

steadily decreased to a considerable degree; laryngeal spasm, which had formerly occurred once or twice every month ceased altogether. As regards the objective signs, however, there was only some diminution of dullness over a certain area with complete disappearance of fine crepitant *râles*. As to tubercle bacilli in the sputum, they remained just as numerous as before the creasote treatment. The latter had lasted in all four months, during which period not less than four ounces and two drachms of pure creasote have been ingested. The drug must be taken in doses of about five grains four times daily, in the form of capsules (filled up *ex tempore*), after meals. With regard to disagreeable after-effects, Dr. Bogdanovitch observed in himself, when, by way of experiment, he took as much as twelve grains at a time, or twenty grains in the course of an hour, only giddiness, cardiac palpitation, small and accelerated pulse, general weakness, pallor, and anxiety; but all these toxic phenomena disappeared spontaneously and completely in about half an hour or an hour. On an empty stomach, however, he experienced epigastric uneasiness and pain even from small doses. Dr. Bogdanovitch resumed of late the use of creasote in order to study the effect of a six month's course.

#### The Preparation of Food for the Sick.

The *Therapeutic Gazette* says: "In making a beef tea the round of a good piece of beef should always be selected, and cut into small cubes not larger than half an inch in diameter. It should then be put to soak for two hours on the back of the range, in an earthenware pipkin, with one pint of cold water, and allowed to simmer for about fifteen minutes and boil for three minutes. After adding half a teaspoonful of salt and a little pepper, the tea is ready for use.

In the preparation of soups the first thing is the making of the so-called stock or basis for the soup. There are two distinct stocks: one, which may be known as the brown stock, the other as clear, or *consommé*, stock. For the preparation of brown stock take four pounds of shin of beef, four quarts of water, ten whole cloves, four pepper-corns, a bouquet of herbs (sweet marjoram, summer savory, thyme, and sage), one tablespoonful of salt, three small onions, one turnip, one carrot, two stalks of celery, two sprigs of parsley. Cut the meat from

the bones, after which place the bones and half of the meat in a soup-kettle and allow to stand for half an hour in cold water. Heat gradually and allow to simmer for six or seven hours. Brown the remainder of the meat in two tablespoonfuls of beef drippings and add with the other meat and with the vegetables chopped fine, when the kettle is put on the fire to simmer. After it has simmered the required time the stock is strained and set aside to cool, the fat being removed from the top. The stock is then ready for use.

Out of the brown stock may be made St. Julien soup by the following process. In making these soups the stocks must never be allowed to boil, or at most must be brought only for a moment to the boiling point. For St. Julien put one pint of the brown stock on the fire to heat, after which a pint of finely chopped vegetables (turnip, carrot, etc.), with half a teaspoonful of salt, should be put on with a little water to parboil. This being done, add the vegetables to the stock, season with half a saltspoon of pepper. Vermicelli soup is made by adding half a cup of vermicelli to a pint of the brown stock. Cook the vermicelli for ten minutes in salted boiling water, season with a half-teaspoonful of salt and a half-teaspoonful of pepper, and add to the warm stock.

*Consommé* stock is to be made in exactly the same way as the brown stock, except that three pounds of the knuckle of veal are to be added to the meat and all the meat is to be put in at once without browning. After the stock has been formed, in order to clear it add the white and shell of one egg, the juice and rind of one lemon, beating them all up together; then put on the fire, bring to the boiling point, strain through a sieve and again through a napkin, without pressure or squeezing, and serve.

For making chicken broth, take three pounds of chicken well cleaned, cover with cold water, boil from three to five hours (until the meat falls to pieces), strain, cool, and skim off the fat. To a pint of this add salt and pepper and two tablespoonfuls of soft rice, which has been previously thoroughly boiled in salt water; bring the broth to a boil. In preparing the rice half a cupful should be boiled for thirty minutes, with a teaspoonful of salt in a pint of water. To make mutton broth, take one pound of lean, juicy mutton, chopped fine."