

hydrochloric acid to a pint of water, and a half pound of beef is richer in soluble albumen. Lactic acid and chloride of potassium added together have the same effect. If rather more hydrochloric acid be used, but no salt, heat can be applied, and, if not higher than 130° Fahr., nearly 50 per cent. of the meat can be obtained in the broth.

*Roasting.*—The loss varies from 20 to 35 per cent. ; in beef, it is rather less than in mutton (Oesterlen). This loss is chiefly water ; the proportion of carbon, hydrogen, nitrogen, and oxygen remaining the same (Playfair). Roasting should be slowly done ; to retain the juices, the meat must be first subjected to an intense heat, and afterwards cooked very slowly ; the dry distillation forms aromatic products, which are in part volatilized ; the fat is in part melted, and flows out with gelatine and altered extractive matters. The fat often, improperly, becomes the perquisite of the cook, and may be lost to the soldier. The loss in baking is nearly the same, or a little less.

*Stewing.*—This is virtually the same as roasting, only the meat is cut up, is continually moistened with its own juices, and is often mixed with vegetables. Like boiling and roasting it should be done slowly at a low heat ; the loss then is about 20 per cent., and chiefly water.

In all cases, there is one grand rule, viz., to cook the meat slowly, and with little heat, and, as far as possible, to let the loss be water only. The fault in military kitchens has been, that excessive heat is used. I have frequently seen the water boiling, and the men have told me that, in order to boil the vegetables, and yet not overdo the meat, they are obliged to remove the meat for a time from the water. The meat is then often a sodden, tasteless mass, with hard, shrunken, and indigestible fibres. The thermometer will be found very useful, especially in shewing cooks that the temperature is often much higher than they think. In the cooking of salt meat, the heat should be very slowly applied, and long continued ; it is said that the addition of a little vinegar, softens the hard sarcolemma, and it is certain that vinegar is an agreeable condiment to take with salt meat, and is probably very useful.

---

A MODEL CITY OF HEALTH.—Dr. B. W. Richardson's proposal for a "A City of Health," mooted by him last year, and noticed in the January number of this journal, is about to be tried practically. A site has been secured in Sussex, where the sanitary city will be laid out, and in due time erected. Dr. Richardson has given his countenance to the scheme, and will supervise the sanitary arrangements.