

should be at once removed from the room, but saved for the physician to examine at his visit.

FOR THE CONVENIENCE OF MOTHERS THE FOLLOWING RECIPES FOR SPECIAL FORMS OF DIET ARE GIVEN.

Boiled Flour or Flour Ball.—Take one quart of good flour; tie it up in a pudding-bag so tightly as to get a firm, solid mass; put it into a pot of boiling water early in the morning, and let it boil until bedtime. Then take it out and let it dry. In the morning peel off from the surface and throw away the thin rind of dough, and with a nutmeg grater grate down the hard, dry mass into a powder. Of this, from one to three teaspoonfuls may be used, by first rubbing it into a paste with a little milk, then adding to it about a pint of milk, and, finally, by bringing the whole to just the boiling-point. It must be given through a nursing-bottle.

An excellent food for children who are costive in their bowels may be made by using bran-meal or unbolted flour instead of the white flour, preparing it as above directed.

Rice Water.—Wash four tablespoonfuls of rice; put it into two quarts of water, which boil down to one quart, and then add sugar and a little nutmeg. This makes a pleasant drink.

A half-pint or a pint of milk added to this, just before taking it from the fire, and allowed to come to a boil, gives a nourishing food suitable for cases of diarrhoea.

Sago, tapioca, barley, and cracked-corn, can be prepared in the same manner.

Beef Tea.—Take one pound of juicy, lean beef—say a piece off the shoulder or the round—and mince it up with a sharp knife on a board or a mincing-block. Then put it with its juice into an earthen vessel containing a pint of tepid water, and let it stand for two hours. Strain off the liquid through a clean cloth, squeezing well the meat, and add a little salt. Place the whole of the juice thus obtained over the fire, but remove it as soon as it has become browned. Never let it boil; otherwise most of the nutritious matter of the beef will be thrown down as a sediment. Prepared in this way the whole nourishment of the beef is retained in the tea, making a pleasant and palatable food. A little pepper or allspice may be added if preferred.

Mutton Tea.—May be prepared in the same

way. It makes an agreeable change when the patient has become tired of beef tea.

Raw Beef for Children.—Take half a pound of juicy beef, free from any fat; mince it up very finely; then rub it up into a smooth pulp either in a mortar or with an ordinary potato masher. Spread a little out upon a plate and sprinkle over it some salt, or some sugar if the child prefers it. Give it with a teaspoon or upon a buttered slice of stale bread. It makes an excellent food for children with dysentery.

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COCAINE IN SURGICAL PRACTICE.—At a recent meeting of the Pirogovian Russian Surgical Society, Dr. Zmigrodski, house surgeon to the Petropavlovskaja Bolnitsa in St. Petersburg, has read a highly interesting and suggestive paper on the subject, based on his personal extensive observations, as well as on those of a distinguished colleague of his, Dr. K. P. Dombrowski. Since July, 1887, in the said hospital cocaine has been systematically resorted to in all surgical operations, being employed alone in minor ones, and in conjunction with chloroform anæsthesia in those of a more serious nature. As practised by Dr. Dombrowski and himself, the "mixed narcosis" is usually commenced with the administration of chloroform, in the ordinary way, which is given in but very trifling quantities, the patient remaining conscious from the beginning to the end. After a certain number of whiffs, a four per cent. solution of cocaine is injected, the usual dose amounting to two syringe-fuls ($1\frac{1}{2}$ grains of pure cocaine). In very protracted operations, however, twice as much is gradually injected. The advantages claimed for the "mixed anæsthesia" are these: (1) Only small quantities of chloroform are required for all practical intentions and purposes; (2) vomiting occurs but exceedingly seldom; (3) the pulse remains good all through; (4) the patient's subjective state after the operation proves to be invariably excellent. As to a simple cocainisation, it is said to be especially indicated in plastic operations and in cases of reduction of luxations. In operations on bones, however, cocaine alone is insufficient. A local injection of the drug affords, further, an excellent "mobilising means" (as the author puts it) in