sugar, the yolk of one egg.

Stew the foot in water, *very gently*, till the liquor is reduced to half; remove the scum, set it in a basin till quite cold, then take off every particle of fat. Warm up about half a pint, adding the butter and sugar, take it off the fire for a minute or two, then add the beaten yolk of the egg; keep stirring it over the fire till the mixture thickens, *but do not let it boil*, or it will be spoiled.

Veal Soup.

A knuckle of veal, two cow-heels, twelve pepper-corns, a glass of sherry, and two quarts of water.

Stew all the ingredients in an earthen jar six hours. Do not open it till cold. When wanted for use, skim off the fat, and strain it. Heat as much as you require for use. Serve very hot.

Good Stock for Soup.

One pound of shin of beef, one pound of knuckle of veal, four white pepper-corns, a lump of sugar, one quart of water.

Simmer gently for six hours, skim well, and strain.

Nourishing Soup.

Stew two ounces of the best well-washed pearl sago in a pint of water till it is quite tender and very thick, then mix it with half a pint of good boiling cream and the yolks of two fresh eggs. Blend the whole carefully with one quart of essence of beef, made according to number 3. The beef essence must be heated separately, and mixed while both mixtures are hot. A little of this may be warmed up at a time.

Sago Soup, 2.

An ounce and a half of sago, one pint of stock.
Wash the sago in boiling water. Put one pint of stock on the fire, and bring it to the boil; add the sago by degrees, and simmer till it is entirely dissolved. When cold, it will form a jelly.

Rice Soup.

Three ounces of Patna rice, the yolks of two eggs, half a pint of cream or new milk, one quart of stock.

Boil the rice in the stock, and rub half of it through a tammy, put the stock in a stewpan, add the rest of the rice whole, and simmer gently for five minutes. Have ready the cream or milk, boiled. Beat the yolk of the eggs, and mix them gradually with the cream. Take the soup off the fire, add the cream and eggs, stirring them well together as you mix them. Heat it up gradually, but *do not let it boil*, or the eggs will curdle, and the soup be spoiled.

Semolina Soup.

Drop an ounce of semolina into one pint of boiling stock, and stir constantly to prevent burning. Simmer gently for half an hour. Season with salt to taste.

Thirst in fevers can be assuaged by the use of whey, or water acidulated with currant jelly or raspberry vinegar, or a light infusion of cascarilla, acidulated with a small quantity of muriatic acid.

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Ammoniacum	371	" Water	76
Amyl, nitrite of	350	Chloroform	319
Anise, oil of	395	Chromic Acid	122
Antimony Salts	238	Cinchona	557
Areca Nut	581	Cinnamon	365
Arsenic	245	Citrate of Potash	124
Assafœtida	371	Cloves	365
		Cod Liver Oil	269
Balsam of Peru	365	Coffee	556
" Tolu	365	Colchicum	414
Baths, Cold	9, 35	Cold	5
" Shower	19	Cold Bath	9, 35
" Sponge	19	Collodion	267
" Douche	23	Colocynth	572
" Turkish	26	Conium	475
" Warm and Hot	44	Copaiba	365
Belladonna	493	Copper	232
Benzoin	395	Coriander Fruit	365
Bicarbonate of Potash	124	Counter-irritation	372
Bismuth	189	Creasote	292
Bitartrate of Potash	162	Croton Chloral	346
Blisters	372	Croton Oil	281
Borax	124	Cubebs	365
Bromides	94	Cyanide of Potassium	516
Brucia	538		
Buchu	365	Digitalis	438
		Dill	365
Cajeput Oil	365	Drinks	2
Calabar Bean	484		
Calumba	570	Elaterium	572
Camphor	358	Elder	365
Canella Bark	395	Enemata	594
Cannabis Indica	551	Ergot	553
Cantharides	372	Ether	334
Capsicum	389		
Caraway Fruit	365	Fats	269
Carbolic Acid	292	Fennel	365
Carbon, (Charcoal)	49	Filix Mas	581
Carbonate of Ammonia	143	Fomentations	566
" Lime	149		
" Magnesia	147	Galbanum	371
" Potash	124	Galic Acid	285
Carbonic Acid	53	Galvanism	428
" " Gas	53	Gentian	570
Cascarilla	571	Glycerine	284
Castoreum	305	Guarana	428
Castor Oil	281		
Caustic Potash	124	Hamamelis	291